

SHRADER HEALING

mental health & sound therapy

In Case of Patient Emergency

Shrader Psychotherapy, LLC, DBA Shrader Healing, does not offer emergency services or after-hours care. If you are in crisis or just need someone to talk to, please consider utilizing these local and national resources listed below.

If you have a mental health emergency, I encourage you not to wait for communication back from me, but do one or more of the following:

Call the Boys Town National Hotline: 1-800-448-3000.

Text CONNECT to 741741 for ANY type of crisis. Trained crisis counselors available FREE

Call the National Suicide hotline: 1-800-273-8255

Call the Postpartum Support International Helpline: 1-800-944-4773 (4PPD)

#1 En Espanol or #2 English

Text in English: 800-944-4773

Text en Español: 971-203-7773

Call Safe Harbor, peer run crisis diversion: 402-715-4226

Call SAVE (Suicide Awareness, Voices of Education): 1.800.273.8255 or text SAVE to 741741

Call Spanish Speaking suicide hotline: 1-800-SUICIDA (784-2434)

Call Lifeline at (800) 273-8255 (National Crisis Line)

Call the Veteran's Crisis: 1-800-273-TALK (8255)

Call 911

Go to the emergency room of your choice

In the event you are unsure of where to go to receive emergency mental health support, a few locations are listed below:

Bryan Health

Bryan West Campus Emergency Department

2300 S. 16th St., Lincoln, NE 68502

402-481-1111

CHI Health Immanuel

6901 N. 72nd Street

Omaha, NE 68122

402-572-2121

CHI Mercy Hospital Council Bluffs

800 Mercy Drive

Council Bluffs, IA 51503

712-328-5000

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Douglas County Health Center (Adults Only)

4102 Woolworth Ave

Omaha, NE 68105

402-444-7000

Lasting Hope Recovery Center

415 S 25th Ave

Omaha, NE 68131

402-717-5300

Methodist Jennie Edmundson Hospital (Adults Only)

933 E Pierce Street

Council Bluffs, IA 51503

713-396-6000

Nebraska Medicine Adult Psychiatric Emergency Services (PES) unit

4350 Dewey Avenue, Level 1

Omaha, NE 68105

800-922-0000