

<i>Phone line</i>	<i>Hours</i>	<i>Days Closed</i>	<i>Staff</i>	<i>Services Provided</i>	<i>Phone counseling provided</i>	<i>Mail info</i>	<i>Offer help to Consumers or Providers</i>	<i>Foreign Languages</i>	<i>Sponsoring Organization</i>
National Hispanic Perinatal Helpline 1-800-504-7081	7 am-10 pm (CT)	Sat, Sun & Federal Holidays	Health Info Specialists w/BA & phone training	Referrals to free or low income clinics (some of which don't require insurance), mental health providers, substance abuse specialists and primary care providers.	No	Yes	Both	Yes, Spanish	Nat'l Alliance for Hispanic Health www.hispanic.org
Nebraska Healthy Mothers/ Healthy Babies Helpline 1-800-862-1889	24 hours/day	None	Health professionals	Referrals to services, health information	No	No	Both	No	Nebraska Health & Human Services http://www.dhhs.ne.gov
Postpartum Support International (PSI) 1-805-976-7637	8 am-3 pm (PT) messages checked every half hour	None	Doctors, clinicians & volunteers (some that have experienced PD) Trained in phone support	Referrals to doctors, therapists and local support groups as well as referral to the PS online support group at www.postartum.net PSI is located in 49 states (including NE) and 25 countries	Counseling over the phone only if a doctor receives the call	Yes	Both	Yes	N/A
Postpartum Stress Center 610-525-7527	24 hours by voicemail (beeper number given for emergencies)	Sundays	Voicemail Clinicians (Master's level or PhD) return phone calls directly	Referrals to support groups, individual counseling, couples counseling and web site at www.postpartumstress.com Referrals to mental health providers when appropriate	Under specific circumstances	No, info on web site	Both	No	N/A
PPD Hope Information Center 1-877-PPD-HOPE 1-877-773-4679	24 hours/day	None	Live answering system; email is sent to a trained volunteer that has experienced PD & returns the call	Listening and talking about the client's problems. Referrals to the web site at www.ppdhope.com Referrals to local support groups, if available	No	Yes	Both	No	Family Mental Health Institute
Nebraska 211 211	24 hours/day	None	Certified information & referral specialists	Information & referrals, local resources to 38 counties, web site is statewide at www.ne211.com	No	No, info on web site	Both	Spanish & tele-interpreter line	Hosted by United Way of the Midlands
Lancaster County Mental Health Center 402-441-7940	24 hours/day	None	Daytime hrs-Master's level therapist; Night hrs-BA level with experience	Crisis intervention, assess & problem solve, phone counseling during day, Information and referral source statewide	Yes	Yes	Both	Limited	Community Mental Health Center of Lancaster County
Girls & Boystown National Hotline 1-800-448-3000	24 hours/day	None	99.9% are at least BA level in Social Services	Crisis intervention, assess & counsel, information and referral source statewide	Yes	Yes	Both	Spanish @ all times, others if crisis	Girls & Boystown