

Rural Mental Health Resources:

In Case of Mental Health Emergency call 988

Rural Response Hotline: **800-464-0258**

<https://directory.agrisafe.org/> to find additional information and therapists in proximity to you and have listed vouchers for mental health services.

If you would like to see any of these therapists that don't have your insurance, they are all available on a private pay basis. Those with (\*) by their name have disaster relief slots available for a reduced rate or Pro Bono.

Name	Location	Specialty	Personality Style	Insurance	Contact info
Karla Crane LIMHP	Virtual, Lincoln	Trauma, anxiety depression	Real, grounded, empathetic and direct	BCBS, UHC/Optum, Midland, Aetna	Phone: (402)781-4264 Email: karla@covemh.com
Olivia Groeteke, LIMHP	Virtual	Relationships, neurodivergence, mood management	Client is the leader direct, honest	Medicare, Medicaid, Total Care, UHC	402-483-6990 Oliviag@nebraskamental.health
Lauren Hill	Virtual	Teens and adults, relationship and grief	No bs with compassion	All major except Aetna, Medicaid	402-413-8476 laurenhillerlicsw@gmail.com
Kaelee Salmans LIMHP	Virtual	Trauma, grief, first responders	Client led, highly empathetic/soft when needed	BCBS, UHC, Aetna, Cigna, UMR, Oscar, sliding scale	Main number: 4027896178 Text: 4024138558 Email: admin@emberbloomtherapy.com
*Maureen DeRyke	Virtual	Trauma, grief, anxiety	Down to earth, steady and supportive,	BCBS, private pay	Phone: (531) 289-1005 Email: maureen.deryke@daringmindstherapy.com
Jillian Giesselman LIMHP, PMHC	Virtual	Trauma, grief, postpartum	Calm, gentle with a side of humor	Most major (no Tricare)	Phone: (402) 327-0073 Email: jgiesselmann@mwbehavioral.com
Shaylee Williams	Virtual	Young adult, grief, chronic illness	Soft, gentle, value slow rapport building	BCBS, Aetna	Phone: (402)534-1602 Email: therapywithshaylee@gmail.com
Hallie Messersmith	Cozad, virtual	10+, ADHD, grief	Non-judgmental, calm, direct	NE Medicaid, BCBS, Cigna, NRRHM	(308) 870-737-3051 ext. 702 hallie@medicinecreekcounseling.com

Amy Schantz	Beemer, Virtual	Trauma, anxiety, life transitions	Direct, touch of humor, empathetic	BCBS, Aetna, UHC, Cigna, Tricare,	531-335-1165 amy.schantz4@gmail.com
Markie Roberts	Virtual	Trauma, couples, anxiety/perfectionism	Direct, supportive, authentic	Private pay, OON	515-523-5104 markie@mrobertstherapyllc.com
Amanda Parker	Virtual	Anxiety, panic, trauma all ages	Gentle, soft spoken, very calming	NE Medicaid, BCBS, sliding scale	402-897-4777 Amanda-parker@perceptionstherapy.com
Sarah Bennett	GI, virtual	trauma, anxiety, depression	Real down to earth, Gentle without sugar coating	UHC, BCBS, Ambetter, Aetna	308-216-3992 sbennett@hellohopene.com
Brady Dodds	Virtual	Trauma, grief, 16+ chronic illness, OCD, LGBT	Compassionate, not afraid to call out, non-judgmental	BCBS, Aetna	Phone: 402-534-1602 Email: bdoddscounseling@proton.me
Megan Cada	Virtual	Trauma, anxiety, depression, 15+	Gentle soft spoken, non-judgmental	COHMT, Aetna, BCBS	402-809-1762 Cada.counselingllc@gmail.com
Victoria Mexcur	Virtual, and travel to you	Trauma, performance anxiety, nervous system, adults only	Direct, down to earth, non-judgmental	Private pay	402-403-9561 <a href="mailto:treaddeepcounseling@gmail.com">treaddeepcounseling@gmail.com</a>  Coordinated list and open to any questions and support to direct you where you need it.