

Services Available in the Community								
Organization Name	Area Primarily Served	Address	City	State	Zip Code	Phone	Website	Services Provided
Assisted Living								
Hidden Pines Assisted Living Community	Red Willow County	309 W 7th St	McCook	NE	69001	308-345-4600	http://www.hillcrestnh.org/	Assisted Living Community, Special Care Unit for Alzheimer's residents, a Heavy Care Unit, Adult Day Care, and our Little Folks' Childcare Center
Highland Park Retirement Center	Red Willow County	610 E 14th St	McCook	NE	69001	308-345-7757		Independent Living Apartments
Brookdale Senior Living Solutions	Red Willow County	1500 E 11th St	McCook	NE	69001	308-345-2100	https://www.brookdale.com/en/com	Independent Living, Assisted Living, Memory Care, Skilled Nursing, Continuing Care Retirement Communities, Home Health Services
Clinic-Chiropractic								
Hinze Chiropractic	Red Willow County	306 W D St	McCook	NE	69001	308-345-8699		Chiropractic Care
Michaelis Chiropractic Care	Red Willow County	502 W 1st St	McCook	NE	69001	308-345-2000		Chiropractic Care
Nielsen Chiropractic Care Center	Red Willow County	114 W C St	McCook	NE	69001	308-345-2995		Chiropractic Care
Clinic-Counseling								
All Season Counseling	Red Willow County	207 W 2nd	McCook	NE	69001	308-345-4676		Mental Health Counseling
Ambience Counseling Services	Red Willow County	203 W E St	McCook	NE	69001	308-345-4067		Mental Health Counseling
Growth and Enrichment Counseling	Red Willow County	1007 W 14th St	McCook	NE	69001	308-345-2932	http://geraldinebrown.net/	Mental Health Counseling
Heartland Counseling & Consulting Clinic	Red Willow & Chase Cour	1012 W 3rd St	McCook	NE	69001	308-345-2770	http://www.r2hs.com/index.php	Mental Health Counseling
Lutheran Family Services	Red Willow County	802 W B St Ste 105	McCook	NE	69001	308-345-7914		Children Services, Mental Health Services, Community Services
Unified Therapy Clinic	Red Willow County	512 E B St Ste A	McCook	NE	69001	308-345-4884	http://www.unifiedtherapyclinic.com	Mental Health Counseling
Clinic-Eye								
My Family Vision Center	Red Willow County	212 W 9th St	McCook	NE	69001	308-345-2954	https://www.facebook.com/MyFamilyVisionHealthResources	Vision Health Resources
Lifetime Eyecare	Red Willow County	218 W D St	McCook	NE	69001	308-345-5800	http://lecvisionsource.com/	Vision Health Resources
Walmart Vision Center	Red Willow County	1902 W B St	McCook	NE	69001	308-345-6613	https://www.walmart.com/store/790	Vision Health Resources
Clinic-Medical								
McCook Clinic	Red Willow County	1401 E H St	McCook	NE	69001	308-344-4110	http://www.mccookclinic.com/	Medical Care Resource
Curtis Medical Center	Frontier County	302 E 6th	Curtis	NE	69025	308-367-4162	https://chmccook.org/hospital-service	Medical Care Resource
Trenton Medical Center	Hitchcock County	406 E 1st	Trenton	NE	69044	308-334-5155	https://chmccook.org/hospital-service	Medical Care Resource
Clinic-General Surgery								
Surgical Associates	Red Willow County	1401 E H St	McCook	NE	69001	308-345-7878	https://chmccook.org/hospital-service	Medical Care Resource
Community Hospital Surgical and Orthopedic Services	Red Willow County	1301 E H St	McCook	NE	69001	308-344-8376	https://chmccook.org/hospital-service	Medical Care Resource
Clinic-Urgent Care								
Quality Urgent Care	Red Willow County	3 Bison Holiday Dr	McCook	NE	69001	308-345-7036		Medical Care Resource
Clinic-Dentist								
Bison Dental	Red Willow County	912 W 12 St.	McCook	NE	69001	308-345-1470		Dental Care Resource
Tobias Dental Care	Red Willow County	411 W 5 St	McCook	NE	69001	308-345-1510	http://www.tobiasdental.com/	Dental Care Resource
Great Plains Oral Surgery and Implant Center	Red Willow County	302 W 9th	McCook	NE	69001	308-345-1449	http://www.greatplainsoralsurgeryne.com	Dental Care Resource
Chris Nix, DDS	Red Willow County	411 W 5th St	McCook	NE	69001	308-345-2773		Dental Care Resource
Michael E. Owens DDS	Red Willow County	521 Norris Ave	McCook	NE	69001	308-345-5416		Dental Care Resource
Darin D. Seligman, DDS	Red Willow County	701 W N St.	McCook	NE	69001	308-345-3410		Dental Care Resource
Clinic-Orthodontist								
Bradley Hoppens, PC	Red Willow County	10 Spoon Drive	McCook	NE	69001	308-345-2245		Dental Care Resource
John Haugen, DDS	Red Willow County	302 W 9 St	McCook	NE	69001	308-345-1449		Dental Care Resource
Clinic-Podiatry								
High Plains Podiatry	Red Willow County	306 W D St	McCook	NE	69001	308-345-3773		Medical Care Resource
Clinic-Specialists								
Community Hospital Medical Specialists Center	Red Willow County	1301 East H Street	McCook	NE	69001	308-344-8285		Medical Care Resource
Clothing & Household Goods								
Goodwill Industries	State of Nebraska						http://www.goodwillne.org/shop-our	Clothing & Household Assistance
The Salvation Army	State of Nebraska						http://www.salvationarmygl.org	Clothing & Household Assistance
Helping Hand Thrift Store	Red Willow County	110 W C St	McCook	NE	69001			Clothing & Household Assistance
Bargain Bazaar Thrift Store	Red Willow County	222 W 1st St	McCook	NE	69001			Clothing & Household Assistance
Education & Employment								
Job Corps	Nationwide						http://pineridge.jobcorps.gov/home	Education & Job Assistance
General Education Development - Mid-Plains Community College	Red Willow County	1205 E 3rd	McCook	NE	69001	308-345-8100	http://www.mccc.edu/	Education & Job Assistance
Vocational Rehabilitation (Voc. Rehab)	State of Nebraska						http://www.vr.ne.gov/index.html	Education & Job Assistance
Workforce Development	State of Nebraska						http://dol.nebraska.gov/	Education & Job Assistance
Family Resources								
Nebraska Family Helpline	State of Nebraska					1-888-866-8660	http://www.nebraskafamilyhelpline.net	Family Assistance
2-1-1 (Nebraska)	State of Nebraska					1-866-813-1731	http://www.211.org/	Family Assistance
Answers 4 Families	Nationwide						http://www.answers4families.org	Family Assistance
Families Care	Nationwide						http://www.familiescare.org	Family Assistance
Food Resources								
Nutrition Education Program (NEP) and 4-H Program - UNL Cooperative Extension Office	Red Willow County						http://www.extension.unl.edu	Food Resources
Prairie Land Foods	Nationwide						http://www.prairielandfood.com/	Food Resources
Supplemental Nutrition Assistance Program (SNAP) - Access Nebraska	State of Nebraska						http://www.accessnebraska.ne.gov	Food Resources
WIC (Women, Infants and Children) - Central Nebraska Health Department	State of Nebraska						http://www.cdhd.ne.gov/	Food Resources
Commodity Foods	Red Willow County					308-865-5683		Food Resources
Community Action Partnership Mid-Nebraska	State of Nebraska					308-345-1187		Food Resources
McCook Food Pantry	Red Willow County					308-345-4884		Food Resources
Hitchcock County Food Pantry	Hitchcock County					308-278-2239		Food Resources
Arapahoe Food Pantry	Furnas County					308-962-7296		Food Resources
Cambridge Food Pantry	Furnas County					308-697-3756		Food Resources
Oxford Food Pantry	Furnas & Harlan County					308-824-3652		Food Resources
Western Frontier County Food Pantry	Frontier County					308-367-8781		Food Resources
Dundy County Food Pantry	Dundy County					308-423-2393		Food Resources
Chase County Food Pantry	Chase County					308-882-5136		Food Resources
Helping Older Adults								
Community HealthCare & Hospice • Community Hospital	Red Willow County	1301 E H St	McCook	NE	69001	308-344-8356		Home Health & Hospice Services
Helping Those in Need								
McCook Pantry • St. Albans Episcopal Church	Red Willow County		McCook	NE	69001	308-345-4844		Food Assistance Program
Women, Infants & Children – WIC • Peoples Family Health	State of Nebraska					800-395-7336		Food Assistance Program
South West Area Training Services – SWATS	Red Willow County		McCook	NE	69001	308-345-1530		Disabled Adults Program
Feed the Flock • United Methodist Church	Red Willow County		McCook	NE	69001	308-345-2445		Food Assistance Program

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Salvation Army • McCook Christian Church	Red Willow County		McCook	NE	69001	308-345-1516		Family Assistance Program
The Bargain Bazaar • St. Patrick's Church	Red Willow County		McCook	NE	69001	308-345-5317		Clothing & Home Furnishing Service
The Helping Hand • United Methodist Church	Red Willow County		McCook	NE	69001	308-345-2445		Clothing & Home Furnishing Service
Meals on Wheels • Heritage Senior Center	Red Willow County		McCook	NE	69001	308-345-1760		Food Assistance Program
FAIR Exchange • Family Resource Center	Red Willow County		McCook	NE	69001	308-345-2527		Family Assistance Program
McCook Toy Box • Community Action Partnership	Red Willow County		McCook	NE	69001	308-345-1187		Family Assistance Program
McCook Coat Closet • Community Action Partnership	Red Willow County		McCook	NE	69001	308-345-1187		Family Assistance Program
Hospitals								
Community Hospital	Furnas, Frontier, Hitchcoc	1301 E H St	McCook	NE	69001	308-344-2650	http://www.chmccook.org	Medical Care Resource
Housing Assistance								
Housing.NE.gov	State of Nebraska						http://www.housing.ne.gov	Housing Assistance
Habitat for Humanity	State of Nebraska						http://www.gihabitat.org	Housing Assistance
McCook Housing Agency	Red Willow County					308-345-3605		Housing Assistance
Legal Assistance								
Consumer Credit Counseling Services	Nationwide						http://www.cccsn.org	Legal Assistance
Legal Aid of Nebraska	State of Nebraska						http://www.legalaidofnebraska.com	Legal Assistance
Nursing Homes								
Hillcrest Nursing Home	Red Willow County	309 W 7th St	McCook	NE	69001	308-345-4600		Nursing Home
Pharmacies								
Farrell's Pharmacy	Red Willow County	120 W B ST	McCook	NE	69001	308-345-1781		Pharmacy & Medical Supplies
U-Save Pharmacy & Medical Supply	Red Willow County	902 N Hwy 83	McCook	NE	69001	308-345-5670		Pharmacy & Medical Supplies
Wal-Mart Pharmacy	Red Willow County	1902 W B St	McCook	NE	69001	308-345-7024		Pharmacy & Medical Supplies
Rehabilitation Clinic								
Community Hospital Rehabilitation Center	Red Willow County	1301 H St	McCook	NE	69001	308-344-2650		Rehabilitation Services
Utilities								
Emergency Assistance Programs - Nebraska Department of Health and Human Services	State of Nebraska						http://www.dhhs.ne.gov	Utilities Assistance
Volunteers for a Cause								
BeFriender Ministry • United Methodist Church	Red Willow County		McCook	NE	69001	308-345-2445		Community Volunteer Services
Rotary International	Red Willow County		McCook	NE	69001			Community Volunteer Services
Sertoma International	Red Willow County		McCook	NE	69001			Community Volunteer Services
Lions Club	Red Willow County		McCook	NE	69001			Community Volunteer Services
Optimist International	Red Willow County		McCook	NE	69001			Community Volunteer Services
Kiwanis	Red Willow County		McCook	NE	69001			Community Volunteer Services
Pheasants Forever	Red Willow County		McCook	NE	69001			Community Volunteer Services
American Red Cross	Red Willow County		McCook	NE	69001			Community Volunteer Services
McCook Ministerial Association • McCook Christian Church	Red Willow County		McCook	NE	69001	308-345-1516		Community Volunteer Services
McCook Area Chamber of Commerce	Red Willow County		McCook	NE	69001	308-345-3200		Community Volunteer Services
Southwest Nebraska Public Health	Red Willow County		McCook	NE	69001	308-345-4223		Community Volunteer Services
Red Willow County Health Department	Red Willow County		McCook	NE	69001	308-345-1790		Community Volunteer Services
Working with Children and Young Adults								
Boy Scouts of America	Nationwide							Youth & Family Services
Girl Scouts of America	Nationwide							Youth & Family Services
YMCA	Red Willow County		McCook	NE	69001	308-345-6228		Youth & Family Services
Court Appointed Special Advocates – CASA • Red Willow County Court	Red Willow County		McCook	NE	69001	308-345-1904		Youth & Family Services
TeamMates Mentoring Program • McCook Junior High School	Red Willow County		McCook	NE	69001	308-345-6940		Youth Services
4-H Programs • University of Nebraska-Lincoln Extension in Red Willow County	Red Willow County		McCook	NE	69001	308-345-3390		Youth Services
School Programs-FFA, FBLA, Band, Boosters, PTO • McCook Public Schools	Red Willow County		McCook	NE	69001	308-345-2510		Youth Services
Project Everlast	State of Nebraska						http://www.heartlandcasa.org	Youth Services