

Mental Health Resources Guide



Citylight South cares deeply about the spiritual, emotional and mental health of our family. We want to encourage an environment that seeks the Lord *and* the additional resources He gives here on earth for the betterment of individuals' mental health.

While our pastoral and elder team are always available for personal, confidential conversations, we also recognize that some topics may be uncomfortable for individuals to discuss, or beyond our pastoral counseling capabilities. While we would ultimately love to provide counseling services through our own facility one day, we are unable to at our current capacity.

Instead, we have created the Citylight South Mental Health Resources Guide: a comprehensive guide to different Christian counseling services within the Lincoln area. These counselors can meet various mental health needs and financial situations. We pray that through their spiritual care, the Lord's resources and ultimately His saving grace, your mental health would flourish in a safe, loving and healthy environment.

Citylight South Pastoral and Elder Care

Ricky Kennedy	Co-Lead Pastor	ricky@citylightsouth.church
Alex Leyva	Co-Lead Pastor	alex@citylightsouth.church
Eric Knoll	Elder	eknoll2@unl.edu
Jason Banks	Elder	jasonbanks10@gmail.com
Dakoda Kilzer	Elder	dkilzer12@gmail.com



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Kelsey Schwab

Kelsey Schwab	khaugen99@gmail.com
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- Kelsey Schwab is a licensed counselor and member of the Citylight South family. While **she is unable to provide services to her fellow church members**, she has offered to assist anyone interested in counseling services with their search.
- She has also listed a number of Christian counselors whom she recommends.

Kelsey Schwab Recommendations

Carolyn Coffee	402.540.1693
Caitlyn Phelps	402.256.5564
Abby Alger	402.435.2811
Morgan Reichmuth	531.234.4408
Carrie Bobenhausen	402.256.6214

- These Christian providers have been recommended by our Citylight South member and practicing counselor, Kelsey Schwab.
- Each provider can be found on [psychologytoday.com](https://www.psychologytoday.com). These counselors take a variety of insurance and self-pay plans, and do require individual research.



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Citylight Lincoln Soul Care

https://citylightlincoln.org/soul-care/	mckenzie@citylightlincoln.org
2820 O St.	402.261.8007

- As a branch of the Citylight family, provides a safe, free and confidential setting to share your burdens, while incorporating therapeutic techniques and prayer.
- Non-licensed soul caregivers (not professional counselors) who have gone through training and coaching, but are not intended as professional therapy.

Lincoln Berean Church

lincolnberean.org/care/counseling	hello@lincolnberean.org
6400 S 70th St.	402.483.6512

- Faith-based counselors and treatment centers that are available for different counseling needs. Pastoral care appointments are also available.
- Have counselors available who take insurance, or can be paid directly by clients without insurance.

Smith Counseling

smithcounseling.org	sarah@smithcounseling.org
3201 Pioneers Blvd., Ste. #218	402.413.7171

- Christian counseling available to help process through and overcome a variety of challenges people face in life.
- Fill out the initial screening online to help narrow down the right fit.
- Insurance and self-pay are both available.



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Brook Talsma, LLC

brooktalsmacounseling.com	brookotalsmacounseling.com/#contact
1345 S 16th St., Ste. #1	531.333.2425

- Individual counselor with Christian counseling training who helps provide treatment for trauma, abuse, anxiety and/or panic attacks, depression and OCD.
- Does accept insurance or pay-as-you-go.
- Contact directly on website or call to request an appointment.

Selah Counseling Center

selahcounselingcenter.org	michaela@selahcounselingcenter.org
1345 S 16th St.	402.948.4702

- Team of counselors who provide quality Christian counseling and accessible therapy for a variety of individual issues such as depression, anxiety, trauma, grief and loss, personal growth, anger, life transitions and existential crises.
- Does take insurance and offers slide fee scales based on income.

Lincoln Counseling and Enrichment Associates

lcealincoln.com	lcealincoln.com/contact
7441 O St., Ste. #300	402.488.8060

- Team of mental health professionals providing counseling and educational services which are Christ-centered and designed to help people live effectively and authentically, discerning truth and practicing reconciliation.
- Each therapist has individual agreements with varying insurance providers.

