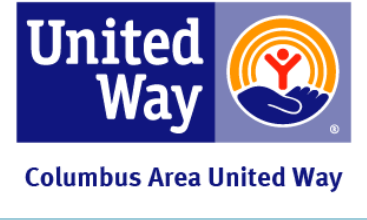




# Columbus Area Mental Health and Counseling Services

(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.