

Mental Health Outreach Services

Community and Family Partnership and Columbus Area United Way are offering therapy sessions with local mental health providers in the Columbus area.

This service is available for anyone in Platte, Colfax, Boone, Butler, Polk, or Nance county regardless of their insurance.

- Available for up to three therapy sessions.
- Offered in English and Spanish.
- Telehealth or in-person sessions are offered.



Our Mental Health Providers can provide the following support in the following areas (but not limited to):




- Coping skills
- Communication skills
- Stress Management
- Anxiety
- Depression
- Employment Concerns

Services Provided by COVID-19 Relief Funding

To apply for these services, visit:

 www.communityandfamilypartnership.org/Mental-Health-Outreach-Services
or
 call 402-276-0378.

If calling, state that you are interested in Mental Health Outreach Services.

This is a **NON-EMERGENCY** service.
If you or your family is experiencing an emergency, please contact 911,
 Nebraska Family Helpline 888-866-8660,
 Your Life Your Voice 1-800-448-3000, or
 Crisis Response 402-564-3264.