

Center for People in Need
RESOURCE HANDBOOK
For Free or Low Cost
Medical Services

Updated June 2010



Center for People in Need

3901 North 27th Street Unit 1- Lincoln, NE 68521
www.centerforpeopleinneed.org
476-4357



Need help? Don't know where to start?

To find help with housing, health care, food pantries, childcare, drug or alcohol abuse counseling, mental health issues, aging concerns, and many other human services. Dial 2-1-1 or go to www.ne211.org.
Dial 2-1-1. Trained personnel will answer your call
(all languages)

Neighborhood FOOD Program



Center For People In Need Neighborhood FOOD Program

3901 North 27th St., Unit 1
Lincoln, NE 68521

476-4357

Center for People in Need Neighborhood FOOD distributes food and commodities at the following sites on a weekly basis through collaboration with the Food Bank of Lincoln.

**THE FOURTH WEEK OF EVERY MONTH IS
USDA COMMODITIES ONLY AT ALL LOCATIONS.**

Tuesday

1:00-2:00 p.m. **F Street Community Center**, 1225 F St.

3:00-6:00 p.m. **Center For People In Need**, 3901 North 27th St., Unit 1

Thursday

1:00-2:00 pm **Malone Community Center** 2032 U St.

3:00-4:00 pm **Oak Lake Evangelical Free Church** 3300 N 1st St.

You may only receive USDA Commodities once a month. Neighborhood FOOD may be received once a week.



For more information please call: 476-4357

****Being first in line does not mean you will receive better food. Foods with limited supply will be spread out throughout the hour.**

Income Guidelines

Size of Household	Current monthly income
1	\$1949
2	\$2100
3	\$2640
4	\$3180
5	\$3720
6	\$4260

Updated 4/10/2010

Emergency Information

Fire/Medical Emergency	911
Police-Emergency	911
Police-Non-Emergency	441-7204
TDD/TTY	441-7802
Adult Abuse (Nebraska Health and Human Services)	800-652-1999
TDD	471-9570
Animal Abuse (Break the Link)	441-0212
Child Abuse and Adult/Elder Abuse Reporting Hotline	800-652-1999
Community Mental Health Center	441-7940
Drug/Alcohol Drug Crisis Line	475-5683
Emergency placement for homeless and runaway youth	437-8906
Friendship Home	437-9302
HIV/AIDS Nebraska Hotline	800-782-2437
Lincoln/Lancaster County Health Department	441-8000
National Runaway Hotline	800-621-4000
Nebraska Department of Health and Human Services	471-7000
People's Health Center	476-1455
Planned Parenthood	441-3332
Poison Center Children's Hospital	800-222-1222
Voices of Hope Crisis Center	475-7273
Salvation Army	474-6263
STD/HIV Test	441-8065
Street Outreach	560-9354 or 560-9356
Suicide/Mental Health (Lancaster County Mental Health)	441-7940
Youth/Family Crisis (Cedars Youth Services)	437-8888

Free Medical Care

Clinic with a HEART

421-2924

Center For People In Need
3901 N. 27th St., Unit 1

Clinic with a Heart provides **FREE** medical care to people in Lincoln and Lancaster County who **do not** have insurance, money to pay for healthcare, or don't have access to healthcare for other reasons. Interpreters may be available for people who do not speak English. The Primary, Physical Therapy and Dental Clinic will be open from 5:30 p.m. to 7:30 p.m. the **FIRST, SECOND, THIRD AND FOURTH TUESDAY**. Chiropractic care is also provided on the **SECOND TUESDAY** of each month. Chiropractors help people who have headaches, hip pain, dizziness, and other symptoms that may be caused by musculoskeletal problems.

The Clinic is a Walk-in Clinic. No appointments are made in advance.

- ♥ **1st Tuesday of each month sponsored by St. Mark's United Methodist Church**
Location: Center for People in Need, 3901 N. 27th St. **Services:** Medical, Dental, Physical Therapy, Mental Health Assessments.
- ♥ **1st Thursday of each month sponsored by First-Plymouth Congregational & First Presbyterian Churches.** **Location:** McPhee Elementary School, Community Learning Center, 820 Goodhue Blvd. (15th Street between G and F). **Services:** Medical, Pediatric Dental Assessments.
- ♥ **2nd Tuesday of each month sponsored by Sheridan Lutheran Church**
Location: Center for People in Need, 3901 N. 27th St. **Services:** Medical, Dental, Physical Therapy, Mental Health Assessments & Chiropractic.
- ♥ **2nd Thursday of each month sponsored by Lincoln Berean Church**
Location: F Street Community Center, 1225 F St. **Services:** Medical, Pediatric Dental Assessments.
- ♥ **3rd Tuesday of each month sponsored by Southwood Lutheran Church**
Location: Center for People in Need, 3901 N. 27th St. **Services:** Medical, Dental, Physical Therapy, Mental Health Assessments & Vision Screenings.
- ♥ **3rd Thursday of each month sponsored by Southwood Lutheran Church**
Location: Saratoga Elementary School, Community Learning Center, 2215 S. 13th St
Services: Medical, Pediatric Dental Assessments.
- ♥ **4th Tuesday of each month sponsored by Saint Paul United Methodist Church**
Location: Center for People in Need, 3901 N. 27th St. **Services:** Medical, Dental, Physical Therapy, Mental Health Assessments.

Atención Médica Gratis

Clínica con CORAZÓN

421-2924

Center for People in Need
3901 N. 27th St., Unidad 1

La clínica con corazón proporciona atención médica **GRATIS** a las personas de Lincoln y el condado Lancaster que *no tienen* seguro de salud, dinero para pagar por los servicios médicos o no tienen el acceso al cuidado médico debido a otras razones. Puede haber intérpretes disponibles para las personas que no hablan inglés. La Clínica Primaria, la Fisioterapia y la Clínica Dental abren desde las 5.30 pm hasta las 7.30 pm el PRIMER, SEGUNDO, TERCER Y CUARTO MARTES de cada mes. El quiropráctico está disponible el SEGUNDO MARTES de cada mes. Los quiroprácticos ayudan a las personas que sufren de dolor de cabeza, dolor de cadera, mareos, y otros síntomas que pueden ser causados por problemas musculoesqueléticos.

La Clínica atiende por orden de llegada. No necesita pedir cita.

- ♥ **1er martes de cada mes patrocinado por la Iglesia St. Mark's United Methodist**
Ubicación: Center for People in Need, 3901 N. 27th St. **Servicios:** Médico, Dental, Fisioterapia, Evaluación de la Salud Mental.

- ♥ **1er jueves de cada mes patrocinado por las Iglesias First-Plymouth Congregational y First Presbyterian.** **Ubicación:** McPhee Elementary School, Community Learning Center, 820 Goodhue Blvd. (15th Street entre G y F). **Servicios:** Médico, Evaluación Dental para niños.

- ♥ **2do martes de cada mes patrocinado por la Iglesia Sheridan Lutheran**
Ubicación: Center for People in Need, 3901 N. 27th St. **Servicios:** Médico, Dental, Fisioterapia, Evaluación de la Salud Mental y Quiropráctico.

- ♥ **2do jueves de cada mes patrocinado por la Iglesia Lincoln Berean**
Ubicación: F Street Community Center, 1225 F St. **Servicios:** Médico, Evaluación Dental para niños.

- ♥ **3er martes de cada mes patrocinado por la Iglesia Southwood Lutheran**
Ubicación: Center for People in Need, 3901 N. 27th St. **Servicios:** Médico, Dental, Fisioterapia, Evaluación de la Salud Mental y de la Visión..

- ♥ **3er jueves de cada mes patrocinado por la Iglesia Southwood Lutheran**
Ubicación: Saratoga Elementary School, Community Learning Center, 2215 S. 13th St
Servicios: Médico, Evaluación Dental para niños..

- ♥ **4to martes de cada mes patrocinado por la Iglesia Saint Paul United Methodist**
Ubicación: Center for People in Need, 3901 N. 27th St. **Servicios:** Médico, Dental, Fisioterapia, Evaluación de la Salud Mental .

Free Medical Care

**People's City Mission
Medical Clinic**

402-817-0980

110 Q St.
Lincoln, NE 68508

The PCM Medical Clinic offers medical, dental, optical and behavioral health services for low-income, uninsured residents of Lincoln and Lancaster County. Patients with any type of insurance or medical assistance should continue with their current provider if possible. If you have been unable to find a provider, contact a PCM Medical Clinic Patient Guide for assistance.

Hours:

Monday, 1:00-7:00 p.m.; Tuesday, Wednesday, Thursday and Friday, 8:00-11:00 a.m. and 1:00-5:00 p.m.; second Thursday of each month, 5:00-9:00 p.m.

*Call for dental, vision and mental health appointments.

Eligible clients/patients must meet income guidelines of 150% of Federal Poverty Level. Refer to the table below for eligibility.

2009 Income Guidelines				
150% of Federal Poverty Level				
Family Size	Annual Income	Monthly	Weekly	Hourly (40 hrs/wk)
1	16,245	1,354	312	7.81
2	21,855	1,821	420	10.51
3	27,465	2,289	528	13.20
4	33,075	2,756	636	15.90
5	38,685	3,224	744	18.60
6	44,295	3,691	852	21.30
7	49,905	4,159	960	23.99
8	55,515	4,626	1,068	26.69
Each person	5,610	468	108	2.70
<small>Federal Register, Vol. 74, No. 14 Jan 23, 2009, pp. 4199-4201</small>				

General Health Care

Community Health Services/Health Department 441-8065

3140 N St.

Lincoln, NE 68510-1514

Area Served - Lancaster County

Programs:

Early Access to Prenatal Care/Health Department 441-8065

Offers a one-stop service for pregnancy testing, health assessment, assistance for completing a Medicaid application, a referral to a physician for prenatal care, WIC and public health nurse home visitations and consultations. Will help you apply for Medicaid and get you on temporary status the same day so you can receive services. Please call **441-8065** for an appointment.

WIC Program 441-6200

Provides food, education, referrals, and breastfeeding support for women, infants and children with a medical risk. Services are available for women who are pregnant, breastfeeding or have just given birth, and infants and children up to 5 years of age who meet the income guidelines.

Immunizations 441-8065

MONDAY through FRIDAY 8:00 a.m.-4:00 p.m. Available on a walk-in basis with **no proof of income required**. Bring immunization record and \$15 for each child for administrative costs. If you can't pay you won't be turned away but you will be asked to make payments.

Sexually Transmitted Disease testing 441-8065

Tuesdays 1:00-3:00 p.m. and Thursday 5:00-7:00 p.m. Fee is \$35, but will work with you if you can't pay.

General Assistance Medical Clinic 441-8065

The Primary Care Clinic only serves people on general assistance. Its purpose is to provide preventive medical care for those individuals without a medical home. Primary Care Clinic is operated by **appointment only**. Appointments may be scheduled through the nurses in the Walk-In Clinic located at 3140 N St. or by calling 441-8065.

Appointments are available on Monday, Wednesday and Friday mornings and Thursday afternoons. There is also a satellite clinic at the People's City Mission located at 110 Q St. on Tuesday afternoons.

General Health Care

People's Health Center
1021 N. 27th St.

476-1455

Hours:

Monday	7:00 a.m.-7:00 p.m.
Tuesday	7:00 a.m.-7:00 p.m.
Wednesday	7:00 a.m.-5:00 p.m.
Thursday	7:00 a.m.-7:00 p.m.
Friday	7:00 a.m.-5:00 p.m.

Fees: Sliding fee scale, accepts Medicaid, Medicare and private insurance.

Intake: Call for information —you need an appointment to become a patient of the clinic before you can be seen for an emergency.

Provides affordable, comprehensive primary health care especially for those with limited resources. Services include general physical exams, immunizations, dental, pharmacy, WIC, HIV/STD testing, translation, mental health on a referral basis and a physician house call program for chronically ill homebound elderly. Co-Pay is \$15.

Free Nursing Care–Public Health Nurse

Matt Talbot Kitchen and Outreach **477-4116**
1911 R. St.
Third Wednesday of every month, 12:30-2:00 p.m.

People's City Mission **475-1303**
110 Q St.
Second Monday of every month 2:00 p.m.-4:00 p.m.

Gathering Place **476-7398**
1448 E St.
Fourth Tuesday of every month 3:00-5:00 p.m.

Prescriptions

Medication Assistance Program of Lincoln

483-4800

5625 O St, Suite 3, 68510

Call for details and an appointment. To meet the requirements of the program you need to be NOT covered by any medical prescription plan and your income needs to be \$19,000 or lower for a single individual and no more than \$25,000 for a couple.

Your medications need to be for a chronic or ongoing illness since once accepted you are enrolled for a year at a time. It is best if your medication dosage is stable.

Not all medications are covered by the National Pharmaceutical Assistance program. An \$8 fee is charged to cover postage and handling but can be waived depending on individual circumstances.

LancasteRx

Prescription Discount Card

Available courtesy of the Lancaster County Board of Commissioners offers up to 20% off of most prescriptions at most pharmacies. *Ask for a card at the Neighborhood Food or pick one up at Center for People in Need office at 3901 N. 27th St.*

Medical Supplies

Jencyn Medical

476-5222

5521 Shady Creek Ct.

A full-service healthcare provider focusing on diabetic patient needs and pain relief offering a variety of specialized products including back braces and aquatherapy for pain relief, and TENS and EMS electrotherapy for pain relief or rehab. Diabetic patients will benefit from a foot care program which includes the best selection of therapeutic footwear in the area, specialty socks designed to keep diabetic feet dry and comfortable, as well as the only FDA-approved foot treatment cream - proven to heal dry, cracked skin and relieve the pain, burning and itching of neuropathy. Also assistance for men living with incontinence. Medicare, Medicaid and payment plans available. Call or visit online at www.JencynMedical.com to find out more.

Dental Health

People's Health Center

476-1455

1021 N. 27th St.

Fees: Sliding fee scale, accepts Medicaid, Medicare and private insurance. Minimum Medical co-pay \$15. **Minimum Dental co-pay \$20.** You can be billed for the \$20 co-pay.

Clinic With a Heart

421-2924

3901 N. 27th St.

Walk-in clinics are held the first four Tuesdays of every month. If a month contains a fifth Tuesday, no clinic will be held that day.

Dentists available on the first, second, and third Tuesday of each month and the fourth Thursday of each month from 5:30-7:00 p.m. Walk-ins, no appointments. Will provide free services to anyone without insurance.

People's City Mission Medical Clinic

402-817-0980

110 Q St.

Hours:

Monday, Wednesday, Friday, 8:00-11:00 a.m., 1:00-5:00 p.m.

Second Monday of each month, 8:00-11:00 a.m., 1:00-7:00 p.m.

Thursday, 1:00-7:00 p.m.

Second Thursday of each month, 1:00-5:00 p.m.

CLOSED TUESDAYS

Eligible clients/patients must meet income guidelines of 150% of Federal Poverty Level.

Community Health Services/Health Department 441-8015

3140 N St.

Provides screening and direct dental care for low-income children and adults. A minimum payment of \$20 is requested at time of service. If you can't pay \$20 you can pay less and make payments on the rest.

You will not be denied services if you can't pay. You need to take proof of income and it takes approximately one month to get an appointment scheduled. Call for an appointment. If extensive services are required (a root canal, for example) you may be sent to the UNL Dental College.

Eye Exam Screenings

Matt Talbot Kitchen & Outreach

477-4116

1911 R St.

Eye Exam Screenings are available on a quarterly basis (January, April, July and October) at MTK usually on the first or second Wednesday. If the screening indicates you need a complete exam, you are referred for the exam and treatment at no charge. The only requirement is that you have no insurance and are low income.

Call Sara for more information and to sign up for a screening.

People's City Mission Medical Clinic

402-817-0980

110 Q St.

Hours: Monday, Wednesday and Friday, 8:00-11:00 a.m., 1:00-5:00 p.m.

Second Monday of each month, 8:00-11:00 a.m., 1:00-7:00 p.m.

Thursday, 1:00-7:00 p.m.

Second Thursday of each month, 1:00-5:00 p.m.

CLOSED TUESDAYS

Glasses

Payless Optical Outlet

466-3544

6900 O St. Suite 121

Basic single lens glasses are \$39.95+tax (includes lens and frames) for both children and adult glasses.

Lined bifocals are \$69.95+tax (includes lens and frames)

No line bifocals are \$109.95+tax (includes lens and frames)

Eye Exams need to be done someplace else and then take your prescription to Payless Optical Outlet.

Heartland Optical

476-3311

650 N. 27th St.

Basic single lens glasses including frames are approximately \$75. Other prices are reasonable depending on your choices.

Mental Health/Counseling

Families Helping Families Locate Resources and Support

2202 S. 11th St., second floor

441-3803

- Provides a listing of community service providers specific to the caller's needs.
- Provides brochures, materials and resource information.
- Family-friendly answers to questions and concerns.
- Comments from families regarding what they have found to be helpful.

Community Mental Health Center

2201 S. 17th St.

441-7940

Sliding scale fees based on same income levels as Neighborhood FOOD.

Programs & Services

Medical Services: Outpatient psychiatric services including assessment, therapy, medication education and management, & inpatient psychiatric care.

Outpatient Therapy: Individual and group therapy sessions focused on symptom alleviation, stabilization, and recovery.

Day Treatment/Partial Hospitalization Program: Short term, intensive treatment provide through group formats, 6 1/2 hours daily, Monday-Friday.

Homeless/Special Needs Outreach—Outreach and case management for adults who have a mental illness and are homeless, near homeless or in contact with the criminal justice system.

UNL Psychological Consultation Center

472-2351

325 Burnett Hall, UNL

SEPTEMBER THRU MAY, NO SUMMER HOURS

Counseling for men, women and children on a sliding fee scale. Held on Monday and Wednesday evenings beginning at 4:30 p.m. Clinical Psychology doctoral students provide assessment and therapy.

Child Guidance Center

475-7666

2444 O St.

Outpatient mental health clinic for children, adolescents and their families.

Groups available for incest/sexual abuse, anger control, and self-esteem,

Sliding fee scale.

Catholic Social Services

489-1834

2241 O St.

Individual, child, family and grief counseling on sliding fee scale.

Substance Abuse

Alcoholics Anonymous

438-5214

24 hour hotline. Call to talk to a volunteer or to find out meeting times.

Drug Crisis Center

475-5683

24 hour hotline. Call for information, referral and crisis assistance.

Lincoln Council on Alcoholism and Drugs

475-2694

914 L St. Suites A and B

Substance abuse evaluations on a sliding fee scale. Minimum charge is \$20.00.

Lutheran Family Services

435-2910

2900 O St. Suite 200

Substance abuse evaluations and out-patient treatment on a sliding fee scale.

First Steps

434-2730

Substance Abuse evaluations and out-patient treatment on a sliding scale fee. Call for initial evaluation. Special programs for women's needs.

Touchstone

474-4343

1100 Military Road

Residential treatment for adults.

Cornhusker Place

477-3951

721 K St.

Detoxification, short and long term treatment programs. Men only.

Vet Center

476-9736

3119 O St. Suite A

Free counseling for veterans and their families.

Narcotics Anonymous

474-0405

24 hour hotline. Call for meeting times.

Independence Center (Bryan/LGH)

481-5268

1650 Lake St.

Substance abuse evaluation and treatment for adults, youth and their families. 24-hour information and crisis assistance. Medicaid for youth under 20.

Substance Abuse

People's City Mission

475-1303

110 Q St.

Restoration and Renewal Discipleship Outreach Program

An intensive addiction recovery and Christian growth program for men. A four to five month program which includes lodging and meals.

Centerpointe

475-8748

2633 P St.

Substance abuse treatment, dual diagnosis. Residential and outpatient for youth 13-18. Sliding scale and Medicaid accepted.

Al-Anon and Alateen

474-0677

Twelve-step support group for families and friends of alcoholics. Call the hotline to find out dates, times and locations of meetings.

Gambling Addiction Assistance

Choices, Inc

476-2300

934 Charleston St.

24 hour hotline

Free gambling addiction evaluations. Treatment for individuals and family members, individual and group counseling on sliding fee scale. Offers a women's specific program also.

Lincoln Gamblers Anonymous

473-7933

24 hour hotline

Lincoln meeting schedule:

Monday 7:30 p.m., BryanLGH Medical Center East, 1500 S. 48th St.

Wednesday 6:00 p.m., First Baptist Church, 1314 K St.

Saturday 10:00 a.m., BryanLGH Medical Center West, 2222 S. 16th St.

First Step Recovery and Wellness Center

434-2730

Free evaluation. Treatment for individuals and family members on a sliding fee scale.

Assistance for Disabilities

Nebraska Commission for Deaf and Hard of Hearing

4600 Valley Road, Suite 420, Lincoln, NE 68510

471-3593

Call for appointment. For people with hearing loss or deafness.

1. Referral for hearing loss issues and programs.
2. Equipment loan programs (decoders for TV, TTY phone equipment, amplified headsets and two hearing aid banks).
3. Maintain an inventory of services available to meet the needs of the hearing impaired and assist them in securing these services.
4. Provide reconditioned hearing aids to persons who need them and meet age and financial guidelines. There are programs available for both over and under 65. Income guidelines are 185% of poverty level
5. Sign language interpreter referral service and advocacy for deaf and hard of hearing individuals.

Christian Record Services

488-0981

4444 S. 52nd St.

Free Braille, cassette, large print books and magazines. Free blind camps.

Commission for the Blind and Visually Impaired **471-2891**

4600 Valley Road Suite 100

Vocational rehabilitation and counseling. Vocational training includes counseling, job matching, custom training to your skills, assistive technology, independent living and job placement. All services are free.

Developmental Disabilities/DHHS

471-4400

Information, referral and services.

Comprehensive Health Insurance Pool

The Nebraska Comprehensive Health Insurance Pool (NECHIP) provides health insurance to Nebraska residents who are unable to obtain it at an affordable price or without restrictions because of a medical condition. Blue Cross and Blue Shield of Nebraska administers the plan. **This is not free health care coverage.** The program is designed for those who have been turned down for regular insurance due to medical reasons, can only get limited health care coverage elsewhere, or have only been offered health insurance that has a premium higher than what is available through NECHIP. For more information call toll free 1-877-348-4304 or visit their website at www.nechip.com.

Assistance for Disabilities

Lincoln-Lancaster County Health Department

Early Development Services Coordination 441-6710

Call for appointment. Eligible families are those with infants or toddlers below age 3 who have a disability. The program is designed to help families coordinate services to meet the developmental, educational, financial, health care, child care and respite care services needed by the child and the family.

League of Human Dignity 441-7871

1701 P St.

Independent living services for those with disabilities, including information and referral, counseling, training, assistance with finding accessible housing, financial benefits counseling, home modification, equipment sales, repair, loan and rental.

Nebraska Assistive Technology Partnership 471-0734

5143 S. 48th St. Suite C

Information on obtaining assistive devices, such as wheelchairs, scooters, Bathing aids, communication devices, stair and bath lifts. Will assist those who qualify with finding funding assistance to pay for home modifications that have become necessary due to disability. Such home modification include ramps, lifts, grab bars, voice activated phones and many other. Will also help find affordable housing for those who need to move into an accessible home.

Nebraska Childfind 471-0734

5143 S. 48th St. Suite C

Information, regarding special education and referrals for children and young adults with disabilities from ages birth to 21.

Talking Book and Braille Service 471-4038

1200 N St. Suite 120

Provides free books and magazines on tape and in Braille to individuals visual, physical or reading disability which limits the use of regular print.

Abuse/Neglect

Child and Adult/Elder Abuse Reporting Hotline

Toll Free 1-800-652-1999 TDD 471-9570

Friendship Home 437-9302

Voices of Hope 475-7273

Child Advocacy Center 476-3200

3200 Sumner

Safe, neutral site for child victims of abuse. Services include medical evaluations, support groups and Court School.

KIDS CONNECTION

Kids Connection

471-7715

Kids Connection is Nebraska's Medicaid Managed Care health insurance program for children. Nebraska Health Connection/Kids Connection will provide all the medical services you need. You'll have one doctor, your Primary Care Physician (PCP), who will coordinate all your health care needs.

If you are covered under a mandated eligibility category (including Aid for Dependent Children, Medical Assistance for Children, Aid to the Aged, Blind and Disabled, or State Wards), by law, you must enroll in Nebraska Health Connection/Kids Connection. *If you choose not to select your doctor and health plan, they will be chosen for you.*

What's covered under the Nebraska Health Connection/Kids Connection? You'll receive the same basic benefits as regular Medicaid. Everything covered under regular Medicaid is covered under Nebraska Health Connection/Kids Connection. There is no premium or co-pay for Kids Connection. Families at or below 200% of poverty level are eligible.

How do I enroll my children in Kids Connection?

Call 471-7715 to speak to someone at the Department of Human Services to find out if your children qualify and to get an application.

Women's Health Information Pregnancy and Childbirth

Birthright, Inc

466-2609

24 hour toll free hotline

1-800-550-4900

5625 O St. Suite 4

Free pregnancy tests, confidential and resources.

Catholic Social Services

489-1834

2241 O St.

Pregnancy services, counseling for those facing an unplanned pregnancy, parenting and adoption planning.

Lincoln Crisis Pregnancy Center

483-4247

4247 O St.

Pregnancy tests, confidential counseling.

Healthy Mother, Healthy Babies

1-800-862-1889

Helps pregnant women with no insurance who need medical care.

Lincoln/Lancaster County Health Dept

441-8065

3140 N St.

Pregnancy testing, health and parenting information, referrals to health care providers.

Lutheran Family Services

435-2910

2900 O St. Suite 200

Unplanned pregnancy counseling, adoption program.

People's Health Center

476-1455

1021 N. 27th St.

Priority status is given to women seeking to know their pregnancy status or those who know they are pregnant. They will receive an immediate appointment for a pregnancy test and prenatal labs. They will receive an appointment with a nurse-midwife. Interpreters are available and the clinic strives for culturally sensitive care.

Women's Health Information

Planned Parenthood

2246 O St., 441-3300

3705 South St., 441-3333

Planned Parenthood offers the following services to women on a sliding fee scale:

- Annual Exams
- Birth control options
- Emergency contraception (morning after pill)
- Cancer Screening: Pap test & Breast Exam
- Sexually transmitted infection testing & treatment
- HIV confidential testing
- Urinary tract infection testing & treatment
- Pregnancy testing on a walk-in basis, all-options information
- Abortion services (early aspiration, medical, medication and surgical options)
- Referrals for parenting, adoption & abortion services
- Reproductive health counseling

Every Woman Matters

1-800-532-2227

Every Woman Matters is a program that can help women get their annual health check-ups free. The program is for women 40 through 64 years of age, who have no health insurance, Medicaid or Medicare, and have a low to medium income.

If you qualify, the follow services are free:

- Pelvic exam with a Pap test
- Clinical breast exam
- Teaching of breast self exam
- Mammogram
- Blood pressure check for new clients only
- Cholesterol check for new clients only
- Blood sugar (glucose) check for new clients only
- Colon cancer screening (age 50+) for women and men

If you are under 40 and need a breast biopsy, or if you have had an abnormal Pap test, please contact us at 1-800-532-2227 to see if we can help.

Senior Health Services

LIFE (Lincoln Information for Elderly) 441-7070

Free, confidential information regarding all aging services. Personal Assistance, advice and advocacy with any aging-related problems or concerns. LIFE is a division of the Lincoln Area Agency on Aging.

Alzheimer's Association 420-2540

5601 S. 27th St. Suite 201
Resources, referrals and support.

Aging Partners (formerly Lincoln Area Agency on Aging)

Cost-free, confidential information regarding all aging services. Personal assistance, advice and advocacy with any aging-related issues or concerns.

Downtown Senior Center, 1005 O St. 441-7506

Daily noon meals, educational and nutrition programs and health promotion clinics are available most Tuesdays and Thursdays. Call for schedule.

Senior Companion Program 441-7026

Trained volunteers provide companionship for homebound elderly and respite for caregivers without charge to adults.

Health & Fitness Center, 233 S. 10th St. 441-7575

Open Monday-Friday, 8 a.m.-4 p.m. Certified personal trainers available on Tuesday and Thursday by appointment. The suggested contribution is \$10 per month for those over 60, \$15 per month for those under 60.

Harvest Project 441-7070

This program serves those over 55 who have been diagnosed with a serious and persistent mental illness and have a willingness to participate with a case manager. This is a partnership with Aging Partners, Community Mental Health Center and CenterPointe for residents of Lancaster County.

Support Groups

Abortion Healing and Support	617-5454
Adult Children of Alcoholics	476-9647
Al-Anon and Alateen	477-9662
American Cancer Society	423-4388
Amputees Support Group	466-0268
Autism Society of Nebraska	484-8003
Breast-feeding Support Group	481-3328
Breast-feeding Telephone Support	441-9509
Bright Ideas Support Group (for brain injury survivors)	472-5462
Cedars Crisis Line (for teens and families)	437-8888
Cedars Warmline (for pregnant and parenting teens)	437-8850
Charlie Browns Kids (grief support for children)	483-1845
Co-Dependents Anonymous (Community Mental Health)	310-5983
Families Inspiring Families (for parents with children with mental health issues)	441-4369
Family Support Group	441-7940
Grief Recovery Outreach	423-1515
Menopause and Beyond Support Group	788-2293
Mourning Hope (for children teens and families in grief)	488-8989
Nicotine Anonymous	476-9668
Overeaters Anonymous	473-1952
Parkinson's Support Group	486-4810
Ray of Hope (for survivors of someone who committed suicide)	477-8610

Resource Books

Other resource books available:

- Yellow Book-Medical Services-Free or low cost
- Gold Book-Food-Free or low cost
- Orange Book-Services for the near homeless and homeless
- Green Book-Rides for \$7.50
- Purple Book-Healthy Living
- Pink Book-Miscellaneous Services-Free or low cost
- Blue Book-Children's Services-Free or low cost

Also available in Russian, Spanish and Arabic.



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402-476-4357



The mission of the Center for People in Need is to enhance opportunities for families and youth as they address socio-economic barriers limiting their paths to success.

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This handbook was prepared by the Center for People in Need. Please call the number above to add, update or remove information.

The Center for People in Need is a 501 (c)(3) organization and all contributions are tax deductible.

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