

Abuse/Neglect

Health & Human Services – Blair 426-2329
Adult & Child Abuse & Neglect 800-652-1999

Saunders County Services

Ashland Police Department 402-944-2222
Cedar Bluffs Police Department 402-628-3115
Ceresco Police Department 402-665-2391
David City Police Department 402-367-3133
Mead Police Department 402-624-2056
Wahoo Police Department 402-443-4155
Yutan Police Department 402-625-2112
Saunders County Sheriff 402-443-1000
District Court 402-443-8113
County Court 402-443-8119

Legal Assistance

Legal Aid of Nebraska 402-348-1069
Nebraska Bar Association 475-7091
Omaha Bar Association 280-3607

Alcohol/Drugs

Alcoholics Anonymous 438-5214
Bethlehem Lutheran Church 443-3160
Blue Valley Mental Health 443-4414
Lutheran Family Services 866-721-6229
Lasting Hope Recovery Center 717-5300
Immanuel Medical Center 572-2121

Financial Assistance

Ashland Housing Authority 944-7332
Health and Human Services 443-4252
Lincoln Action Program 443-4250

Health Care Services

Blue Valley Mental Health 443-4414
C.A.T.C.H. 800-896-3432
Coleman Clinic 443-3434
Haven House Living Center 443-3737
Home Health Agency 443-4798
Hospice 800-826-3841
Lincoln Family Medical Group 944-2201
Lutheran Family Services 443-1760
Nebraska Aids Project 800-782-AIDS
Region V Support 443-4694
Saunders County Care Center 443-4685
Saunders County Hospital 443-4191
St. Joseph's Nursing Center 367-3045
3-Rivers Public Health Dept. 443-4603

Later Life Services

Health and Human Services 443-4252
LIFE 800-247-0938
Haven House Living Center 443-3737
Saunders Senior Services 443-4603
Ashland Senior Citizens Center 944-7627
Cedar Bluffs Senior Center 402-628-8101
Ceresco Senior Center 402-665-6711
Valparaiso Senior Center 402-784-2234
Wahoo Senior Diner 402-443-4887
Yutan Senior Center 625-9901
Saunders House 443-3333
Senior Handi-Van 443-8168
League of Human Dignity 888-508-4758
Vocational Rehab Services 471-3231
Region 5 443-4694
Wahoo Busy Wheels 443-4463

Clothing/Food

Saunders County Food Pantry 402-443-4174
Health & Human Services 443-4252
Lincoln Action Program 443-4250
NE Nebr Family Health Services 727-5551
Salvation Army - Fremont 721-0930
Salvation Army - Lincoln 474-6263

Apartments

Seldin Corporation 333-7373
Westview Senior Apartments 443-5082
Golden Apartments 944-7332
City View Apartments 443-4123
Koch Apartments 443-4081
Centennial Apartments 663-4492

Shelters

Care Corps, Inc. 721-3125
Crisis Center 721-4340
Lydia House-Open Door 345-9342
Open Door Missions – Omaha 422-1111
People's City Mission – Lincoln 475-1303
Sienna Frances House - Omaha 341-9236
Stephens Center - Omaha 731-0238

Hotlines

Adult & Child Abuse & Neglect 800-652-1999
Nebraska Family Helpline 888-866-8660
Crisis Center 888-721-4340
National Victim Assistance 800-879-6682
Boys Town Parenting Assistance 800-448-3000

Abuse Hurts At Any Age

Domestic Violence can occur within a number of relationships – between married couples, roommates, dating couples, even as abuse in later life by family members.

Types of Abuse are physical, emotional, verbal, sexual, isolation, threats, intimidation, neglect, financial exploitation, and self-neglect.

Child Abuse is more than bruises and broken bones. Physical abuse might be the most visible, other types of abuse—emotional abuse and neglect—also leave deep, lasting scars. The earlier abused children get help, the greater chance they have to heal and break the cycle.

Vulnerable Adults are persons 18 years old or older who: have a court appointed guardian, are unable to live independently or provide self-care due to physical or mental impairments, or have grossly impaired judgment or behavior due to mental impairment.

Abuse in Later Life is any form of mistreatment that results in harm or loss to a person over 50. Victims usually have a trusting relationship with the abuser, such as a spouse, adult children, family member, relative or caregiver.

What You Can Do is be aware, watch for signs of abuse and neglect, and make a report.

It is a criminal act to abuse or threaten to abuse any family member, current or former spouse, or intimate partner.

The Facts

- In the US, a woman is beaten every 9 seconds.
- Domestic Violence is the leading cause of injury to women, more so than all muggings, stranger rapes, and car accidents combined.
- As many as 35% of emergency room visits by females are for injuries related to domestic violence.
- The American Medical Association states, 37% of pregnant women are battered.
- One out of every 4 high school students and one out of 3 college students have been abused.

When Preparing To Leave...

- Hide an extra set of house and car keys.
- Keep important papers in a safe place: birth certificates, social security cards, bank records.
- Tell a trusted neighbor or friend who can get help quickly. Tell your family what is happening.
- Make an escape plan with children: how to get out, where to go, who to call.
- Keep a small suitcase packed and hidden.
- Put some money aside or open a bank account.
- Do not leave without your children.
- Seek counseling, support, and legal advice.

Saunders County

Resource Guide



Formerly Crisis Center for
Domestic Abuse/Sexual Assault

24 Hr. Crisis Line	888-721-4340 402-727-7777
Blair Office	402-533-4411
Fremont Office	402-721-4340
West Point Office	402-372-2204

Serving Burt, Cuming, Dodge, Saunders,
and Washington counties.

*All victim services are free, confidential,
& available in Spanish.*