

Mental Health Resources

Rural Response Hotline

1-800-464-0258

Nebraska Critical Incident Stress Management (CISM)

402-479-4921

Suicide Prevention Lifeline

1-800-273-TALK (8255)

Substance Abuse and Mental Health Services Administration

SAMHSA's National Helpline – [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)