

# Nebraska Resources: Legal, Support Services and Domestic Violence

For Parents Experiencing Divorce and/or Custody Issues

*Compiled by Nebraska Extension*

*For additional resources, check the Internet or phone book*

## LEGAL RESOURCES

### STATE OF NEBRASKA JUDICIAL BRANCH

Divorce, Parenting and Support Information	<a href="http://supremecourt.ne.gov/11632/divorce-parenting-and-support">http://supremecourt.ne.gov/11632/divorce-parenting-and-support</a>
Office of Dispute Resolution – Mediation Centers and Regions	<a href="https://supremecourt.nebraska.gov/5682/odr-overview">https://supremecourt.nebraska.gov/5682/odr-overview</a>
Parenting Plan Parent-Created (Joint Legal and Joint Physical Custody)	<a href="https://supremecourt.nebraska.gov/sites/supremecourt.ne.gov/files/forms/DC-6-5-37.pdf">https://supremecourt.nebraska.gov/sites/supremecourt.ne.gov/files/forms/DC-6-5-37.pdf</a>

### OTHER RESOURCES

Legal Aid of Nebraska	Offices located in Bancroft, Grand Island, Lexington, Lincoln, Norfolk, North Platte, Omaha and Scottsbluff <b>1-877-250-2016 (Statewide)</b>	<a href="http://www.legalaidofnebraska.com">www.legalaidofnebraska.com</a>
Nebraska Department of Health and Human Services – Child Support Enforcement	P.O. Box 82600 Lincoln, NE 68501 <b>1-877-631-9973 (Statewide)</b>	<a href="http://www.nebraskachildsupport.com">www.nebraskachildsupport.com</a>
Disability Rights Nebraska	134 South 13th Street, Suite 600 Lincoln NE 68508 <b>402-474-3183 (Lincoln)</b> <b>1-800-422-6691 (Statewide)</b>	<a href="http://www.disabilityrightsnebraska.org">www.disabilityrightsnebraska.org</a>

*Print additional copies at <http://extension.unl.edu/divorce>. Updated November 2016. List is updated annually.  
Forward suggestions to Extension Educator Gail Brand at [gail.brand@unl.edu](mailto:gail.brand@unl.edu) or 855-308-8037.*

Nebraska Extension’s “Co-Parenting for Successful Kids” is a research-based education class designed to help separating and divorcing parents cope with divorce and custody.

**ON-SITE class information at <http://child.unl.edu/divorce>**

**ONLINE classes available at <http://go.unl.edu/coparenting>**

**ONLINE spanish classes available at <http://go.unl.edu/coparenting/spanish>  
or call 855-308-8037 (toll-free) or email [parenting@unl.edu](mailto:parenting@unl.edu)**

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

## SUPPORT SERVICES

<b>Nebraska 2-1-1 Call Center &amp; Database</b> <i>Dial 2-1-1 to find available services in your community. It's a FREE call, available 24/7.</i>	<b>Call 211 or 402-342-8232</b>	<a href="http://www.unitedwaymidlands.org/your-dollars-at-work/2-1-1-call-center">www.unitedwaymidlands.org/your-dollars-at-work/2-1-1-call-center</a>
<b>Nebraska Resource and Referral System – Answers4Families</b> <i>Nebraska's support and information connection for families and professionals seeking assistance. Includes licensed childcare professionals.</i>	<b>1-800-746-8420</b>	<a href="http://www.answers4families.org">www.answers4families.org</a>
<b>Nebraska Department of Health and Human Services – Nebraska Family Helpline</b> <i>Connects Nebraska families to the help they need when dealing with their children's behavioral problems and mental health issues.</i>	<b>1-888-866-8660</b> <i>Trained counselors 24/7/365</i>  <b>1-888-556-5117</b> for the hearing and speech impaired with TTY equipment	<a href="http://www.nebraskafamilyhelpline.ne.gov">www.nebraskafamilyhelpline.ne.gov</a>
<b>Nebraska Department of Health and Human Services – Access Nebraska – Public Assistance</b>	Offices in Gering, Grand Island, Lincoln, Norfolk and Omaha <b>1-800-383-4278</b> Economic assistance <b>1-855-632-7633</b> Medical eligibility	<a href="http://www.accessnebraska.ne.gov">www.accessnebraska.ne.gov</a>
<b>Nebraska Department of Labor – Employment Services</b>	Career Centers in Alliance, Beatrice, Columbus, Grand Island, Hastings, Lexington, Lincoln, Nebraska City, Norfolk, North Platte, Omaha, Scottsbluff and York <b>402-471-9000</b>	<a href="http://www.dol.nebraska.gov">www.dol.nebraska.gov</a>

## PARENTING CLASSES – IN-DEPTH

<b>Circle of Security™-Parenting</b> <i>Circle of Security™-Parenting is an 8-week parenting program based on years of research about how to build a strong relationship with your children. It is designed to help you learn how to respond to your child's needs in a way that enhances your connection with him, which often leads to changes in the child's behavior.</i>	Offered statewide, including: Nebraska Extension in Lincoln <b>402-441-7180</b>  Nebraska Extension in Seward <b>402-643-2981</b>	<a href="http://www.necosp.org">www.necosp.org</a>
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## DOMESTIC VIOLENCE RESOURCES

<b>National Domestic Violence Hotline</b>	<b>1-800-799-7233</b> 24-hour <b>1-800-787-3224</b> TTY	<a href="http://www.thehotline.org">www.thehotline.org</a>
<b>RAINN (Rape, Abuse, Incest National Network)</b>	<b>1-800-656-HOPE (4673)</b> 24-hour National Sexual Assault Hotline	<a href="http://www.rainn.org">www.rainn.org</a>
<b>National Teen Dating Abuse Helpline</b>	<b>1-866-331-9474</b> 24-hour or text "loveis" to 22522	<a href="http://www.loveisrespect.org">www.loveisrespect.org</a>
<b>Línea de Crisis en Nebraska (en Español) (Spanish)</b>	<b>1-877-215-0167</b>	
<b>Nebraska Domestic Violence Sexual Assault Coalition</b> <i>Lists local programs.</i>		<a href="http://ndvsac.org/get-help">http://ndvsac.org/get-help</a>
<b>Personal Safety Plan</b> <i>Personal Safety Plan – a checklist for living free from intimate partner violence.</i>		English version: <a href="http://www.ndvsac.org/wp-content/uploads/Brochures/Safety_Plan_Eng_12-12.pdf">www.ndvsac.org/wp-content/uploads/Brochures/Safety_Plan_Eng_12-12.pdf</a>  Spanish version: <a href="http://www.ndvsac.org/wp-content/uploads/Brochures/Spanish_Safety_Plan_2-8-13.pdf">www.ndvsac.org/wp-content/uploads/Brochures/Spanish_Safety_Plan_2-8-13.pdf</a>
<b>Nebraska Online Legal Self-Help Center – Protection and Abuse</b>		<a href="https://supremecourt.nebraska.gov/self-help/7228/protection-abuse">https://supremecourt.nebraska.gov/self-help/7228/protection-abuse</a>