

Perinatal Mental Health Support List 2024

Mental Health Professionals specializing in Prenatal and Postpartum Mood Disorders in Lincoln, NE



Partnership for a Healthy Lincoln

Provider Information	Medicaid	TriCare	Priv. Ins.	Availability	Website	Notes
Jamie Heng, MS, LIMPH, CDGC, PLADC <i>New Outlook Counseling</i> 610 J St. Phone: 402.416.9415	No	No	Yes	Waitlist	newoutlookcounseling.org	Sliding Scale
Karen Marker, MA, LIMHP, CPC, PLADC <i>Serenity Therapy & Wellness</i> 1650 S 70th St. Ste 100 Phone: 402.413.9583	Yes	No	Yes	Not Accepting New Patients	serenitytherapyandwellness.com	
Hannah Teehee, MA, PLMHP <i>Serenity Therapy & Wellness</i> 1650 S 70th St. Ste 100 Phone: 402.413.9583	Yes	No	Yes	1 - 2 Weeks	serenitytherapyandwellness.com	
Schyler Lindekugel-Sullivan, LCSW <i>Serenity Therapy & Wellness</i> 1650 S 70th St. Ste 100 Phone: 402.413.9583	Yes	No	Yes	3 - 4 Weeks	serenitytherapyandwellness.com	
Allyson Northup, MS, LMFT, LIMHP Phone: 402.260.5188	Yes	No	Yes	1 - 2 Weeks		Telehealth Only
Jennifer Brown, PMSW, PLMHP <i>Lincoln Wellness Group (West)</i> 1919 S. 40th St. Ste 206 Phone: 531.333.3759	Yes	No	Yes	Contact for Availability	lincolnwellnessgroup.com	In Person or Telehealth
Ashlee Reed, MA, LIMHP, CPC, PMHC <i>Lincoln Wellness Group (West)</i> 1919 S. 40th St. Ste 300 Phone: 402.261.3714	No	No	Yes	Contact for Availability	lincolnwellnessgroup.com	Telehealth Only
Tia Nurdyke, MA, LIMHP <i>Lincoln Wellness Group (East)</i> 8101 O St. Phone: 402.261.3714	No	No	Yes	Contact for Availability	lincolnwellnessgroup.com	Sliding Scale
Morgan Reichmuth, MA, PLMHP <i>Lincoln Wellness Group (East)</i> 8101 O St. Phone: 402.413.9690	Yes	No	Yes	Not Accepting New Patients	lincolnwellnessgroup.com	
Lutheran Family Services 2301 O St. Phone: 402.441.7940	Yes	Yes	Yes	See Notes	www.onelfs.org	Walk-Ins Accepted
Audrey Hines, MA, LMFT, LIMHP <i>Sikhona Holistic Therapy + Wellness</i> 388 Normal Blvd, Ste. 204 Phone: 531.249.2324	Yes	No	Yes	Immediate Openings	sikhonatherapyne.com	Telehealth Only

Provider Information	Medicaid	TriCare	Priv. Ins.	Availability	Website	Notes
Raquel Moreno Izaguirre , PLMHP, PCSW, PLADC Phone: 402.226.1876	Yes	No	Yes	Waitlist		Speaks English & Spanish
Carey Kalkwarf , LICSW <i>Better Place Counseling</i> 7115 Kentwell Ln, Ste. 104 Phone: 402.413.5450	Yes	No	Yes	3 - 4 Weeks	betterplacecounseling.org	In Person or Telehealth
Lauren Hiller , LMHP, LICSW <i>Better Place Counseling</i> Phone: 402.413.8476	Yes	No	Yes	Not Accepting New Patients	betterplacecounseling.org	Telehealth Only
Sara Campbell , MA, PLMHP, NCC <i>Riverbanks Counseling</i> 7115 Kentwell Ln, Ste 103 Phone: 402.413.8658	Yes	No	Yes	July/August Will Assess for Urgency	riverbankscounseling.org	In Person or Telehealth
Dezi McEvoy , LIMHP, LCSW <i>Holistic Healing Counseling</i> 4355 North 62nd St, Ste 5 Phone: 402.256.7998	Yes	No	Yes	5 - 6 Weeks	holistichealing-counseling.com	
Elissa Rae McGill , MEd, LIMHP, LMHP, LPC <i>Elissa McGill Counseling Services</i> 830 L St, Ste. 100 Phone: 402.709.3140	Yes	No	Yes	Contact for Availability		In Person or Telehealth
Danielle Bauer , LIMHP, LMFT <i>Renewing Hope</i> 4910 Normal Blvd Phone: 531.500.4271	No	No	Yes	Waitlist	renewing-hope.com	In Person or Telehealth
Hallie Zimmerman , MS, LMHP <i>Kelly & Associates Therapeutic Services, LLC</i> 5700 Thompson Creek Blvd, Ste. 3 Phone: 402.327.1085	Yes	No	Yes	Within 1 Week	kellyandassociatetherapy.com	In Person or Telehealth
Kimberly Kilgore , PhD, LP <i>The Psychology Center</i> 7441 O St, Ste. 402 Phone: 402.416.4152				Contact for Availability	psychologycenterlincoln.com	In Person or Telehealth
Lindsey Wilksen , MA, PLMHP <i>Wellspring Behavioral Health (East)</i> 1600 S. 70th St, Ste. 200 Phone: 402.937.8323				Contact for Availability	wellspringbh.com	In Person or Telehealth
Emily Goodman , LIMHP, LADC, PMHC <i>Sounding Board Mental Health</i> 701 P St, Ste. 303 Phone: 531.510.0805				Contact for Availability	emilygoodman.com	Sliding Scale
Assel Saparova , MA, LMHP, LMFT <i>Presence Psychotherapy, LLC</i> Phone: 402.430.0209				Contact for Availability		Speaks English, Spanish, & Russian