

Lakeview Resources

- Need to talk to someone? Does your family have any basic needs that are not being met?

→ Mrs. Mollie Rambour, Junior High & Platte Center School Counselor

→ Mrs. Hellbusch, Shell Creek School Counselor

→ Mrs. Paige Rambour, High School Counselor

99 Coping Skills

Mindfulness Practice Cards

101 Positive Things to Say to Myself


Your Life Your Voice Website

Hotlines/ Helplines

Your Life Your Voice- Boystown
National Hotline:

 1-800-448-3000

 Text "Voice" to 20121

Crisis Response- use in case of an
emergency or mental health crisis:
 (402) 564-3264

National Suicide and Crisis Hotline:


 988
 800-273-8255 (TALK)

DHHS Child Abuse and Neglect:

 800-652-1999

211 Helpline:

 2-1-1 or 402-444-6666

 Text your zip code (68601) to
898211

Community Resources

Columbus Area Mental Health and
Counseling Services

Community Response: to assist children,
youth and families to be healthy and
resilient through a prevention network of
community resources.

Community Response contact information:

Email: rmiksche@columbusunitedway.com

Office: 402-564-5661

Locations:

1119 B Street

Schuyler, NE

3214 25th St, Ste 2

Columbus, NE

Columbus Area Service Directory