



# Mental health resources for people age 60 and over

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## Arias Neuropsychology and Behavioral Medicine

Dr. Robert Arias  
6940 Van Dorn St., Suite 201  
Lincoln, NE 68506  
402-323-8890  
Fax: 402-323-8890

- Neuropsychological assessments, counseling.
- In-office visits.
- In-home counseling on limited basis (insurance and diagnosis must be in place).

## Blue Valley Behavioral Health

3901 Normal Blvd., Suite 201  
Lincoln, NE 68516  
402-261-4017  
After hours: 877-409-6600 (emergency number)  
[www.bvbh.net](http://www.bvbh.net)

## Bryan Counseling Center

2330 S. 16 St., Suite 201  
Lincoln, NE 68502  
402-481-5991  
[bryanhealth.com](http://bryanhealth.com)

## CenterPointe

2633 "P" St.  
Lincoln, NE 68503  
402-475-9717 or 402-472-6695 (24/7 crisis line)  
[www.centerpointe.org](http://www.centerpointe.org)

## Cheney Psychiatric Associates, LLC

3600 Village Drive., Suite 110  
Lincoln, NE 68516  
402-875-9270

- Medicaid and Medicare accepted.

## Lutheran Family Services

2201 S. 17th St.  
Lincoln, NE 68502  
402-441-7940  
[lfsneb.org](http://lfsneb.org)

## Nebraska Mental Health Center

4545 S. 86th St.  
Lincoln, NE 68526  
402-483-6990 or 888-210-8064  
[www.nmhc-clinics.com](http://www.nmhc-clinics.com)

- Neuropsychological assessments and counseling.
- In-office visits.
- In-home appointments after initial office visit and only if patient is physically unable to go to office.
- Psychology interns do home visits.

## East Lincoln Behavioral and Emotional Health Lincolnshire Square

Dr. Henrietta Vargas  
7111 "A" St., Suite 101  
Lincoln, NE 68510  
402-434-8164  
Fax: 402-434-8169

- Psychotherapy and counseling.
- In-office only.
- Specializes in female counseling.



## Madonna Rehabilitation Hospital

5401 South St.

Lincoln, NE 68506

402-413-3000 or 800-676-5448

- Neuropsychological assessments and counseling.
- In-office (Madonna) only.

## Parallels of Lincoln

4706 S. 48th St., Suite 3

Lincoln, NE 68516

402-489-9792

[www.parallelsincoln.com](http://www.parallelsincoln.com)

- Individual, family and couples counseling
- Accepts Medicare and Medicaid/Magellan

## Psychotherapy Associates

Plaza Mall South

1919 S. 40th St., Suite 312

Lincoln, NE 68506

402-475-5069

Fax: 402-475-2350

[psycotherapyassoc.com](http://psycotherapyassoc.com)

- Neuropsychological assessments and counseling.
- In-office or in-home appointments.

## South Lincoln Psychiatry, LLC

2001 Pine Lake Road, Suite 300

Lincoln, NE 68512

402-477-7221

[southlincolnpsychiatry.com](http://southlincolnpsychiatry.com)

## Southpointe Family Resource Center, P.C.

650 "J" St., Suite 201

Lincoln, NE 68508

402-328-8300

- Neuropsychological assessments and counseling.
- In-office only.

## The Wellness Center

Plaza Mall South

Dr. Maria Prendes-Lintel

Business cell: 402-416-1892

1919 S. 40th St., Suite 111

Lincoln, NE 68506

402-488-3037

- In-office neuropsychological assessments and counseling.
- For in-home appointments, doctor's order is preferred but not necessary. Insurance and diagnosis must be in place.

## UNL Psychology Clinic and Center for Family and Couple Counseling

Dr. Michael Scheel, Director

49 Teachers College Hall

Lincoln, NE 68588-0345

402-472-1152

- Individual, family, couples and multi-cultural counseling.
- No in-home visits.

## Vest Psychiatric Services, LLC

Tina Vest, APRN, CNP

2935 Pine Lake Road, Suite F

Lincoln, NE 68516

402-817-0897

- Board certified family psychiatric and mental health nurse practitioner.
- Medicare accepted.



*This fact sheet is distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.*