



Mental Health Resources Guide

Citylight South cares deeply about the spiritual, emotional and mental health of our church 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 confidential conversations, we also recognize that some topics may be beyond our pastoral counseling capabilities.

We created the Citylight South Mental Health Resources Guide as a comprehensive resource for 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.

I. Citylight South Elder Team

The Citylight South elder team is always available for confidential conversations or theological questions. Should you have a more serious mental concern, they may recommend you to a professional, licensed counselor.

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

II. Kelsey Schwab

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.

Kelsey Schwab	khaugen99@gmail.com
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III. Recommendations

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

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

IV. Anna Nelson

Anna Nelson is a biblical counselor and part of the Citylight South family. She provides guided biblical care and can help process difficult circumstances through a biblical lens. If needed, she can also recommend more intensive counseling and psychological services.

Anna Nelson	anelson820@hotmail.com
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V. Tiffany Leonida

Tiffany Leonida is a part of the Citylight South family and a trained Stephen Minister. Stephen Ministers are trained congregation members part of the Stephen Ministries. They offer high-quality, one-on-one Christ-centered care to people hurting or experiencing life difficulties. If needed, she can also recommend more intensive counseling and psychological services.

Tiffany Leonida	drtiffany@healthstartchiro.com
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VI. Biblical Counseling Hub

The Biblical Counseling Hub partners with the local Church by providing biblical counseling, training and resourcing. They offer services to find true and lasting healing and transformation through the Word of God. Their counseling services are always free. After completing the personal intake form, you will be paired with a trained, caring biblical counselor to help work through challenges in a biblical lens.

biblicalcounselinghub.com/counseling	jonica.carlson@biblicalcounselinghub.com
PO Box 507, Hickman, NE 68372	402.416.5014

VII. Citylight Lincoln Soul Care

As a branch of the Citylight Family, Citylight Lincoln Church provides biblical counseling in a safe, free and confidential setting to share your burdens, while incorporating therapeutic techniques and prayer. These non-licensed soul caregivers (not professional counselors) have gone through training and coaching, but are not intended as professional therapy.

citylightlincoln.org/soul-care	mckenzie@citylightlincoln.org
2820 O St., Lincoln, NE 68503	402.261.8007

VIII. Living Water Counseling

Living Water Counseling is the private practice of McKenzie Collins, the founder of Citylight Lincoln Soul Care. She is a licensed counselor trained in incorporating sound biblical principles into therapeutic sessions. The practice incorporates a Christian worldview that focuses on hearing people's minds, hearts and soul.

livingwatercounselingcenter.com/	mckenzie@citylightlincoln.org
2820 O St., Lincoln, NE 68503	402.413.0786



IX. Lincoln Berean Church

Lincoln Berean Church provides faith-based counselors and treatment centers that are available for different counseling needs. Pastoral care appointments are also available. Their counseling services are available with insurance, or can be paid directly by clients without insurance.

lincolnberean.org/care/counseling	hello@lincolnberean.org
6400 S 70th St., Lincoln, NE 68516	402.483.6512

X. First Free Church

First Free Church offers a variety of care opportunities for individuals. They offer care groups focused on topics such as divorce, grief or pure desires. They also provide one-on-one care if you would like to meet someone confidentially outside of the church family for emotional support.

firstfreelincoln.org/care	info@firstfreelincoln.org
3300 S 84th St., Lincoln, NE 68506	402.483.7635

XI. Smith Counseling

Smith Counseling provides Christian counseling services to help process through and overcome a variety of challenges in life. By filling out their initial screening online, they can help narrow down to find the right fit of counselor. Both insurance and self-pay options are available.

smithcounseling.org	sarah@smithcounseling.org
3201 Pioneers Blvd., Ste. #218, Lincoln, NE 68502	402.413.7171



XII. Selah Counseling Center

Selah Counseling offers a 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 crisis. They do take insurance and offer a sliding fee scale based on income.

selahcounselingcenter.org	michaela@selahcounselingcenter.org
770 N Cotner Blvd., Ste. #330, Lincoln, NE 68505	402.948.4702

XIII. Malliin Counseling

Mallin Counseling offers Christian counseling for individuals and couples in Lincoln and the surrounding area. Victor and his wife, Mallory, have areas of speciality in relationship issues, premarital counseling, marriage counseling, anxiety, depression, infidelity, grief and life transitions, family of origin issues and perinatal and postpartum issues.

mallincounseling.com	victor@mallincounseling.com
7441 "O" St., Ste. #201 Lincoln, NE 68510	402.905.2545

XIV. Lincoln Counseling and Enrichment Associates

LCEA offers a team of mental health professionals who provide 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.

lcealincoln.com	lcealincoln.com/contact
7441 "O" St., Ste. #300, Lincoln, NE 68510	402.488.7400



XV. Vine and Branch Counseling

Vine and Branch Counseling provides Christian counseling services for women struggling with depression and anxiety related to trauma and life transitions. They offer online or in-person sessions and are a private pay provider that is in-network with some insurance companies.

vineandbranchcounseling.com	info@vineandbranchcounseling.com
2935 Pine Lake Rd., Ste. D Lincoln, NE 68516	402.413.8841

XVI. Chapters Counseling

Chapters Counseling provides trauma-informed, compassionate care from a holistic perspective. They offer emotional support dogs, counseling from a Christian perspective and other therapeutic approaches. They accept a wide range of insurance company options.

chapterscounseling.com	chapterscounseling.com/contact
1919 S 40th St., Ste. #300D Lincoln, NE 68506	402.540.1693