Public Health Services

Topic	Name/Description
Breast and Cervical Cancer Screening	**Every Woman Matters** A breast and cervical cancer screening program for women 40 years and older. 1-800-532-2227 www.dhhs.ne.gov/publichealth/WMhealthh
Cancer Helpline	**Nebraska Cancer Helpline** For questions related to cancer diagnosis and treatment or prevention and screening. 1-800-227-2345 www.cancer.org
Diabetes	**Nebraska Diabetes Prevention & Control Program** 1-800-745-9311 www.dhhs.ne.gov
Family Planning	**Family Planning Council of Nebraska** 402-471-3980 Visit https://nefamilyplanning.org/ to find a provider near you.
Food and Nutrition	**Women, Infants and Children (WIC)** Provides free food and nutrition information to pregnant women, infant and children under five. 1-800-942-1171 http://dhhs.ne.gov/Pages/WIC.aspx
HIV/STDs	http://dhhs.ne.gov/Pages/STD-Prevention.aspx
Oral Health	https://findadentist.ada.org/ http://dhhs.ne.gov/Pages/Dental-Health.aspx
Quitting Tobacco	**Nebraska Tobacco Quitline** Assists you in quitting smoking via telephone coaching support. 1-800-QUITNOW 1-800-784-8669 www.quitnow.ne.gov

If you find any numbers to be incorrect, please call 402-471-8370 in the Lincoln area or toll-free at 1-877-873-1876 so we can find the current number for you. Thank you!

www.dhhs.ne.gov/prams

PH-OTH-83 8/19

Resource Directory

For Your Family's Health

PRAMS

Pregnancy Risk Assessment Monitoring System

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Emergency Services - all available 24 hours a day, 7 days a week

(if you are experiencing an emergency, call 911 for the police, firefighters, and ambulance.)

Topic	Name/Description
Abuse/Neglect	**Abuse/Neglect Hotline for Nebraska** Report suspected abuse or neglect through this hotline. 1-800-652-1999 http://dhhs.ne.gov/Pages/Child-Abuse.aspx
Crisis Hotline	**National Crisis Hotline** For boys or girls feeling abused, confused, thinking about suicide or running away; or for parents seeking help. 1-800-448-3000 www.boystown.org/hotline
Domestic Violence Crisis Hotline	**National Domestic Violence Crisis Hotline** Advocates are available for confidential conversation and referrals to services and information. 1-800-799-7233 www.thehotline.org
Poison Center	**Nebraska Regional Poison Center** For poisoning emergencies or questions. 1-800-222-1222 www.nebraskapoison.com
Substance Abuse & Mental Health	**National Substance Abuse & Mental Health Services Administration (SAMHSA)** Treatment and referral information for substance abuse and mental health services. 1-800-662-HELP 1-800-662-4357 https://www.samhsa.gov/find-treatment
Suicide Prevention	**Suicide Prevention Lifeline** Provides free and confidential emotional support to people in suicidal crisis or emotional distress. 1-800-273-TALK 1-800-273-8255 www.suicidepreventionlifeline.org

Access to Services Across Nebraska

Topic	Name/Description
Child Care	**Childcare Toll Free Number** Compliance Reviews & information on subsidies for low-income families. A list of Childcare Providers across the state can be found online. 1-800-600-1289 www.dhhs.ne.gov/children_family_services/ChildCare
Child Support	**Child Support Hotline** 1-877-631-9973 www.childsupport.nebraska.gov
Connection to Services	**2-1-1 Human Services in Nebraska** Provides information about available services and programs across the state. 211 www.ne211.org
Developmental Needs	**Nebraska ChildFind** Hotline to connect families to support for children with development needs. 1-888-806-6287 www.childfind.ne.gov
Family Support for Children with Disabilities	**Parent Training and Information for Families of Children with Disabilities** Provide training, information and support for children who receive or who might need special education or related services. 1-800-284-8520 V/TTY www.pti-nebraska.org
Medicaid and Economic Assistance	**ACCESSNebraska** The Department of Health and Human Services administers and manages eligibility for Medicaid and Economic Assistance programs through ACCESSNebraska. **Economic Assistance:** 1-800-383-4278 **Medicaid Eligibility:** 1-855-632-7633 http://dhhs.ne.gov/pages/accessnebraska.aspx

Support for Families with Infants

Topic	Name/Description
Breastfeeding	Provides information about the benefits. http://dhhs.ne.gov/Pages/Breastfeeding.aspx
Child Safety	Safety information and supportive programs exist to help protect your child. Visit these sites for more information. https://www.womenshealth.gov/pregnancy/childbirth-and-beyond/newborn-care-and-safety https://www.safekidsnebraska.org/
Home Visiting	Home visiting is a service provided by professionals within the home to provide parents with support for the child-parent relationship. http://dhhs.ne.gov/Pages/Maternal-Infant-Early-Childhood-Home-Visiting.aspx
Postpartum Depression and Anxiety	**Postpartum Support International** Provides referrals to local resources (including emergency services) for postpartum depression and anxiety. 1-800-944-4773 www.postpartum.net
Safe Sleep	**Nebraska SIDS Foundation** Gives support to families who have suffered the loss of a baby to SIDS. 402-935-1911 http://www.nebraskasidsfoundation.org/ http://dhhs.ne.gov/MCAH/MI-Re-ABCss-Eng.pdf http://dhhs.ne.gov/Pages/Safe-Sleep-Campaign-Toolbox.aspx
Vaccines and Immunizations	https://www.cdc.gov/vaccines/