

COVID-19 has not only made people physically ill, it has also caused stress, grief, worry, fear, loneliness, and sadness.

It can be overwhelming.

To seek counseling related to COVID-19 at potentially no cost, please contact:

Region 1 Scottsbluff – 308-635-2326

Region 2 North Platte – 308-534-0440

Region 3 Kearney – 308-237-5113

Region 4 Norfolk – 402-370-3100

Region 5 Lincoln – 402-441-6573

Region 6 Omaha – 402-444-7722

Legal Aid of Nebraska Rural Response Hotline statewide– 1-800-464-0258