

Behavioral Health Resources for UNMC and Nebraska Medicine Students, Faculty, and Staff

Resource	Description	How to Access
Peers in Need of Support (PiNS)	Colleagues matched with a behavioral health responder. Not formal evaluation or treatment, but a supportive peer to listen, offer suggestions, share resources, and make referrals when needed. Confidential and free.	Email pins@nebraskamed.com
NM Chaplain	A Nebraska Medicine chaplain is available for spiritual counsel, emotional support and/or prayer.	M-F, 8 a.m. to 4:30 p.m., (402) 552-3219. After hours, (531) 557-4559.
Stress Management Workshop	60-minute interactive workshop from one of the Wellness team to learn resiliency and stress management strategies	Email swengel@unmc.edu
House Officer Assistance Program (HOAP)	Confidential support for UNMC house officers	Call/text Susan Smith: 402-689-1033
Ombuds Program	The UNMC Ombudspersons help faculty, staff and students to solve work and school-related problems and conflicts through impartial, confidential consultations	402-559-2491
Counseling and Psychological Services (CAPS)	Confidential, free counseling for UNMC students	402-559-7276
Employee Assistance Program (EAP)	Confidential, free counseling for employees and their family members	UNMC: Arbor Family Counseling: 402-330-0960 or 800-922-7379 Nebraska Medicine: SupportLinc: 888-881-LINC (5462)
Behavioral Health Connection	Help connecting with resources, including psychiatrists, mental health therapists, substance use disorder counselors, etc. Free to anyone in the Omaha metro area.	402-836-9292 Monday thru Friday 8:00-5:00
Wellness apps, websites	Free resources for learning mindfulness, stress management	https://www.unmc.edu/wellness/mental-health-resources/index.html
Federal Disaster Distress Helpline	SAMHSA's Disaster Distress Helpline provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.	800-985-5990
24/7 Helplines	24/7 free, confidential support for anyone in distress	Crisis Assistance via Phone: Dial 988 for National Suicide & Crisis Lifeline Crisis Assistance via Text: 741741 - Text "HOME" for immediate help.
Metro Omaha Medical Society	Anonymous online screening for physicians	https://omahamedical.com