



NEBRASKA COOPERATIVE COUNCIL

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PH: 402/475-6555 FAX: 402/475-4538

- [Rural Response Hotline: 1-800-464-0258](#)
- [National Suicide Prevention Lifeline: 1-800-273-8255](#)
- [Farm and Ranch Stress Assistance Network](#)
- [5 Simple Ways to Improve Your Physical and Mental Wellness](#)
- [Nebraska Family Helpline: 1-888-866-8660](#)
- [Bryan Health Mental Health Online Screenings](#)
- [Recognizing the Signs of Suicide and How You Can Help](#)
- [NAMI Nebraska](#) Mental Health Resources by Region (each link has a full list of mental health resources for the region):
 - [Region 1](#) (Western Nebraska)
 - [Region 2](#) (Southwest Nebraska)
 - [Region 3](#) (Central Nebraska)
 - [Region 4](#) (Northern Nebraska)
 - [Region 5](#) (Lincoln and Southeast Nebraska)
 - [Region 6](#) (Omaha Area)
- [Nebraska Mental Health Centers Telehealth Services](#)
- [Nebraska DHHS Division of Behavioral Health](#)
- [Nebraska DHHS Treatment and Recovery](#)