

## CenterPointe Helpline

**402.475.6695**

Suicide, substance use and mental health helpline available 24/7 for youth, adults and families.

We are here for you 24/7 to listen, to talk things out, to show you it doesn't have to be like this. Safe. Inclusive. No judgement. Just a conversation.

## Waiting for Services?

Contact our front desk about peer support group!

We teach self-advocacy and peer support. This is a great way to check in & learn more about what to expect from us at CenterPointe.

Regular attendance is not required, but the supportive resources this group provides are highly beneficial to anyone waiting for services.

## CenterPointe Outpatient Clinic

1000 South 13th Street  
Lincoln, Nebraska  
68508

Monday, Wednesday, Friday: 8AM - 5PM  
Tuesday, Thursday: 8AM - 7:30PM  
Saturday: 9AM- 1PM

**402.475.5161**

It's always been our mission to help the individuals we serve get better, sooner, for longer.

**CenterPointe**  
Outpatient Clinic  
mental well-being • physical health • addiction recovery



**CENTERPOINTE  
OUTPATIENT  
CLINIC  
SERVICES**

office: 402.475.5161  
crisis line: 402.475.6695

## CenterPointe Outpatient Clinic

is person-centered healthcare that offers comprehensive care for physical health, mental health, and substance use problems for adults, children, and families.

No appointment or referral is needed!

With questions about our services, please call 402.475.5161.

## OUR SERVICES:

- Adult primary care
- Women's healthcare
  - PAP test
  - Breast exam
  - Mammogram referral
- Management of chronic conditions
  - High blood pressure
  - High cholesterol
  - Diabetes
- Tobacco cessation counseling
- Adult immunizations
- Allergy management
- Sick visits (cough, cold, runny nose, sore throat, earache, pink eye, urinary tract infection)
- Influenza testing
- Injuries (minor cuts, scrapes, sprains, strains)
- STD screening
- HIV and Hepatitis screening

## OUR SERVICES:

**Crisis Response:** No referral needed. Free, confidential 24hr hotline. Walk-in crisis counseling available Monday-Saturday during office hours.

**We invite you to engage in the following:**

**Therapy:** Referral for outpatient counseling for individuals meeting with a therapist - may include group therapy to build new skills.

**Recovery Program:** Referral for CenterPointe's long-term and short-term residential facilities for persistent mental illness and substance use.

- Adult Residential: 402.475.8747
- Touchstone: 402.474.4343

**Medication Management:** Med prescribers determine an individual's need for a prescribed drug or evaluate the effectiveness of the prescribed drug.

**You will be contacted about getting started with these services:**

**Community Support-Care Management:** Assists individuals who qualify to access community resources, develop skills needed to reside in the community, and prevent increasing symptoms or admission to a higher level of care.

**Recovery Support-Care Management:** Assists individuals who qualify to reside independently in the community, maintain their recovery, and help prevent relapse.

**SOAR:** Provides technical assistance and support for SSI/SDI disability benefits for individuals who are experiencing homelessness and have serious mental illness.

**Coordinated Entry Housing**