



Free Behavioral Telehealth Consultation Clinic

Available for up to two sessions. Offered in English and Spanish.

The MMI Psychology Department at UNMC is offering free behavioral telehealth consultation. **This service is available for families regardless of insurance coverage.**

Consultation services are offered via Zoom (a free teleconferencing platform via smartphone, tablet, or computer) or by phone.

To schedule an appointment call **402-559-6408**. State that you are interested in scheduling an appointment with the free telehealth consultation clinic.

This is a non-emergency service. If your family is experiencing an emergency please contact the Nebraska Family Helpline at 888-866-8660 or 911.

Our behavioral health clinicians can provide the following support:

- Managing difficult child behaviors (difficulty following directions, difficulty at meal times, school refusal, sleep concerns)
- Provide guidance to help parents support youth mood concerns, anxiety, and self-harm behaviors
- Help with developing positive family communication and relationships
- Connect families with local resources
- Help families cope with COVID-19 (scan code below)

