



“Clinical depression had robbed me of all hope and happiness in my life. Lutheran Family Services has helped me to reclaim the joy of living in the moment and the anticipation of a bright future.”

- Woman who received LFS counseling services

Counseling & Addiction Services

Eastern Region Offices

Omaha - Downtown

Regional Office (402) 342-7007
 Bellevue (402) 292-9105
 Blair (402) 721-1774
 Fremont (402) 721-1774

Omaha (Lasting Hope

Recovery Center) (402) 342-7007
 Omaha - North (402) 455-9757
 Omaha - West (402) 342-7007
 Papillion (402) 592-0639
 Plattsmouth (402) 292-9105

Southeast Region Offices

Lincoln - Regional Office (402) 435-2910 or
 (866) 721-6229

Seward (402) 435-2910
 Tecumseh (402) 335-3111
 Wahoo (402) 435-2910

Western Region Offices

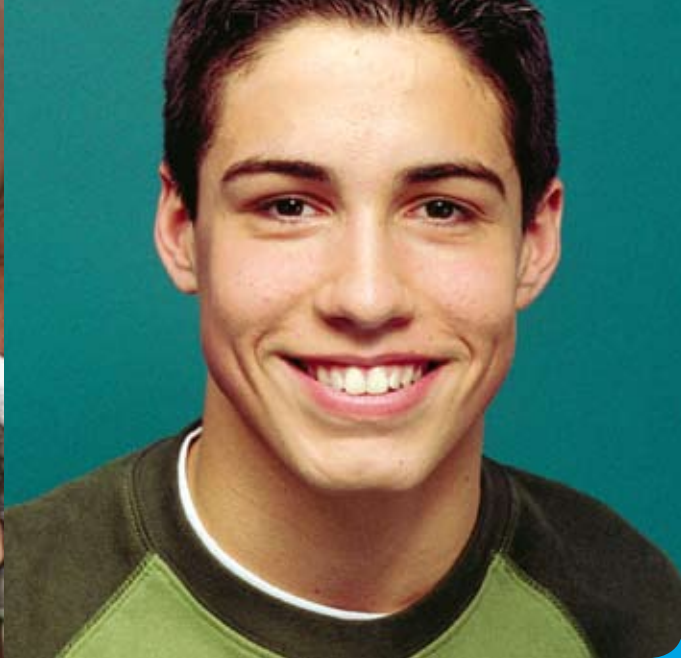
North Platte -

Regional Office (308) 532-0587
 Cozad (308) 324-6400
 Gothenburg (308) 537-4306
 Lexington (308) 324-6400
 McCook (308) 345-7914



Funds for LFS programs are received in full or in part from the United Way, Lutherans and Lutheran churches in Nebraska, Region 6 Behavioral Healthcare and Region V Systems and counties, federal and state funds, and other grant sources to develop or subsidize specialized services for clients who are uninsured and unable to pay the full cost of care.

Lutheran Family Services
of Nebraska, Inc.



Do I need counseling?

Sometimes it is helpful to talk with a professional about your difficulties. Your counselor will help you strengthen your family, develop your relationships and prevent problems from getting out of control.

If you are concerned about your own or someone else's mental health, quality of relationships, behaviors, or substance use, please call and visit with a counselor.

How do I find a counselor?

For a qualified counselor or information on service availability, call the nearest LFS office (see back of this brochure or visit www.lfsneb.org).

How often would we meet?

Typically 50 minutes once a week. You & your counselor will devise a plan that works best for you and helps you develop achievable and realistic goals. Typically, progress for mental health clients is made in 4 to 10 sessions. Chemical dependency treatment is typically completed in 12 weeks.

What should I ask my counselor ahead of time?

- What is your educational and training background?
- Do you have experience treating the kind of problem I am experiencing?
- Are your services covered by my health insurance?
- Where do we meet? What are your hours?
- What are your procedures for after hour crisis and emergencies?

What are the fees?

Fees vary by office, program and practitioner. Check your insurance policy about services covered, deductible requirements, co-payments and precertification.

If you do not have health insurance or other coverage, a sliding-scale fee — based on family income & number of family members — is available.

Counseling services are available for all age groups. On-site psychiatric evaluation & medication monitoring is available at some locations for clients active with a therapist at LFS. Clients have a right to an interpreter. For service availability, contact the nearest LFS office (see back of this brochure or visit www.lfsneb.org).