

Need mental health counseling, but don't have insurance?

Legal Aid of Nebraska and the Nebraska Department of Health and Human Services Division of Health and Well-Being, in response to current critical circumstances in farm and rural communities, are providing rural mental health crisis counseling at no cost to needful, eligible, rural persons via the Counseling, Outreach and Mental Health Therapy (COMHT) Program.

If you do not have health insurance that covers mental health counseling and live in one of the following counties, you may be able to qualify for five mental health counseling sessions at no cost as a part of the Nebraska Disaster Response Adults (NDRA) program.

NDRA eligible Nebraska counties:

Antelope, Boone, Boyd, Buffalo, Colfax, Cuming, Custer, Hall, Holt, Howard, Knox Madison, Nance, Pierce, Platte, and Stanton

An individual can also call the Hotline to see if they are eligible, 1-800-464-0258.