

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

Updated November 2009



**Center for People in Need**

3901 North 27th Street Unit 1- Lincoln, NE 68521  
[www.centerforpeopleinneed.org](http://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](http://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.

3:00-4:00 p.m. **Matt Talbot Kitchen & Outreach**, 1911 R St.

5:00-6:00 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**

### **Income Guidelines**

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

<b>Size of Household</b>	<b>Current monthly income</b>
1	\$1560
2	\$2100
3	\$2640
4	\$3180
5	\$3720
6	\$4260

Updated 10/1/09

# Emergency Information

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

# Free Medical Care

## *Clinic with a HEART*

421-2924

Center For People In Need  
3901 N. 27th Street 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.**

### **Primary & Dental Care**

The first, second, third and fourth Tuesday of each  
month  
5:30-7:00 p.m.

### **Chiropractic Care**

The second Tuesday of each month  
5:30-7:00 p.m.

### **Vision Screening & Exams**

The third Tuesday of each month  
5:30-7:00 p.m.

# Free Medical Care

*Clinica con Corazón*

**421-2924**

**Center for People In Need**

**3901 N. 27th Street**

La clínica con corazón proporciona cuidado médico **GRATIS** a todas las personas que residen en los condados de Lincoln y Lancaster que no tienen seguro de salud o no tienen los suficientes fondos para adquirir un plan de seguros o no tienen el acceso a cuidado médico debido a otras razones. Los intérpretes en la clínica ayudarán a cualquiera que no habla inglés.

La clínica primaria está abierta desde las 5.30 pm hasta las 7.30 pm el **PRIMER** y **TERCER MARTES** de cada mes. El centro quiropráctico está abierto 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 de musculatura.

**La Clínica atiende por orden de llegada.**

**No se necesita pedir cita.**

## **Cuidado Primario**

**Primer, Tercer y Cuarto Martes** de cada mes

5.30-7.00pm

## **Centro Quiropráctico**

El **segundo martes** de cada mes

5.30pm-7.00pm

# Free Medical Care

**People's City Mission  
Medical Clinic**  
110 Q St.  
**Lincoln, NE 68508**

**402-817-0980**

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

*Federal Register, Vol. 74, No. 14 Jan 23, 2009, pp. 4199-4201*

# 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:**

<b>Monday</b>	7:00 a.m.-7:00 p.m.
<b>Tuesday</b>	7:00 a.m.-7:00 p.m.
<b>Wednesday</b>	7:00 a.m.-5:00 p.m.
<b>Thursday</b>	7:00 a.m.-7:00 p.m.
<b>Friday</b>	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.

## **LancasterRx 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.*

# 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.

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## 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 (October, 2007 , January 2008, April, 2008, July, 2008) 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.**

### **Salvation Army**

**474-6263**

2625 Potter St.

Working with Shopko's Project Eye Care, a limited number of vouchers per year (starting each January) are available for exams and eyeglasses. Must come in to sign up. The vouchers are available in January until they are gone.

### **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 Inspiring Families**

**441-4369 or 1-888-441-4369**

Families Inspiring Families holds monthly family support education group meetings for families rasigin youth with behavioral, emotional or mental health issues. The youth group consists of activities centered around life skills, socialization, community service and leadership. Dinner and drinks are served. All meetings are 6:00-8:00 p.m. Supervised child activities.

**Family meetings:** third Thursday of each month. **Youth meetings:** first and third Thursday of each month, call for more information. **Youth and Adult meetings:** third Thursdays, October through May, Huntington Elementary School, 2900 N. 46th St. Exceptions: Some months there are special off-site activities. Call for exact location each month. No meeting on the third Thursday in December.

## **BryanLGH Medical Center West**

**481-5991**

2300 S. 16th St.

Outpatient, inpatient, partial hospitalization and therapy groups. Emergency mental health care available. Medicaid accepted.

## **Cedars Youth Services**

**434-5437**

1430 South St.

Outpatient and in home. Residential treatment for girls ages 12-18. Emergency shelter and residential care for ages 0-18. Sliding scale and Medicaid accepted.

## **Family and Youth Investment (FYI)**

**441-4343**

1545 N St. Suite A

Serves youth (under 21) diagnosed with mental illness and at risk. No fee.

## **Omni Behavioral Health**

**474-3322**

2300 S. 13th St.

Outpatient treatment for children and adults, specializing in home based therapy. Community treatment aide services. Sliding scale and Medicaid accepted.

## **Samaritan Counseling Center**

**483-5117**

8650 Pioneers Blvd.

Outpatient treatment for children and adults. Individual, couple and family therapy. Sliding scale and Medicaid accepted.

# 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.

## 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.

# 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.**

# 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](http://www.nechip.com).

## 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.

### **Harvest Project 441-7940**

Substance abuse and mental health services for the elderly.

### **Lincoln Area Agency on Aging Senior Companion Program 441-7026**

Trained volunteers provide companionship for homebound, frail elderly and respite for caregivers without charge to those 60+.

### **Lincoln Area Agency on Aging Downtown Active Age Center 441-7506**

1005 O St.

Educational programs and health screenings, public health nurses available once a month.

### **Alzheimer's Association 420-2540**

5601 S. 27th St. Suite 201

Resources, referrals and support.

# Support Groups

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

# 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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[www.centerforpeopleinneed.org](http://www.centerforpeopleinneed.org)  
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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Director of Operations*

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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