

May 18, 2026

For Immediate Release

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### **Mental Health Resources in Southwest Nebraska**

In recognition of Mental Health Awareness Month this May, Southwest Nebraska Public Health Department (SWNPHD) encourages residents to learn about the resources available in their area. There are different kinds of support available depending on what people need, like doing a mental health check-in or finding someone to talk to.

According to the Nebraska Department of Health and Human Services (DHHS), around 1 in 10 people in southwest Nebraska report their mental health was not good (including stress, depression, and problems with emotions) for half or more days a month.

“Mental health is an important part of life, and it’s important for people to know they are not alone and that support is available,” said Paula Wimer, Program Manager at SWNPHD. “Whether someone needs immediate help, ongoing support, or simply resources to manage stress and improve wellness, there are local and statewide options available to help individuals and families.”

Take a look at these resources:

- **swhealth.CredibleMind.com** – Resources across topics like stress, anxiety, sleep, relationships, and personal growth. Users can take self-assessments, learn about coping strategies, and get personalized recommendations.
- **Rural Response Hotline** – Statewide hotline for farmers, ranchers, and rural residents. Call 1-800-464-0258 Monday to Friday from 8 to 5 CT.
- **988** – Suicide and crisis lifeline. Call or text 24 hours a day, 7 days a week.
- **r2hs.com** – Region 2 Human Services provides counseling clinics, community programs, substance use recovery, and emergency support.
- **My Strength** – Mobile app from Region 2 with resources to improve mood, overcome challenges, and get inspired. Help with stress, anxiety, chronic pain, and more.
- **McCook Community Hospital Behavioral Health** – Provides counseling, individual and group therapy, medication management, and evaluations. Call 308-344-8280.
- **Nebraska Family Helpline** – 24/7 support for families. Guidance and resources for children and teens who are struggling or have behaviors that are affecting their ability to function at school or at home. Call 888-866-8660.

Your doctor or healthcare provider is another great resource to talk to about any mental health symptoms you may notice, like trouble concentrating, changes in sleep or appetite, or feeling

overwhelmed or hopeless. Reaching out for help can be the first step toward healing, and knowing that support is available can make it easier.

For more information about mental health resources talk to your mental health provider or contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow SWNPHD on Facebook, YouTube, and Instagram or view the website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) which contains many resources and additional information helpful to prevent disease, promote and protect health.

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