



FAMILY HELP IN NEBRASKA AN ONLINE RESOURCE GUIDE March 2008

This organization and website are invaluable resources for families in Nebraska. You can contact Family Help in Nebraska by calling FocusAS (410-341-4216) or visiting www.focusas.com/Nebraska.html. They provide much more information than can be contained in this handout!

Take positive action to help your child and heal your family!

- Take an honest look at your child's behavior and family situation.
- Become informed of your child's issues.
- Network the resources contained here to find referrals to mental health services and supportive programs.
- Follow through on professional advice and treatment plans.
- Build a support system from family, friends, and self-help groups.
- Contact the SCIP program at your child's school; they can help and have lots of resources.

Nebraska Hotlines and Helplines:

- Abuse/Neglect Hotline...1-800-652-1999
- Child Pornography Tipline...1-800-843-5678
- Childhelp USA (Child Abuse Hotline)...1-800-4-A-Child (1-800-422-4453)
- Family Resource Line...402-223-6040
- Nebraska AIDS Hotline...1-800-782-AIDS (1-800-782-2437)
- Rape, Abuse and Incest National Network (RAINN)...1-800-656-HOPE (1-800-656-4673)

National Hotlines and Helplines:

- National Domestic Violence/Abuse Hotline...1-800-799-SAFE (1-800-799-7233); 1-800-787-3224, TDD
- National Runaway Switchboard...1-800-RUNAWAY (1-800-786-2929)
- National Suicide Hotline...1-800-SUICIDE (1-800-784-2433)

Nebraska Information: All of these websites can be accessed through Family Help in NEBRASKA; www.focusas.com/Nebraska.html.

- The Big Fat Question, Interview with Mary Pipher (pdf); visit: Moms! Help Your Overweight Daughter
- Consumer's Guide to Getting and Keeping Health Insurance in Nebraska (pdf); visit: Family Health
- Domestic Violence: How Common Is It?; visit: Abuse: Physical, Emotional, Sexual, Neglect
- Drugs and the Law; Drug photos and slang terms; visit: Drugs and Teen Substance Abuse
- Foster Care in Nebraska; visit: Attachment and Attachment Disorders
- GED in Nebraska; visit: Youth Who Drop Out
- Legal Age of Majority in Nebraska; visit: Adolescence
- Missing Children in Nebraska; Adopt a Missing Person, Find Jason Anthony Jolkowski; visit: Runaways and Missing Children
- Parental Rights in Special Education; Nebraska IEP Technical Assistance Guide, visit: Special Education
- Nebraska Sex Offender Registry; Sex Offender Registration and community notification for Nebraska, Tracking Sex Offenders; visit: Adolescent Sex Offenders
- Nebraska Student Discipline Act (pdf); visit: Behavior Problems and Disorders

This website also provides a list of organizations with phone numbers and descriptions, a list of schools, programs and services, a list of books, and a list of self-help and support groups.

(Source: www.focusas.com/Nebraska.html)