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**PRESS RELEASE**

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**MEDIA CONTACT**

Leia Baez, Douglas County PIO, 402-444-6439

**Behavioral health resources available for Douglas County residents during COVID-19 pandemic**

There's no doubt about it, the COVID-19 pandemic has a lot of people on edge. It's an uncertain time, causing stress, anxiety and fear. People are worried about contracting the virus, protecting vulnerable populations, financial setbacks, schoolwork at home for students and many more. Fortunately, there are organizations ready to assist Douglas County residents and ease some of those concerns.

"There are resources out there for you, so please do not hesitate to use them," said Douglas County Commissioner Mary Ann Borgeson. "We do not want people to panic. We want people to take this seriously and take care of their whole selves."

**Here are free behavioral health resources available for the public:**

**Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress**

Talk with a counselor, a doctor, or a clergy member anytime of the day or week. Help is available 24 hours a day, seven days a week. Interpreters are available as well.

Hotline: 1-800-985-5990

Messaging: text TalkWithUs to 66746.

More information: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

**Boys Town National Hotline**

The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. This is a great resource for parents/caregivers and families.

Hotline: 1-800-448-3000.

Email for speech- and hearing-impaired: [hotline@boystown.org](mailto:hotline@boystown.org).

More information: <https://www.boystown.org/hotline/Pages/default.aspx>

**The Nebraska Family Helpline**

A great resource for families concerned about a youth experiencing mental or behavioral health issues. Assistance is available 24 hours a day, seven days a week.

Helpline: 1-888-866-8660

More information: <http://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>