

Mental Health Resources:

Here at Nebraska Methodist Health System we want to help employees stay healthy. One way is to make sure you have direction and support when life situations get complicated and you don't know where to turn. Sometimes you just need to talk to someone, other times you might want to assist a family member with their life struggle. Here is some information to help you when you need it.

IN CASE OF AN EMERGENCY, CALL 911 IMMEDIATELY!

They will assist you through the crisis for the safety of everyone.

Here are several FREE resources to assist you when life gets hard.

Best Care EAP:

Phone: (402) 354-8000 or (800) 801-4182 Available 24/7

Website: eap@BestCareEAP.org Member ID: bcMEe, Password: ME

As a MHS employee, you and your immediate family members can access up to 5 free sessions per person per year. Best Care EAP will work with you to find an appropriate provider if needing longer assistance.

Methodist Community Counseling Program:

Phone: (402) 354-6891

Financial Assistance is available. Counseling services are offered to students in each middle school, high school and alternative program in Omaha Public Schools and to community members at locations across Omaha.

Boys Town National Hotline:

Phone: (800) 448-3000 Available 24/7

Text: VOICE to 20121

Website: <https://www.boystown.org/hotline/Pages/default.aspx>

"Help at the End of the Line". Call our Behavioral Health Services line at **531-355-3500**.

Iowa Help Line: Your Life Iowa, "Everyone needs help sometimes."

Phone: (855) 581-8111 or Text: (855) 895-8398

Nebraska HELP Line: "Our counselors are here to listen and help create a plan that works."

Phone: (888)866-8660 Available 24/7

Website: <https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>

National Suicide Prevention HOTLINE:

Phone: (800) 273-8255 (TALK) Available 24/7

Website: <https://suicidepreventionlifeline.org/>

"The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals".

Coming July 2022 – Dial: 988 for crisis counseling.

Inpatient Behavioral Health Providers Include:

Tier 1 Providers (listed below):

METHODIST FREMONT HEALTH

(402) 721-1610 or (402) 941-7850

450 E 23RD ST

FREMONT NE 68025 (Tier 1 Provider)

METHODIST JENNIE EDMUNDSON HOSPITAL

(712) 396-6000

933 E PIERCE ST

COUNCIL BLUFFS, IA 51503 (Tier 1 Provider)

Tier 2 Providers (listed below):

BOYS TOWN NATIONAL RESEARCH HOSPITAL

(402) 778-6000

14092 BOYS TOWN HOSPITAL RD

BOYS TOWN NE 68010 (Tier 2 Provider)

NEBRASKA MEDICINE PSYCHIATRIC UNIT

(402) 552-2000

42ND & DEWEY AVE

OMAHA, NE 68198 (Tier 2 Provider)

Addiction/Substance Abuse Treatment and Evaluations:

Tier 1 Provider:

INROADS TO RECOVERY

(402) 932-2248

2808 N 75th ST

OMAHA, NE 68134

Tier 2 Provider:

VALLEY HOPE ASSOCIATION NE

(402) 991-8824

7703 SERUM AVE

OMAHA NE 68127

MHS/UMR Find a Provider Instructions:

UMR Website: umr.com Member → Find a Provider → N: "Nebraska Methodist Health System Provider Network (NMHS)", → Find a Provider → Behavioral Health.

For more information or if are requiring more detailed information, you can contact UMR directly at (800) 826-9781.

If you have questions or need personal assistance to find a specific type of provider, please contact Brooke Richardson RN, BSN, Lockton Nurse Advocate | Methodist Health System Benefits at (402) 354-5473 or send an email to Brooke.Richardson2@nmhs.org.

***Providers that accept Methodist Health System Employee Health Care Plan coverage at Tier 2 level of benefits.**

Note: This information is provided for your convenience. You are welcome to search for a provider of your choice at UMR.com. This is not a recommendation or endorsement of any provider/vendor.

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