

- **CenterPointe**

- <https://www.centerpointe.org/>
- 1000 S. 13th St. Lincoln, NE 68508
- Outpatient therapy: (402) 475-5161
- CRISIS LINE: (402) 475-6695

- **The Trevor Project**

- <https://www.thetrevorproject.org>
- Text – Text START to 678-678
- Chat online <https://www.thetrevorproject.org/get-help/>
- Call 1-866-488-7386
- What to Expect: You'll be connected to a Trevor counselor who is understanding of LGBTQ issues and won't judge you. Your conversation will be anonymous, and you can share as much or as little as you like.

- **University of Nebraska Rainbow Clinic:** The Rainbow Clinic, directed by Dr. Debra Hope, is an outreach to the gay, lesbian, bisexual, transgender, and queer community that provides individual, couples, and family therapy and contributes to knowledge about diversity issues in clinical psychology, with a particular focus on psychological needs of the LGBTQ community. The Rainbow Clinic has also partnered with OutLinc, Lincoln's GLBT Community Center, to help bring awareness of mental health services within the area and extend the outreach of the clinic's services.

- 402-472-2351
- <https://psychology.unl.edu/pcc/specialty-clinics>