

Wellness and Mental Health

Network of Care for Behavioral Health

Behavioral health resources through your local Behavioral Health Region.

Coming Together for Wellness

Free 30 minute virtual chats with a licensed mental health therapist through the University of Nebraska.

Support for Teachers Affected by Trauma (STAT)

Online modules for exploring the concept of secondary trauma experienced by teachers.

The Wellbeing Partners

Resources for reducing the stigma surrounding mental health through the Public Good Project partnership.

Mental Health America

A variety of tools and resources for mental health and wellness.

Virtual Calming Room

Strategies and tools to practice wellbeing including free wellness apps.

The BHECN Serenity Project

Free virtual yoga and meditation sessions through Lotus House of Yoga.

Selfie BINGO Challenge

Have a little fun with a BINGO challenge. Post your selfies on your social media.

Positive Present Coloring Sheets

Free downloadable coloring sheets to inspire and uplift you from Rainbows and Unicorns.

Nebraska Family Helpline

Help for families is available 24 hours a day at (888) 866-8660.



For additional information and resources, contact the Nebraska Department of Education's Mental Health Team: Mariella.Resendiz@nebraska.gov / (402) 309-0453 or Amber.Hartsock@nebraska.gov / (402) 651-7715.