**Sexual Violence**

**Breaking the Cycle (Support Group)**

Phone: (402)880-1777

Website:<https://sites.google.com/view/breaking-the-cycle-omaha/home>

About: A support group for adults (must be 16+) who have been impacted by sexual violence. The group meets every Tuesday from 7-9PM at an undisclosed location. Cost is $1/session (scholarships are available). To enroll, contact Dave Trost at (402)880-1777 or by email: [breakingthecycle@outlook.com](mailto:breakingthecycle@outlook.com).

**Lutheran Family Service (RSafe)**

Phone: (402)595-1338

Website: https://www.lfsneb.org/service/sexual-abuse/

About: Provides individual, family and group therapy for individuals with problematic sexual behavior; Eye-Movement Desensitization & Reprocessing (EMDR) and Trauma Focused-Cognitive Behavioral (TF-CBT) therapies; and education/training programs for professionals, the public and clients.

**National Sexual Assault Hotline**

Website:<https://hotline.rainn.org/online/>

Phone: 1-800-656-4673

About: This hotline provides support for those experiencing sexual violence and offers support via phone and online chat services.

**Project Harmony Child Advocacy Center (Referral Only)**

Address: 11949 Q St. Omaha, NE 68137

Phone: (402)595-2880

Website: [www.projectharmony.com](http://www.projectharmony.com/)

About: Provides crisis counseling, support groups, forensic interviews, medical exams and advocacy services for children (and families) who have been impacted by sexual abuse.

**Real Solutions**

Address: 11414 West Center Rd. Suite 250 Omaha, NE 68144

Phone: (402)571-4984

About: A support group for survivors of sexual violence. Cost is $100 per session, but a sliding scale fee is offered. Medicaid payments are accepted. Serve Washington, Douglas and Sarpy Counties. Call for further details.

**Survivor’s Rising**

Phone: (402)999-2725

E-mail: [sherrysurvivorsrising@gmail.com](mailto:sherrysurvivorsrising@gmail.com)

Website: [www.survivorsrising.org](http://www.survivorsrising.org)

About: A 501c3 organization based out of Omaha, NE dedicated to providing education, support, advocacy and resources for individuals affected by sexual/domestic violence, stalking, and teen dating violence. Call or email for further details.

**The Bridge**

Address: 141 South Union Fremont, NE 68025

Phone: (402)721-4340

Website:<http://www.bridgefromviolence.com/home.html>

About: Provides support, education and service referrals to DV/SA survivors.

**The Lamplighter Movement (Omaha)**

E-mail: [margie@thelamplighters.org](mailto:margie@thelamplighters.org)

Website: [www.thelamplighters.org](http://www.thelamplighters.org)

About: A support group for adult survivors of sexual abuse, incest, rape, sexual assault and domestic violence.

**Urban League of Nebraska (Child Sexual Abuse Services)**

Address: 3040 Lake St. Suite 124 Omaha, NE 68111

Phone: (402)504-1733

Website: [www.lfsneb.org](http://www.lfsneb.org/)

About: Provides mental health services to children victimized by sexual abuse.

**Victim-Survivor-Thriver Group (Lincoln, NE)**

About: A group for survivors of child sexual abuse. Group sessions are informative and interactive in nature, with one topic covered per week (8 weeks total). Each session has handouts and personal application to be followed during the week. Meets Wednesday and Friday each week. Cost is $30-$40 per session. Call (402)440-4537 for further details.

**Wounded Heart Support Group (Lincoln, NE)**

About: A 40-week Christian-based support group for adult survivors of sexual abuse. The group meets on Thursdays each week. A wait-list may exist. Contact Deborah Perrin at (402)982-4065 for further details.

**Domestic Violence**

**Friendship Home**

Address: P.O. Box 85358 Lincoln, NE 68501

Phone: (402)437-9302 (Emergency Shelter); (402)261-0545 (Deaf or hard of hearing)

E-mail: [info@friendshiphome.org](mailto:info@friendshiphome.org)

Website: [www.friendshiphome.org](http://www.friendshiphome.org)

About: Provides emergency shelter, information and support services for survivors of domestic violence. Call for details.

**Heartland Family Services**

Address: 302 American Pkwy Papillion, NE 68046

Phone: (402)339-2544

Hotline: 1(800)512-3666

Website:<https://heartlandfamilyservice.org/housing-financial-stability/>

About: Both males and females can receive counseling, group therapy, job connections, housing assistance and outpatient therapy services via this agency.

**National Domestic Violence Hotline**

Website:<https://www.thehotline.org/>

Phone: 1-800-799-7233; 1-800-787-3224 (TTY)

About: This hotline provides support for those experiencing domestic violence and offers support via phone and online chat services.

**Nebraska Domestic Violence Sexual Assault Coalition**

Address: 245 South 84th St, Suite 200 Lincoln, NE 68510

Phone: (402)476-6256

Website:<http://www.nebraskacoalition.org/>

About: Provides statewide referrals to individuals in need of sexual/domestic violence services. Attorneys are available to provide legal services in domestic violence, sexual assault and immigration. Human trafficking support services are also available.

**Open Door Mission & Lydia House**

Address: 2828 N 23rd St E. Omaha, NE 68110

Phone: (402)422-111l

Website: [www.opendoormission.org](http://www.opendoormission.org/)

About: Offers emergency shelter, support, legal and financial assistance services. Services for both male and female individuals are available.

**Phoenix House (Catholic Charities)**

Address: 1215 N Broadway Council Bluffs, IA 51503

Hotline: (712)328-0266

Business: (712)256-2059

About: A domestic violence emergency shelter for women and children living in Southwest IA.

**Safe Haven Emergency and Transitional Shelter**

Address: N/A

Phone: (402)292-5888 or (800)523-3666 (24-Hour Line)

About: Part of Heartland Family Services domestic violence program. Safe Haven is a transitional living shelter for survivors and their children.

**The Shelter (Catholic Charities)**

Address: Shelter location undisclosed. Call for details.

24-Hour Crisis Line: (402)558-5700

Business: (402)554-0520

Website: [www.ccomaha.org](http://www.ccomaha.org/)

About: Offers Legal and Financial Assistance, Housing, Emergency, Counseling, Community Education and Support services in English and Spanish. Open Monday-Friday, 9AM-5PM.

**Voices of Hope**

Address: 2545 N St. Lincoln NE 68510

Phone: (402)476-2110

24-Hour Hotline: (402)475-7273

Website: [www.voicesofhopelincoln.org](http://www.voicesofhopelincoln.org/)

About: Advocates available 24 hours a day to respond to calls from hospitals and law enforcement involving domestic violence. Daily walk-in services include safety planning, needs assessment and legal advocacy. Other services are available. Individuals 19 and younger must have parental permission. Call for details.

**Women’s Center for Advancement Domestic Violence/Sexual Assault Program**

Address: 3801 Harney St. Omaha, NE 68131

Hotline Phone: (402)345-7273

Business Phone: (402)345-6555

Website: http://wcaomaha.org/

About: Offers Legal and Financial Assistance, Housing, Emergency, Counseling, Community Education and Support services in English and Spanish, Open 8AM-5PM, Monday-Friday. Accepts male/female and LGBTQ+ clients.

**Human Trafficking**

**Indigo (Women’s Center for Advancement)**

Address: 3801 Harney St. Omaha, NE 68131

Phone: (402)345-6555

E-mail: [info@wcaomaha.org](mailto:info@wcaomaha.org)

Website: <https://wcaomaha.org/indigo/>

About: A resource dedicated to raising awareness, educating the community and providing survivors of sex trafficking with food, clothing, emergency shelter, crisis counseling and more. Serves individuals ages 17-24. Call or email for further details.

**Magdalene Omaha/Thistle Lights**

Address: 4383 Nicholas St. Suite 305 Omaha, NE 68131

Phone: (402)934-8599

E-mail: [info@magdaleneomaha.org](mailto:info@magdaleneomaha.org)

Website: <http://magdaleneomaha.org/>

About: A survivor-led program of healing and empowerment for individuals who have experienced sex-trafficking/prostitution, and addiction. Magdalene’s 2-year residential recovery program offers long-term housing, access to trauma-informed care, legal support and educational assistance. Call or email for further details.

**Nebraska Attorney General**

Website: <https://ago.nebraska.gov/combating-human-trafficking>

About: Visit this website to get involved in the fight against human trafficking in Nebraska.

**National Human Trafficking Resource Center**

Phone: 1(888)373-7888 or 711 (TTY)

SMS: 23373 (Text “HELP” or “INFO”)

Website: <https://humantraffickinghotline.org/>

About: Offers services in English, Spanish and 200 more languages.

**SAFE-T (National Human Trafficking Resource Center)**

Phone: (888)373-7888

About: Hotline for survivors of sex trafficking. Staffed 24/7, 365 days a year.

**Hotline Phone Numbers**

**National Human Trafficking Resource Center**

Phone: 1(888)373-7888 or 711 (TTY)

SMS: 23373 (Text “HELP” or “INFO”)

Website: https://humantraffickinghotline.org/

About: Offers services in English, Spanish and 200 more languages.

**National Sexual Assault Hotline**

Website:<https://hotline.rainn.org/online/>

Phone: 1-800-656-4673

About: This hotline provides support for those experiencing sexual violence and offers support via phone and online chat services.

**National Teen Dating Abuse Helpline**: 1(866)331-9474 or 1(866)331-8453 (TTY)

**Nebraska Coalition Hotlines**

**Vulnerable Adults:** 1(800)652-1999

**Child Abuse:** 1(800)652-1999

**Spanish:** 1(877)215-0167

**SAFE-T (National Human Trafficking Resource Center)**

Phone: (888)373-7888

About: Hotline for survivors of sex trafficking. Staffed 24/7, 365 days a year.

**WCA 24/7 Spanish Hotline:** (402)672-7118