

Columbus Area Mental Health/Counseling Services (in Columbus unless otherwise noted)

Alcoholics Anonymous

2707 13th Street 402-562-7332
Group support, 12-step program for those with alcohol problems

Behavioral Health Specialists

4432 Sunrise Place 402-564-9994
Operates *Seekers of Serenity Place* which provides social detox & short-term residential treatment for chemically dependent adults.

Blue Valley Behavioral Health

367 E Street, David City

402-367-4216

Provides short-term outpatient behavioral health services for people experiencing mental health problems and / or substance abuse problems causing acute and/or moderate disruptions in the life of the individual or their family.

CD Lambert Therapy Services

2821 15th Street 402-562-7728

Assisting individuals and couples with mental health therapy for relationships, stress, anxiety, grief and depression

Center for Survivors

3103 13th Street 402-564-2155

Emergency/Crisis Services, Intervention, Education/ Prevention for victims of domestic violence, sexual assault, dating violence, stalking & human trafficking. Has advocates that can assist with connections to services.

Crisis Response Line

(Good Life Counseling & Support)

2420 15th Street

402-564-3264 / 1-800-758-4749

Crisis Response is a Hotline for mental health emergency situations only.

Colegrove Counseling

1460 35th Avenue 402-562-6767

Provide substance abuse & mental health services to individuals, families & couples in

order to facilitate positive change & growth. Also offers a 4 hour drug & alcohol education class. We have a class for youth (ages 12-18) and a class for adults (ages 19 and older). Each class is offered every 4-6 weeks.

Columbus Behavioral Health Clinic

3775 45th Avenue (CCH Pediatric)

402-564-7200, ext. 215

Behavioral health services for children, adolescents & families.

Columbus Psychiatry Clinic

4508 38th Street, Suite 165

402-562-4765

Adult psychiatry and child and adolescent psychiatry with a focus on adolescent mental health and helping families find ways to cope and manage what can be a difficult time. Licensed doctor able to prescribe medications and treat a range of mental health conditions.

Discovery Counseling, LLC

3005 19th Street, Suite 700

402-606-3084

Provides mental health services.

Embark Counseling

3154 18th Avenue, Suite 7

402-942-9005

Provides mental health & substance abuse counseling to individuals, couples & families who are experiencing various struggles within their lives.

Good Life Counseling

200 North 34th Street 402-562-0400

Good Life offers goal directed, solution based counseling. We offer mental health therapy for individuals and families as well as anger management classes, substance use evaluations, drug & alcohol education, parenting classes and family support.

**Good Neighbor Community Health Center
Behavior Health Clinic**

4321 41st Avenue
402-562-8965 or toll free at 866-466-9339

Open to most therapeutic, psychiatric & behavioral health issues & provides crisis intervention. Also provides drug/alcohol evaluations and counseling.

Goodwill Industries of Greater NE

3020 18th Street, Suite 3
402-942-9007

Provides Community Support Services & Day Services. Dedicated to helping people with disabilities or barriers reach their goals & improve their quality of life.

Mental & Behavioral Health, Inc

3314 26th Street 402-564-9888

Provide mental health services to children, adolescents, families, adults & couples.

NAMI Connection

2472 32nd Avenue 1-877-463-6264

For adults with mental illness regardless of their diagnosis, where they can learn from others' the road to recovery.

Professional Mental Health

3314 26th Street, Suite D
402-562-7099

Provides counseling services to ages six and up, on issues including, but not limited to: anxiety or depression from life circumstances, relationships, or work; ADHD, grief, behavioral problems, domestic violence, sexual assault and trauma.

North Park– 180 Ministries

2764 45th Avenue 402-564-4223

Designed to give Biblical answers for those coming out of addiction in any form. It is a ministry that brings context to one's addiction history through Biblical truth bringing opportunities for repentance (doing a 180).

Region 4 Professional Partner Program

1465 27th Avenue
402-562-7205 or 402-835-5247

Assist families who have a child with

severe emotional disturbance (SED) in accessing services for the family without having to either give up their child as a ward of the state or incur undue debt to cover such services.

Ring Counseling Center

3309 31st Street, Suite 5
402-613-3008

Assist others in recognizing the steps & goals to obtain an addiction recovery.

Sharon Nyffeler, MS, LIMHP, LPC, LMFT

3058 33rd Avenue 402-563-1422

Mental health counseling, marriage & family counseling, pre-marital counseling, marriage enrichment, education/consultation/coaching.

The Link

1001 W Norfolk Avenue, Norfolk, NE
402-371-5310

Long term addiction treatment in a residential setting aimed at helping men return to active & productive societal participation, counseling.

Women's Empowering Life Line

910 W Park Avenue, Norfolk, NE
402-379-3622

Provides dual disorder and intermediate residential treatment for adult women

Youth for Christ

2809 13th Street 402-564-3700

Anger Management for Adolescents

Program designed for adolescents with a hands-on curriculum.

***G.A.P.S. (Group for Adolescents
Providing Support)***

Teen program addressing drug and alcohol abuse. Provides a positive environment to support teens 13– 19 years of age.

Zimmerman Counseling

3050 33rd Avenue, #11 402-564-6448

Provide individual, couples and family counseling addressing a multitude of issues.