

HELPFUL WEBSITES

STUDENT/PARENT HELP

- [Nebraska Family Helpline](#)- help for parents and families 24/7. Get information about local resources available to your family based on your situation. Talk to a counselor, ask questions.
- [Safe 2 Help](#) - Report concerning behavior which could impact the safety of students or schools across Nebraska.
- [National Suicide Prevention Lifeline 988](#)- National Suicide Prevention Lifeline- suicide warning signs, how to get help, how to give help.
- [North Central District Health Department \(NCDHD\)](#) - provides assistance for the health and well-being of residents across North Central Nebraska
- [Child Mind Institute](#)- insight and advise on common concerns and tips for facing challenges many families share.
- [Your Life Your Voice by Boys Town](#)- you don't have to face problems alone. Resources and tips on how to handle different teen issues. Text and call line for help.
- [Help For Parents Dealing With Suicide Concerns](#)- Nebraska School Safety
- [ParentTeen Connect](#)-at home family engagement resource for teens and parents
- <http://kidshealth.org/> Has a separate parent and teen site with helpful advice and articles on many topics and issues.
- <http://loveandlogic.com/> Techniques to help parents have more fun and less stress while raising responsible kids.
- <http://www.drugfreeworld.org/#/interactive> Drug Free World videos and testimonials.
- <http://www.mourninghope.org/> Grief resources

Wellness resources for students

- [Mindfulness for Teens](#)- resources to help discover your inner strength.
- [MindPeace 7-12th](#)- mental health solutions, strategies, & activities for teens and families.

Local Resources

[Good Life Counseling](#)

200 N 34th Street
Norfolk, NE 68701
(402) 371-3044

[Behavioral Health Specialists](#)

900 W Norfolk Ave #200
Norfolk, NE (402) 370-3140

[Heartland Counseling](#)

917 W 21st Street
South Sioux City, NE 68776
(402) 494-3337

[Faith Regional Services](#)

[Parent to Parent Network](#)

328 W Norfolk Avenue
Norfolk, NE 68701
(402) 370-3100

[Midtown Health Clinic](#)

302 Phillips Avenue
Norfolk, NE 68701
(402) 371-8000

[Janice Chinn, LMHP](#)

220 W 7th Street
Wayne, NE 68787
(402) 833-5246

[Heartland Psychological Services](#)

904 W 23rd Street #101
Yankton, SD 57069
(605) 665-0841

[COR Therapeutic Services, LLC](#)

1203 S. 8th Street

Norfolk, NE 68701

Phone# 402-500-6870

[Associated Psychologists & Counselors, LLC](#)

1306 N. 13th, Suite #100

Norfolk, NE 68701

Phone # 402-371-8218