



Center *for*
People *in* Need



COMMUNITY RESOURCES

A guide to resources and services
available from governmental and
nonprofit agencies in Lincoln, Nebraska.

Revised Jan. 2020

REMINDER: *Due to the pandemic, some resources in this guide may no longer be available. Please contact the organization before seeking services.*



Center for People *in* Need

3901 N. 27th Street #1
Lincoln, NE 68521

cfpin.org
info@cfpin.org

402.476.4357

Our mission is to provide services and programs to low-income people that address their basic needs and help them achieve economic independence.

FOOD DISTRIBUTION

Monday-Friday 10 a.m. to 1 p.m.
Tuesdays 4 to 6 p.m. (*beginning Apr. 6, 2021*)
Limit: one distribution per week.

DIAPER DISTRIBUTION

Monday-Friday 10 a.m. to 1 p.m.
Tuesdays 4 to 6 p.m. (*beginning Apr. 6, 2021*)
Limit: one distribution per month.

ENGLISH LANGUAGE LEARNING

Monday-Friday 9 to 11 a.m.
We offer three levels of free English Language Learning classes for anyone for which English is not their primary language. New students are tested to identify their skill level, then they progress through the program at their own speed. Our instructors are highly skilled and dedicated to teaching English and basic American culture.

POP SCHOLARSHIPS

Scholarships and additional assistance to help low-income individuals attend Southeast Community College. For more information, contact Lynette Maes at lmaes@cfpin.org or 402.476.4357.

TRADE COMMUNITY RE-ENTRY

Job skill training for current and formerly incarcerated individuals. For more information, call Kimberly Wimberly at kwimberly@cfpin.org or 402.476.4357 x252.

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EMERGENCIES

911

Call 911 when you need immediate assistance from police, fire or ambulance services. Examples: a fire, a crime (especially one in-progress), a car crash, missing children, fire, explosion, toxic gases, and medical emergencies. If possible, get to a safe place before calling.

HELP (NON-EMERGENCY)

LINCOLN POLICE / LINCOLN FIRE & RESCUE

402.441.6000

Call police and fire dispatch for non-emergency situations. Examples: noisy parties, suspicious activities, broken streetlights, dangerous driving, and illegal parking.

NEBRASKA STATE PATROL

402.471.4545

LINCOLN ANIMAL CONTROL CENTER

402.441.7900

Report stray animals, wildlife, aggressive animals, dead animals, licensing, or lost pets.

UPLNK

lincoln.ne.gov/city/uplnk

UPLNK is a free app for reporting non-emergency quality-of-life issues within the Lincoln city limits. Examples: streetlight problems, downed trees, potholes, or park maintenance issues.

EMERGENCY SHELTERS

FRIENDSHIP HOME

402.437.9302 - available 24 hours/day, 7 days/week

friendshiphome.org

Safe shelter and support for victims of domestic violence and their children.

PEOPLE'S CITY MISSION

402.475.1303

110 Q Street, Lincoln NE 68508

pcmlincoln.org

Family Shelter: community rooms, single family rooms, and dormitory beds that accommodate single women, and one and two parent families (may include teen-age boys); overnight housing for men seven days a week.

Safe Place: immediate health and safety for youth in crisis.

LINCOLN SAFE PLACES

Lincoln Fire and Rescue Stations, Hy-Vee, U-Stops, Nebraska State Capitol Rm 1212, Lincoln Journal Star, Campus Life, Whitehead Oil Company office building, Scooter's Coffeehouses, The Bay Skate Park, The Gameroom, JPK Investment Motors, YWCA, News Link.

CEDARS PIONEERS CENTER

402.436.5437

6601 Pioneers Blvd

cedarskids.org

Provides short-term care to youth 12-18, who do not have immediate access to a safe or more appropriate living arrangement.

SUICIDE HOTLINES

CENTERPOINTE CRISIS RESPONSE HELPLINE

402.475.6695

suicide, substance abuse, mental health

BOYS TOWN NEBRASKA/NATIONAL SUICIDE HOTLINE

1.800.448.3000; \ TTY: 1-800-448-1833 \ Text: START to 741741

ABUSE HOTLINES

CHILDHELP NATIONAL CHILD ABUSE HOTLINE

1.800.422.4453

DHHS ADULT AND CHILD ABUSE AND NEGLECT HOTLINE

1-800-652-1999

VOICES OF HOPE CRISIS HOTLINE

402.475.7273

domestic violence, sexual assault, abuse

VETERANS HOTLINES

NATIONAL CALL CENTER FOR HOMELESS VETERANS

1.877.4AID VET (877.424.3838)

24/7 expert counseling for homeless veterans, veterans at risk, and friends and families

POISON INFORMATION

AMERICAN ASSOCIATION OF POISON CONTROL CENTERS/ NEBRASKA REGIONAL POISON CENTER

1.800.222.1222

AIDS INFORMATION

CDC (CENTER FOR DISEASE CONTROL) AIDS PROJECT HOTLINE

1.800.232.4636 (TTY: 1.888.232.6348)

NEBRASKA AIDS PROJECT

402.476.7000 \ 1120 K St

CHILD CARE & CHILD PROGRAMS

COMMUNITY ACTION PARTNERSHIP

402-471-4515 \ 210 O \ communityactionatwork.org

Free early childhood education, health, dental, nutrition, and family engagement services to low-income pregnant women and children to five years, including children with special needs.

MALONE COMMUNITY CENTER

402- 474-1110 \ 2032 U St

Early Achievers Program: for children ages 3 to 5 with approval

Out of School Program: for children ages 5-13,

Leadership Academy: for high school students.

SALVATION ARMY

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

After-School Program: activities and meals for kindergarten-first grade.

Character Building Program: Sunbeams and Ranger kindergarten-fifth grade; GirlGuards and Explorers 6th-12th grades;

Shield Fine Arts Academy: music lessons kindergarten-adult.

Camps: low-cost summer, overnight, and themed camps; 1st-12th grades;

CLOTHING & HOUSEHOLD GOODS

BARNABAS COMMUNITY FREE STORE

402-742-0035 \ 931 Saunders Ave \ barnabascommunity.org

free clothing, books, toys, household goods.

CLOTHING EXCHANGE & DISTRIBUTION, CAPITOL CITY CHRISTIAN CHURCH

402-467-4458 \ 7800 Holdrege

free clothing

THE DAISY THRIFT STORE AT FRESH START

402-475-7777 \ 6433 Havelock Ave.

BROCK'S BOUTIQUE

66th & Colfax Ave.\ Havelock Christian Church

Free clothing.

ESTHER'S CLOSET, HAVELOCK METHODIST CHURCH

402-466-6736 \ 4140 N 60th

Free men's, women's, and children's clothing.

GOOD NEIGHBOR COMMUNITY CENTER

402-477-4173 \ 2617 Y \ gncclincoln.org

Clothing and household distribution. Appointment only; verification of eligibility may be requested.

MACIE'S PLACE FAMILY THRIFT SHOP

402-601-1773 \ 2601 N 47th

\$1.00 per item or \$10 for 25 items.

NORTHWEST LINCOLN CHURCH OF CHRIST

402-475-3313 \ 3110 N 1st

free clothing

PEOPLE'S CITY MISSION HELP CENTER

402-475-6888 \ 6800 P St \ pcmlincoln.org/help-center

food, clothing, personal care items, furniture, household goods available to poor, near homeless; call for hours and eligibility

CLOSET AT NEW HOPE, NEW HOPE UNITED METHODIST CHURCH

402-466-5238 \ 1205 N 45th St

free used clothing for children and adults. Shoes, accessories, linens.

ST. LOUISE GIFT & THRIFT STORE

402-474-1600 \ 2201 O St.

low-cost clothing.

YWCA JOB OUTFITTERS

402-434-3494

Free Goodwill career clothing vouchers; apply in person at Goodwill Job Connection 1731 O at American Job Center 1111 O; no appointment necessary

COMMUNICATIONS

MATT TALBOT KITCHEN & OUTREACH

402-477-4116 \ 2121 N 27th \ mtko.org

Mailing address/Message Service: mail and messages for homeless people.

NEBRASKA PUBLIC SERVICE COMMISSION

402-471-3101 \ 800-526-0017 \ 1200 N suite 300 \ psc.nebraska.gov

Nebraska Telephone Assistance/Lifeline: lower monthly rates for qualified people; applies a credit to one landline or wireless bill per household or provides free minutes to eligible cell phone providers; call or print online form

DIAPERS

CENTER FOR PEOPLE IN NEED

402.476.4357 \ cfpin.org \ 3901 N. 27th St

Free diapers once per month for children 0-5 years old.

DIAPER DEPOT, NEW HOPE UNITED METHODIST CHURCH

402-466-5238 \ 1205 N 45th St

free diapers, wipes and creams

DIAPER HEAVEN

733 S 13th (between G & H)

diaper bags with 15 diapers every 2-week period.

GOOD NEIGHBOR COMMUNITY CENTER

402-477-4173 \ 2617 Y \ gncclincoln.org

free diapers; GNCC card required

SALVATION ARMY

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

free diapers once a month; call for details.

DOMESTIC VIOLENCE & ABUSE

FRIENDSHIP HOME

402-437-9302 \ PO Box 85358 Lincoln, NE 68501

safe shelter and support for victims of domestic violence and their children; call 24 hours a day/7 days a week.

VOICES OF HOPE

402-476-2110 \ 2545 N \ voicesofhopelincn.org

services to those who have experienced relationship violence, sexual assault, and related abuse. Free, confidential to victims and families.

24 Hour Crisis Line: 402-475-7273

Daily Walk-in Crisis Services: safety planning, protection-order assistance, crisis counseling, financial assistance (limited), and basic needs provision, referral to other community resources.

Parent/child Advocate: Parent/child/teen advocate available for victims and their children on the impact on children who witness violence.

Legal Advocacy and Referral: referral to attorneys and accompaniment to court hearings to provide support and information.

Support and Education Groups: weekly drop-in support groups for victims of domestic violence and sexual assault; English and Spanish

On-Campus Advocates: advocates for students on the University of Nebraska Lincoln and Nebraska Wesleyan University campuses; call 402-465-2533

EDUCATION

CENTER FOR PEOPLE IN NEED

402-476-4357 \ 3901 N 27th Unit 1 \ centerforpeopleinneed.org

POP Program: tuition-free attendance at Southeast Community College (SCC).

English Language Learning: free classes; includes introduction to American culture.

TRADE: employment and job skill development for current and previously incarcerated individuals.

LINCOLN LITERACY

402-476-7323 \ 745 S 9th \ lincolnliteracy.org

Free classes and tutoring to help people to understand, speak, read, and write English;

MATT TALBOT KITCHEN & OUTREACH

402-477-4116 \ 2121 N 27th \ mtko.org

Life Skills Classes: four-week classes on parenting, money management, housing and employment skills; case worker referral required; child care and transportation available.

EMPLOYMENT

CATHOLIC SOCIAL SERVICES

402-474-1600 \ 2241 O \ cssisus.org

Refugee Resettlement Program: employment services for "secondary migrant" refugees who move to Lincoln after initially being resettled elsewhere

NEBRASKA VR VOCATIONAL REHABILITATION

402-471-3231 \ 3901 N 27th Ste 6 \ vr.nebraska.gov \ TDD 402-471-6329

Employment help for people with disabilities.

FINANCES

AGING PARTNERS

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging

Financial Counseling: budgeting, credit, Social Security, Homestead Tax Exemptions, Medicare, Medicaid and long-term care; call for eligibility

COMMUNITY ACTION PARTNERSHIP

402-471-4515 \ 210 O \ communityactionatwork.org

Financial coaching: six month program of individual and group sessions

Opportunity Passport: financial training leading to matched savings account (IDA); for people 14-26, currently or formerly in foster care

Individual Development Accounts: matched savings for home purchase, small business or post-secondary education; CAP matches \$1 with \$4; for low-income individuals and families; call to apply.

Free to Save: matched savings for home purchase, small business, vehicle or post-secondary education; CAP matches \$1 with \$4; call to apply; for low-income individuals and families; for low to moderate income families; call to apply

FOOD

AGING PARTNERS SENIOR CENTERS

402-441-7158

Belmont Center \ 402-441-7990 or 402-441-6789 \ 1234 Judson

Downtown Center \ 402-441-7154 \ 1005 O

Lake Street Center \ 402-441-7157 \ 2400 S 11th

JoAnn Maxey Center \ 402-441-7849 \ 2032 U

Northeast Center \ 402-441-7151 \ 6310 Platte

Asian Center \ 402-477-3446 \ 144 N 44th St Ste A

daily hot meal and sack lunch provided at most centers; voluntary contribution; call the center two days in advance; transportation and home delivery available

CENTER FOR PEOPLE IN NEED

402-476-4357 \ 3901 N 27th Unit 1 \ centerforpeopleinneed.org

Commodity Supplemental Food Program: non-perishable foods and cheese for seniors; federal / state program with eligibility requirements; call for information

NeighborhoodFOOD Program: weekly food distribution; Center Card required (see page 2); check website for times and locations

THE GATHERING PLACE

402-476-7398 \ 1448 E \ communityactionatwork.org

free meals, bread, coffee;

Winter Night Watch: Salvation Army mobile kitchen hot meals, beverages

COMMUNITY CROPS

402-474-9802 \ 1301 S 11th \ communitycrops.org

tools, resources, education, and space for community gardens

FEED THE PEOPLE

1610 S 11th St

Free food, hygiene, and clothing.

FOOD BANK BACK PACK PROGRAM

402-466-8170 \ lincolnfoodbank.org

food-filled backpacks on Friday afternoons for students and their families in need of food over the weekend; contact your child's school for information.

FOODNET

402-416-6197 \ foodnetlincoln.org

perishable foods such as fruits, vegetables, dairy products, bread, etc. to all families; check website for times and locations

GOOD NEIGHBOR COMMUNITY CENTER

402-477-4173 \ 2617 Y \ gncclincoln.org

Perishable Food: fruits, vegetables, dairy products and bread; GNCC client card required; no appointment needed

Non-Perishable Food: canned and packaged food; appointment and GNCC card required

JACOB'S WELL

402-413-8508 \ jacobswell-lincoln.com
Food Bank food distribution; call for details

LINCOLN (CITY)

www.education.ne.gov/ns/sfsp/ or call 800-731-2233
Summer Meals Food Service Program (SFSP): free, meals and snacks for low-income children 2-18 during summer months; a Food Bank program.

LINCOLN PUBLIC SCHOOLS EMERGENCY PANTRY, BRYAN COMMUNITY CENTER

402-466-8170 \ 300 S 48th \ www.lincolnfoodbank.org/services/youth-family/
Food Bank pantry when elementary schools are in session; any LPS or Catholic School family can receive food; amount based on family size.

MATT TALBOT KITCHEN & OUTREACH

402-477-4116 \ 2121 N 27th \ mtko.org
Free meals seven days a week for everyone.

NEBRASKA DEPT OF AGRICULTURE

Senior Farmers' Market Nutrition Program: coupons for seniors for fresh fruits and vegetables at farmers' markets, roadside stands and community supported agriculture programs; federal / state program with eligibility requirements; coupons available at Aging Partners Senior Centers; for map of vendors call 402-471-2341

NEBRASKA DEPARTMENT OF EDUCATION NUTRITION SERVICES

Free and Reduced Price Public School Lunches: contact www.education.ne.gov or your child's school.

NEBRASKA DEPT OF HEALTH AND HUMAN SERVICES

402-441-6200 \ 3140 N
Women, Infants, and Children (WIC): "checks" for free healthy food from grocery stores; for pregnant, breast-feeding, postpartum women, infants and children up to age 5; nutrition education and breastfeeding support.

NORTHEAST FAMILY CENTER, HAVELOCK UNITED METHODIST CHURCH

402-471-3700 \ 4140 N 60th
free meal; see Facebook for time and menu

PEOPLE'S CITY MISSION

402-475-1303 \ 110 Q St \ pcmlincoln.org
three free meals daily; women and children are served first

PEOPLE'S CITY MISSION HELP CENTER

402-475-6888 \ 68th, 1 blk N of O \ pcmlincoln.org/help-center
*Shopping: once per day, twice per week;
Food Baskets: one food basket every other month per family and at Thanksgiving and Christmas; sign up at Help Center*

SALVATION ARMY

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln
*Food Pantry: produce and bread;
Kids Cruisin' Kitchen: free lunches during summer; Mon-Fri; multiple locations; call for information
Winter Night Watch: hot meals and beverages at The Gathering Place 1448 E*

TABITHA MEALS ON WHEELS

402-486-8520 \ 4720 Randolph \ tabitha.org

Hot noon meal delivery to elderly or disabled 365 days a year; fee based on ability to pay

GOVERNMENT RESOURCES

CITY OF LINCOLN

lincoln.ne.gov

LANCASTER COUNTY

402.441.7171

lancaster.ne.gov

General Assistance: 402.441.3095 / 3131 O Street

STATE OF NEBRASKA

nebraska.gov

Department of Health and Human Services: dhhs.ne.gov

Department of Motor Vehicles: dmv.nebraska.gov

SOCIAL SECURITY ADMINISTRATION

800.772.1213 / 100 Centennial Mall N, Room 240

ssa.gov

HOUSING & UTILITIES

AGING PARTNERS

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging

Listings Only: subsidized and retirement housing, nursing homes, and special needs facilities

Home Handyman: low-cost assistance with minor home repairs & yard work; for people age 60 and above; call to sign up

CATHOLIC SOCIAL SERVICES

402-474-1600 \ 2241 O \ cssisus.org

Help with rent and utilities (no help with deposit, 1st month's rent, or back rent); apply in person at the main office or Call Monday morning

Immigrant Resettlement Program: help with housing, education, employment, cultural orientation for new immigrants

CEDARS HOME FOR CHILDREN

402-434-5437

cedars-kids.org

range of services for children, youth, and families

Emergency Shelter: short term care for youth 12-18; call or go to Youth Opportunity Center during open hours

Bridges Transitional Living Program: community-based safe housing and support services for probation and/or state ward youth age 17-19; call or apply online

Youth Opportunity Center, 402-437-8850; 318 S 13th: drop-in for runaway, homeless and at-risk youth for hot meal, laundry room personal hygiene items, emergency shelter requests, help with housing & job applications for runaway, homeless and at-risk youth; drop in or call;

Basics Center: in-home resources and services to help families through difficult times; call to request help

Early Childhood Development Center: pre-school program for children 6 weeks to 6 years; call or apply online

Community Learning Centers: before-school, after-school, and summer care and activities at Clinton Elementary School and Hartley Elementary School; call or apply online

CENTERPOINTE

402-261-6924 (transitional housing) 402-475-5161 (perm housing)
Veterans housing

COMMUNITY ACTION PARTNERSHIP

402-471-4515 \ 210 O \ communityactionatwork.org

Emergency Services Program: one-time rent, deposit and utility assistance; call CAP to apply

Supportive Housing Program: rapid rehousing transitional living program for homeless families; call 402-875-9341 to apply

Tenant Support Services: information and resources on tenant rights and obligations, eviction prevention, and mediation; no legal representation; call 402-875-9353

FRESH START

402-475-7777 \ 6433 Havelock \ freshstarhome.org

transitional residence and services for homeless women ages 19 and older

FRIENDSHIP HOME

402-437-9302 \ P0 Box 85358 Lincoln, NE 68501

safe shelter and support for victims of domestic violence and their children; call 24 hours a day/ 7 days a week.

LINCOLN HOUSING AUTHORITY

402-434-5500 \ 5700 R

Affordable, safe, sanitary and decent housing and rental assistance for qualified individuals and families

LINCOLN COMMISSION ON HUMAN RIGHTS

402-441-7624 / humanrights.lincoln.ne.gov

call if you suspect discrimination in housing based on race, gender, marital status, disability, family, national origin, religion.

NEBRASKA ENERGY OFFICE & COMMUNITY ACTION PARTNERSHIP

neo.ne.gov

Low Income Weatherization Assistance: free improvements to lower bills; includes insulation, efficiency inspections, broken glass replacement, and weather stripping; automatic eligibility if you receive Supplemental Security Income or ADC; contact Community Action Partner

PEOPLE'S CITY MISSION

402-475-1303 \ pcmlincoln.org

Family Shelter: community rooms, single family rooms, dormitory beds accommodating single women, and one and two parent families (may include teen-age boys); overnight housing for men seven days a week.

Safe Place: immediate health and safety for youth in crisis

Curtis Center: secure, supportive, transitional housing center and structured program for men

SALVATION ARMY

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

utility and rent assistance; funds for home repairs

INSURANCE

AGING PARTNERS

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging

Insurance Counseling: explanation and review of insurance concerns and products; for people 60 and above; call for eligibility information

NEBRASKA DEPT OF HEALTH AND HUMAN SERVICES (DHHS)

402-473-7000

Children's Health Insurance Program (CHIP): health care coverage for qualified children who are without other health insurance and who do not qualify for Medicaid

LEGAL HELP

AGING PARTNERS

Legal: free legal counseling and representation to people age 60 and above with limited income and resources; civil elder law, wills, powers of attorney, and debt issues

AMERICAN CIVIL LIBERTIES UNION (ACLU) NEBRASKA

402-476-8091 \ 134 S 13th #1010 \ aclunebraska.org

complaints of violation of First Amendment rights (speech, association and assembly, press, and religion), equal protection, due process, and right to privacy; may provide representation; complaints received by phone, online form, or mail only

LEGAL AID OF NEBRASKA

402-435-2161 \ 941 O St Ste 325 \ legalaidofnebraska.org

free legal representation, counseling and information on civil matters to low income citizens; call or apply online

Statewide AccessLine®: 1-877-250-2016; Mon & Wed, 8:30-11:30 am, Tue & Thurs, 1-4 pm

Elder AccessLine® : age 60 or older. 1-800-527-7249; Mon-Thurs 9 am-12 pm & 1-3 pm, Friday 9 am-12 pm

Native American AccessLine®: Native American and others with cases in Tribal court. Toll Free: 1-800-729-9908. Mon-Fri 9 am-12 pm

Nebraska Immigration Legal Assistance Hotline: 1-855-307-6730; Mon & Wed 9 am-11 am and 1:30-3:30 pm, Tues & Thurs 9 am-12 pm and 1:30-3:30 pm, Fri 9 am-12 pm

Beginning Farmer & Rancher Development Program Hotline: 1-855-660-1391; Mon-Fri 8 am-5 pm

Rural Response Hotline: farmers and ranchers; 1-800-464-0258; Mon-Fri 8:00 am-5 pm

Disaster Relief Hotline: 1-844-268-5627; Mon-Thurs 9 am-12 pm & 1-3 pm, Friday 9 am-12 pm

Legal Assistance for People with Developmental Disabilities: 1-844-535-3533; Mon-Thurs 9 am-12 pm & 1-3 pm, Fri 9 am-12 pm

LINCOLN COMMISSION ON HUMAN RIGHTS

402-441-7624 \ 555 S 10th suite 304 \ lincoln.ne.gov/city/attorn/human

complaints of discrimination in housing, employment, and public facilities, based on race, color, sex, religion, national origin, age, disability, marital status or retaliation; Mon-Fri 8-4:30

LUTHERAN FAMILY SERVICES OF NEBRASKA, LINCOLN

402-441-7940 \ 2301 O St \ lfsneb.org

Immigration Legal Services: legal assistance to refugees, immigrants and asylees; minimal fees on a sliding scale

NEBRASKA DEPT OF HEALTH AND HUMAN SERVICES

402-441-8715 \ 220 South 17th St PO Box 94728\ dhhs.ne.gov

Child Support Enforcement Services: information and enforcement for locating parents, establishing paternity, and handling child, spouse or medical support orders; call 1-877-631-9973 or complete application at <https://dhhs-rmnpa.ne.gov/RMNPAApp>

NEBRASKA JUDICIAL BRANCH

supremecourt.nebraska.gov/self-help/welcome

Nebraska Online Legal Self-Help Center: information, resources, forms

NEBRASKA STATE BAR ASSOCIATION VOLUNTEER LAWYERS PROJECT

402-475-7091 \ 635 S 14 suite 200 \

Self Help Center: basic legal and legal process information; Lancaster County Courthouse 575 S 10th; Thurs 1 am-12 pm; no appointment required

Referral to Volunteer Lawyer: information, assistance and representation for non-criminal legal problems; apply

NEFree Legal Answers: online legal advice clinic; www.NE.FreeLegalAnswers.org

VLP Automated Information Line: 402-742-8136

UNIVERSITY OF NEBRASKA LAW SCHOOL

402-472-3271

Civil Law Clinic: representation for low-income residents in variety of civil cases

Immigration Law Clinic: representation for certain types of cases

VOICES OF HOPE

402-476-2110 \ 2545 N \ voicesofhopelincn.org

information, support and advocacy for victims of: relationship violence, sexual assault and related forms of abuse.

Legal Advocacy & Referral: referral to attorneys in the Lincoln area and accompaniment to court hearings to provide support and information.

CENTER FOR LEGAL IMMIGRATION ASSISTANCE

(402) 471-1777 \ 3047 N 70th St

community-based nonprofit organization which provides quality, affordable legal immigration-related services to immigrants and refugees making Lincoln, NE their home.

LIBRARIES & INFORMATION

LINCOLN CITY LIBRARIES

lincolnlibraries.org free use of books, DVDs, magazines, music CDs, computers with internet access and software; research assistance

UNIVERSITY LIBRARIES AT UNIVERSITY OF NEBRASKA

402-472-9568 \ main: Love Library 13th & R \ libraries.unl.edu

free use of materials within the building; free card for computer use; fee for check-out privileges

MEDICAL & DENTAL SERVICES

AGING PARTNERS

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging

Durable Medical Equipment: canes, crutches, bath chairs, toilet risers and more for people age 60 and over; long and short term use; call to schedule pickup

BIRTHRIGHT INC.

402-466-2609 \ 5625 O #4 \ birthright.org

*free pregnancy tests, maternity and baby clothes, referrals to community resources; information on pregnancy and childbirth, prenatal development and care, parenting skills, child care; referrals for medical support, financial resources, housing, social assistance and counseling
24/7 Helpline: 1-800-550-4900*

BLUESTEM HEALTH MEDICAL AND DENTAL CLINIC

bluestemlincoln.com

medical, dental and behavioral health care for individuals/families with limited resources or other barriers; Medicaid and Medicare accepted; sliding fee scale to those without insurance

Main Medical Clinic \ 402-476-1455 \ 1021 N 27th

family medicine, behavioral health, addiction and substance abuse, lab testing, x-ray; Mon-Thurs 8-7 and Fri 8-5

Main Dental Clinic \ 402-476-1640 \ 1021 N 27th

Thompson Clinic \ Bryan West 2222 S 16th suite 435 \ 402-474-7445 family medicine and lab testing; Mon-Thurs 7-5

Health 360 \ 402-441-6642 \ 2301 O

family medicine, behavioral health; addiction and substance abuse, pharmacy, lab testing, dental; partnership with Lutheran Family Services; Mon-Fri 8-5

Kreshel Clinic \ 3100 N 14th suite 201 \ 402-477-6600

family medicine, obstetric care, immunizations, contraceptive services, lab testing; x-ray; Mon-Fri 8:30-5; opening April 2019

340B Pharmacy Program: discounted medications for qualified patients

CLINIC WITH A HEART

402-421-2924 \ 1701 S 17th Suite 4G \ clinicwithaheart.org

free, walk-in medical and dental clinic; no ID or proof of income required; patients under age 19 must be accompanied by parent or legal guardian; Mon-Thurs first come-first served; waiting room open at 2 pm, clinic open at 4 pm, patient seen 5:30-7 pm; see online schedule for services provided each night

FAMILY HEALTH SERVICES, INC.

402-466-1012 \ 630 N. Cotner suite 204 \ fhsi.org

reproductive health care, birth control, STD and HIV testing, pregnancy testing; fees on sliding scale; for men and women; focus on teenage patients

LINCOLN E.D. CONNECTIONS

402-481-4165 (Bryan) or 402-219-5205 (St Elizabeth's)

help for uninsured or underinsured people to find alternatives to emergency room care and manage long-term health problems

LINCOLN LANCASTER COUNTY HEALTH DEPARTMENT

402-441-8065 or 402-441-8000 \ 3131 O \ lincoln.ne.gov/city/health/nurse

Telephone Service: information and referrals; Mon-Fri 8-4:30

Adult Health Services: free vaccines, laboratory tests, and nursing services for adults in college, trade school, or job entry; 19-64 years old, uninsured or under-insured, and able to present records of previous vaccinations; appointment and job or school forms required

Vaccine Clinic: childhood and adult vaccines for low-income, uninsured or under-assured; suggested fee but no one is denied service due to inability to pay; appointment required; forms available online

Refugee Health Clinic: health exams, laboratory screening, and immunizations to refugees of all ages who have resettled in Lincoln and who entered US in previous 13 months; appointment, I-94 form and records of previous vaccines required

Presumptive Eligibility Medicaid for Pregnant Women: free coverage for pre-natal care for low-income pregnant women while eligibility for full Medicaid benefits is determined; call for guidelines and appointment

Sexual Health Clinic: complete lab testing; express testing and HIV Clinic; call or check online for more information

Healthy Families America Home Visitation Services with CEDARS Youth Services: free home visitations to enhance parent-child relationships in qualified families

MATT TALBOT KITCHEN & OUTREACH

402-477-4116 \ 2121 N 27th \ mtko.org

Clinic with a Heart Medical Screening Service: blood pressure and blood sugar screening by nurse; 3rd Wed each month during lunch; to provide screenings; referrals are made to help individuals obtain a medical home

NEBRASKA DEPT OF HEALTH AND HUMAN SERVICES (DHHS)

402-471-0929 \ 800-532-2227 \ dhhs.ne.gov

Nebraska Colon Cancer Screening Program: colon cancer screening & education to Nebraska men and women ages 50-74 who meet income guidelines and without health insurance that covers screening; call for information

Every Woman Matters (EWM): breast and cervical cancer screening, heart disease and diabetes screening for women 40-74 who meet income guidelines and without health insurance that covers screening; may pay for exams based on health history and program guidelines; call for information

PEOPLE'S CITY MISSION

402-817-0980 \ 401 N 2nd / peoplescitymission.org

Free Clinic: dental, chiropractic and mental wellness; no insurance or payment needed; just north of the Mission; Mon 1-5 dental only; Wed 8-12; Wed 1-5 dental only; Thurs 8-12 dental only; Fri 8-12; Fri 1-4 dental only; appointment required

PLANNED PARENTHOOD

1-877-811-7526 \ 5631 S. 48th Suite 100\ plannedparenthood.org/health-center/nebraska/lincoln

abortion, birth control, general health care, HIV testing, LGBT services, men's health care, emergency contraception (morning-after pill), pregnancy testing & services, STD testing, treatment and vaccines, and women's health care; most services walk-in; appointments available; Mon, Wed, Fri 9-5, Tues 8-4, Thurs 11-7

THE PREGNANCY CENTER

402-483-4247 \ 111 Piazza Terrace \ pregnancycenterlincoln.org

free pregnancy tests, ultrasounds, options counseling, and referrals to community resources; appointment required

Pregnancy Center UNL: for UNL students; 402-540-6517

SALVATION ARMY

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

funds for medical care and prescription medications

PERSONAL CARE

AGING PARTNERS SENIOR CENTERS

Belmont Center \ 402-441-7990 or 402-441-6789 \ 1234 Judson St.
Downtown Center \ 402-441-7154 \ 1005 O St
Lake Street Center \ 402-441-7157 \ 2400 S. 11th St
JoAnn Maxey Center \ 402-441-7849 \ 2032 U St
Northeast Center \ 402-441-7151 \ 6310 Platte Ave
Asian Center \ 402-477-3446 \ 144 N 44th St Suite A
fitness and health classes, recreational activities, people 60+

GOOD NEIGHBOR COMMUNITY CENTER

402-477-4173 \ 2617 Y \ gncclincoln.org
MENA: exercise classes for women who wear hijabs; GNCC card required

MATT TALBOT KITCHEN & OUTREACH

402-477-4116 \ 2121 N 27th \ mtko.org
Haircuts: free haircuts are given once a month
Showers and Laundry Services: services for homeless; call for eligibility guidelines and meet with outreach staff before first use.
Nutrition Consultation: advice from registered dietitian; cooking classes for both children and adults
Foot Clinic: foot care, including soaking feet and trimming toenails, to adults; free socks monthly and free shoes every 6 months; contact an outreach specialist.

SALVATION ARMY

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln
Laundromat vouchers

PETS

CAPITAL HUMANE SOCIETY

402-441-4488 \ capitalhumanesociety.org
animal cruelty, spay/neuter assistance, lost pets, pet surrender and adoption
Admissions & Assessment Center: 2320 Park; animal surrenders
Pieloch Pet Adoption Center: 6500 South 70th; fee for adoption

CAT HOUSE

402-441-9593 \ 3633 O St.
cat adoption; cat surrender by appointment only

COALITION FOR PET PROTECTION

402-434-7922 \ petcoalition.org
pet food pantry and emergency vet assistance for low-income owners

LINCOLN ANIMAL AMBASSADORS

402-817-1168 \ lincolnanimalambassadors.org
low cost spay/neuter program, temporary assistance pet food bank, low-cost vaccination clinic.

PRISONER RE-ENTRY

BRIDGES TO HOPE

402-420-5696 \ 3107 S 6th suite 107 \ bridgestohopene.org

free basic household furnishings, clothing and personal hygiene products for ex-offenders, men and women released from incarceration in the previous 12 months; verification of status through prison ID number or discharge papers; service twice only in 18-month period;

CENTER FOR PEOPLE IN NEED

402-476-4357 \ 3901 N 27th Unit 1 \ centerforpeopleinneed.org

TRADE (Tackling Recidivism and Developing Employability): work skills development for ex-offenders in first 18 months after release from state correctional facilities; other Center resources available to participants

RELEASED AND RESTORED

402-806-0565 \ releasedandrestored.org

tools and support for inmates and ex-offenders

Life Skills/Re-entry Prep: two week course in how to obtain and maintain gainful employment, manage money, and build resumes

Planning with Purpose: 20 week course on thinking and acting positively and constructively while creating a plan for living a moral, ethical, and legal life

Job Readiness/Life Skills: basic money management skills, landlord/tenant rights and responsibilities.

Re-Entry Support: help finding jobs, work ethics, living on a budget, personal appearance, workplace behavior, non-violent conflict resolution

SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS LINCOLN

402-438-5214 (24/7) \ 2748 S Ste AA \ lincaa.org

fellowship of men and women who share their experience, strength and hope that they may solve their common problems and help others to recover from alcoholism; no dues or fees; call or go online for meeting list

ASSOCIATES IN COUNSELING & TREATMENT

402-261-6667 \ 600 N Cotner suite 119 \ actnebraska.org

discounted mental health and substance abuse assessment for low income people

THE BRIDGE BEHAVIORAL HEALTH

402-477-3951 (24 hr) \ 721 K

Treatment for alcoholism and drug addiction, particularly for limited financial resources.

Withdrawal Services; safe, medically supervised environment during a difficult transition.

Registered nurses and counselors provide medical care and support during withdrawal.

Evaluations: evaluations of substance use and a recommendation for treatment; entering a treatment program is required.

Treatment: Residential and outpatient treatment options. Treatment plans address a range of substance abuse and mental health issues. Residential treatment is for men only. Outpatient treatment serves men and women.

Recovery Support: Variety of special programs and events including daily meetings. AA, NA and Al-Anon meet regularly and the public is invited to attend

BRYAN MEDICAL CENTER WEST

402-481-5991 \ 2300 S. 16th #201

Crisis Help: 24/7 mental health emergency department

Mental Health Screenings: free anonymous, online at www.bryanhealth.org/online-screenings

CEDARS

402-434-5437 \ 6601 Pioneers \ cedars-kids.org

help families maintain personal and community connections while advocating for the children and youth safety, stability and well-being. Serves juvenile offenders, homeless youth and any other at-risk children and their families.

CENTERPOINTE

402-475-8717 \ 1000 S 13th \ centerpointe.org

crisis response, treatment, rehabilitation, housing and peer support for people with mental health and substance abuse concerns; numerous programs

Crisis Helpline: 402-475-6695; available 24/7

Walk-in Crisis Help: 1000 S 13th St location;

SOAR Program: help with disability applications for those with mental health or substance abuse concerns; eligibility screening required

HOUSE OF HOPE OF NEBRASKA INC

402-435-3165 \ 1124 N Cotner \

residential facilities with aftercare treatment for individuals in recovery from substance abuse and related mental health issues

LUTHERAN FAMILY SERVICES OF NEBRASKA, LINCOLN

402-441-7940 \ 2301 O st \ lfsneb.org

mental health and substance abuse treatments on sliding scale

Behavioral Health: veterans services, trauma survivors, substance abuse, medication management

Children Services: children and youth mental health

Refugee Support Services: mental health support for refugees

MATT TALBOT KITCHEN & OUTREACH

402-477-4116 \ 2121 N 27th \ mtko.org

C.A.R.E Program: alcohol and drug education, substance abuse evaluations and counseling; registration and required for classes; appointment for evaluations

ST. MONICA'S

402-441-3768 \ 120 Wedgewood \ stmonicas.com

residential treatment, outpatient therapy, early childhood development, community support and training for women with substance abuse and/or related health issues; sliding fee scale with no one turned away

TAXES

AGING PARTNERS

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging

Free Income Tax Assistance for people age 60 and above; by appointment, Downtown Center;

402-441-7154 \ 1005 O; AARP tax consultants will assist; bring photo ID, Social Security card, wage and earnings statements (W2s), interest and dividend statements (Form 1099), a copy of last year's return, any other information about income and expenses

COMMUNITY ACTION PARTNERSHIP

402-471-4515 \ 210 O \ communityactionatwork.org
Tax Assistance

TRANSPORTATION

AGING PARTNERS SENIOR CENTERS

Asian Center \ 402-477-3446 \ 144 N 44th St Suite A
Belmont Center \ 402-441-7990 or 402-441-6789 \ 1234 Judson St.
Downtown Center \ 402-441-7154 \ 1005 O St
Lake Street Center \ 402-441-7157 \ 2400 S. 11th St
JoAnn Maxey Center \ 402-441-7849 \ 2032 U St
Northeast Center \ 402-441-7151 \ 6310 Platte Ave

for people age 60 and above; transportation to any Senior Center within a specified boundary within City limits; call the nearest Center for details; bi-monthly shopping assistance provided to area grocery stores

LINCOLN BIKE KITCHEN

402-915-2453 \ 1635 S. 1st St \ lincolnbikekitchen.org

Earn-a-Bike: a dependable bike and the knowledge, skills, and resources to maintain it in exchange for 10 hours of volunteer time and refurbishing of the donated bike

Open Shop: free self-service bike shop with volunteer experts and bike-specific tools.

Free Wheels for Kids: a bike for your child by working with us on a case-by-case basis

Safety Equipment: free helmets, lights and locks for children

MATT TALBOT KITCHEN & OUTREACH

402-477-4116 \ 2121 N 27th \ mtko.org

\$20 gas vouchers available; one every six months per driver; requires proof of insurance valid driver's license, and current automobile registration.

SALVATION ARMY

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

funds for car repairs

STARTRAN BUS SERVICE

402-441-7185 \ lincoln.ne.gov/city/itu/startran/passes-fares.htm

Low income discounts for 31-day StarTran Passes; see website for purchase options.

CHARITY AUTO

(402) 477-3550 \ 6131 N 14th St

Provides light auto repair for suggested donation of \$20, (you may need to buy the parts.) Call and leave a voicemail and someone will call you back to schedule an appointment.

ADDITIONAL RESOURCES

MYLNK

lincolnne.mylnk.app \ Apple app store \ Google Play

Free, easy to use online database of resources and services in the city of Lincoln

CITY OF LINCOLN

covid19.lincoln.ne.gov (click Resident Resources)

List of resources available in Lincoln specific to the COVID-19 pandemic, including rental assistance, vaccination information, legal assistance and more.