

MENTAL HEALTH AWARENESS

Mental Health Awareness

Statistics

33%

Mental illness
caused by childhood
trauma

38%

Mental health
issues caused by
sleep deprivation

20%

People in the US
are experiencing
a mental illness

Resources

Suicide crisis line:
Call or text 988

Mourning Hope
(402) 488-8989
Grief support

SERVES

Contact Kevin Tranmer -
SERVES Coordinator
(531) 510-6914
kevin.tranmer@nebraska.gov

Area LOSS Team
(402) 440-1633

Local Outreach to Suicide Survivors

Deer Oaks (NDCS EAP)
1 (866) 792-3616
Username & Password: SON

FOR MORE INFORMATION



Contact your Wellness Coordinator
Jady Gentleman



(402) 479-5713



jady.gentleman@nebraska.gov