

Need help, contact these resources.

HEALTHCARE COVERAGE



Nebraska Medicaid

- Eligibility may be based on factors such as disability or income guidelines
- You may qualify if you are:
 - 65 years of age or older
 - Under 65 years of age, but meet the income guidelines
 - have a disability
 - Aged 18 or younger
 - Pregnant
 - Parent/Caretaker
 - Former Foster Care Youth
- Applications can be filled out by visiting <https://iserve.nebraska.gov/> or visiting your local DHHS office
- Questions: call 855-632-7633 M-F 7:00 AM - 4:00 PM

Medicare

- Eligibility may be based on factors such as disability age requirements.
- You may qualify if you are:
 - 65 years of age or older
 - Under 65 years of age, but eligible for Social Security disability
- Sign-up by visiting [Medicare.gov](https://www.Medicare.gov)
- Visit your local Social Security Office

Insurance Marketplace

- Premiums based on income
- To Learn More:
 - Visit [Healthcare.gov](https://www.Healthcare.gov)
 - Visit an independent insurance agent

Prescription Drug Assistance

- If you aren't able to afford your medications:
 - Drug Manufacturers may offer programs to help cover the cost of your medications.
 - Talk with your pharmacist or you healthcare provider
 - [GoodRx.com](https://www.GoodRx.com)
 - Prescription Drug Coupons and Rebates may be available

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HEALTHCARE COVERAGE



Local Resources:

- **Community Action Health Center (CAPWN) *se habla español**
(975 Crescent Drive, Gering)
 - WIC, Dental, Behavioral Health, and medical
 - Offers sliding fee schedule based on income
 - Free adult and child vaccines based on income
 - Call 308-632-2540 for more information.
- **Panhandle Public Health District**
(18 West 16th Street, Scottsbluff)
 - Provides free adult and child vaccines based on income
 - Call 308-633-2866 for more information.
- **Morrill County Community Hospital**
(1313 S. Street, Bridgeport)
 - Offers affordable lab days
 - Call 308-262-1616 for more information.
- **Morrill County Hospital Professional Plaza**
(925 Main Street, Bridgeport)
 - The plaza includes behavioral health specialists, medical spa, and hearing specialists
 - Call 308-262-7133 for more information.

All accept Medicaid and Medicare.

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FOOD



- **Bridgeport Food Pantry**

- 1st, 3rd, & 5th Tuesdays 10am-1pm
- 2nd & 4th Thursdays 5:30-6:30
- 1011 Main St., Bridgeport
- 308-279-2626

- **Meals on Wheels Bridgeport**

- Can have a prescription or self-pay \$4.50/meal for seniors 60+
- Must be in Bridgeport city limits
- 308-633-2888 or 308-635-0851 (Aging office)

- **Bayard Senior Center**

- M-F meals @ 11:30, age 60 and over \$4.25/meal
- Age 60 and under can participate for \$8.50/meal
- Delivery in village limits available for 60 and older for \$4.50/meal
- 308-633-2888

- **Medicaid (Molina Plan) - Healthy Food Boxes**

- 1-844-782-2018

- **Department of Health & Human Services (SNAP)-**

- 308-436-6500 or <https://dhhs.ne.gov/Pages/SNAP.aspx>

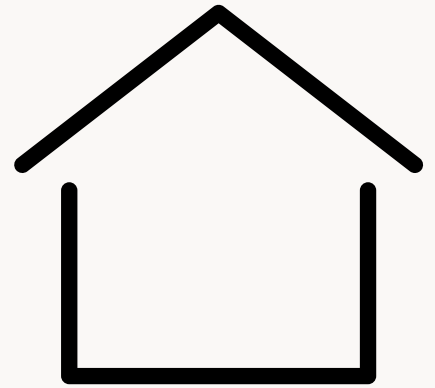
**SEE BACK FOR A CALENDAR OF MEALS OFFERED
THROUGHOUT THE WEEK!**

FREE AND LOW-COST FOOD

Monday	11:30 a.m.	60+ Prairie Winds Community Center - Bridgeport (\$4.50) Call Aging office for more information: 308-635-0851
	11:30 a.m.	60+ Bayard Senior Center - Bayard (\$4.50) Call Aging Office for more information: 308-635-0851
Tuesday	10 a.m. - 1 p.m.	Food Pantry! 1011 Main St. Bridgeport - 308-279-2626 1st, 3rd, 5th Tuesday of each month
	11:30 a.m.	60+ Prairie Winds Community Center - Bridgeport (\$4.50) Call Aging office for more information: 308-635-0851
	11:30 a.m.	60+ Bayard Senior Center - Bayard (\$4.50) Call Aging Office for more information: 308-635-0851
Wednesday	11:30 a.m.	60+ Prairie Winds Community Center - Bridgeport (\$4.50) Call Aging office for more information: 308-635-0851
	11:30 a.m.	60+ Bayard Senior Center - Bayard (\$4.50) Call Aging Office for more information: 308-635-0851
Thursday	10 a.m. - 1 p.m.	Food Pantry! 1011 Main St. Bridgeport - 308-279-2626 1st, 3rd, 5th Tuesday of each month
	11:30 a.m.	60+ Prairie Winds Community Center - Bridgeport (\$4.50) Call Aging office for more information: 308-635-0851
	11:30 a.m.	60+ Bayard Senior Center - Bayard (\$4.50) Call Aging Office for more information: 308-635-0851
Friday	11:30 a.m.	60+ Prairie Winds Community Center - Bridgeport (\$4.50) Call Aging office for more information: 308-635-0851
	11:30 a.m.	60+ Bayard Senior Center - Bayard (\$4.50) Call Aging Office for more information: 308-635-0851

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HOUSING



Bridgeport Housing Authority

- 310 West 5th Street, Bridgeport
- Monday - Wednesday: 8am - noon
- 308-632-9200
- **Camp Clarke Villa**
 - Housing support for seniors with limited income
- **Court House Villa**
 - Housing support for people with special needs

Housing Partners of Western Nebraska

- Housing support for people with limited income
- 308-632-0473

DOVES

- Support for survivors of domestic violence
- 308-436-HELP

CIRRUS House

- Support for people living with mental illness
- 308-635-1488

HART Program

- Housing for people with mental illness
- 308-635-3173

PALS

- Steph 308-635-7413
- Qualifying people: 14 to 25 years of age, must have been in foster care before, or are currently homeless.
- Send to the Central Navigator (Steph at the Youth Shelter) to get started. She will then send the referral to PALS.
- PALS has a sub-program called Opportunity Passport, where the participant takes a class on finances and then has the opportunity to have help saving enough money for something, whether it be housing, a car, or some other need.

Nebraska Rental Assistance

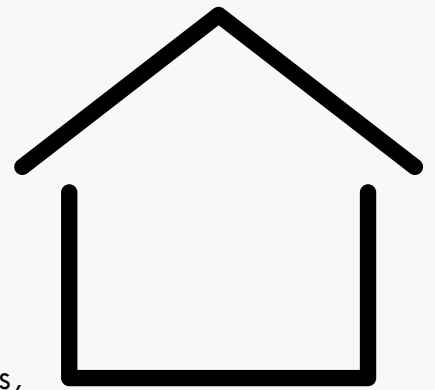
- <https://nebraskarenthelp.org/>
- Support for families whose households were impacted by the pandemic (everyone) and who meet income requirements
- Online application

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HOUSING

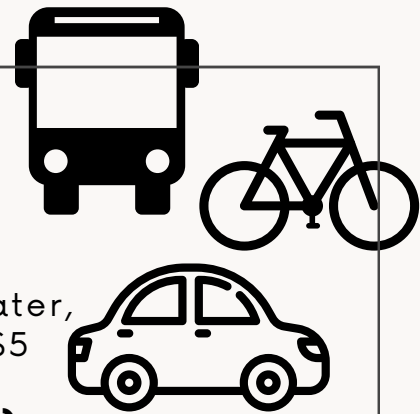
Supportive Services for Veterans and Families (SSVF)

- A housing-first program that serves Veterans who are homeless or near homeless. We can help with deposits, rent, rental assistance, and emergency housing (hotel) for homeless Veterans
- 1718 10th St Suite 200, Gering, NE 69341, behind the Mixing Bowl
- 308-310-0275



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TRANSPORTATION



Morrill County Public Transit

- 308-262-2000 or 308-249-3690
- 514 Main Street, Bridgeport
- Routes run Monday - Friday
- Routes travel between Bridgeport, Scottsbluff, Broadwater, and Bayard from 8 a.m. - 4:30 p.m. | cost between \$2-\$5
- These buses have lifts for wheel chair users

Community Action Health Center (CAPWN)

- Can provide transportation for their CAPWN clinic service providers-including WIC, Dental, Behavioral Health, and medical. Transportation will be set up when the appointment is made. *se habla español

DOVES

- Can assist with transportation for those who are survivors of Sexual or Domestic Violence; *se habla español

Kimball County Transit Service

- 308-235-0262 7 days a week. Weekends limited routes (express routes)
- Service area from Cheyenne east to North Platte and from Scottsbluff south to Denver and everything in between.
- DIA runs 7 days a week
- Kimball County monthly pass \$20 adult, \$10/child.
- \$10/day to Sidney, Scottsbluff and Cheyenne
- Scottsbluff, Sidney and Cheyenne \$50/month
- For infrequent passengers, cash pass on demand based on mileage

Open Plains Transit

- 308-761-8747 Call for route information and tickets (must reserved 72 hours in advance)
- Service area from Rapid City and Valentine to Cheyenne, Sidney, and North Platte, local stops in Bayard and Bridgeport
- Costs between \$10 - \$50 depending on length of route
- Discounts available on fares of \$20 or more

Those covered by Medicare and Medicaid ride for free as long as the ride(s) are pre-arranged. Check with your Medicaid provider.

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WELLBEING

CredibleMind

Tools | Check-ins | Apps

- ALWAYS FREE.
- ALWAYS CONFIDENTIAL.
- DISPONIBLE EN ESPAÑOL.
- Links to Community Resources include
 - Mental Health Resources
 - Suicide Loss Support Groups
 - Healthy Families
 - Additional Community Resources

Check it out:



It's
Okay

To not be okay

To learn new ways

To get help

988 Suicide and Crisis Lifeline

Help is available: Speak with someone today

- Hours: Available 24 hours.
- **Languages: English, Spanish.**
- Available 24/7. Call or text 988

Celebrate Recovery Friday at 6PM

- Cornerstone Fellowship

Narcotics Anonymous

- Sunday 6:30p | Community Support Building – 18 W 16th Street, Scottsbluff
- Monday-Saturday 10a and 8p | Clubhouse – 14 W 17th Street, Scottsbluff

Alcoholics Anonymous

- Bridgeport Group - Every Tuesday 7:30 PM
 - 314 W. 7th St., Bridgeport
- Keystone Group online - Every Wednesday 7 PM
 - Meeting ID: 647 159 3903 | Password: 694751

Coping After Suicide Suicide Loss Support Groups

- 1st & 3rd Tuesday at 5:30PM | Virtual via Zoom

Supportive Services for Veterans and Families (SSVF)

- SSG FOX Suicide Prevention Grant Program: for Veterans who are struggling with any suicidal ideations and want to build their support system. We have peer specialists and weekly groups
- 1718 10th St Suite 200, Gering, NE 69341, behind the Mixing Bowl
- 308-310-0275

List of Mental Health Provider

- SSG FOX Suicide Prevention Grant Program: for Veterans who are struggling with any suicidal ideations and want to build their support system. We have peer specialists and weekly groups
- 1718 10th St Suite 200, Gering, NE 69341, behind the Mixing Bowl
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WELLBEING



Nearest Al-Anon Family Groups

Help and hope for families and friends of alcoholics.

Hope Noon AFG

Monday & Friday 12 Noon
1230 U St Gering

Serenity AFG

Wednesday 7:00 PM
Arid Acres

1718 Avenue C, Scottsbluff

Community Action Health Center (CAPWN)

- Substance use counseling | Mental health counseling | Support services | IOP/Cc Group Contact: 308-633-5766

Cirrus House

- Employment Programs | Youth Transition Services | Adult Community-Based Programs | Outpatient Therapy Services Adult Community Support & Emergency Community Support | Club House: offers Day Rehabilitation, Vocational Rehabilitation, Transportation, Meals, Transitional and Supportive Employment, and education for people working to reclaim their lives from mental illness. Contact: 308-635-1488

Substance Abuse Crisis Line for Western Nebraska

- 24/7 1-833-789-7177

Free Narcan (overdose reversal) and prescription drug disposal

The DOVES Program

Sexual, Domestic & Dating Violence Services & Prevention

- 24/7 text line 515-599-6620
- Call 866-95-DOVES

iServe (formerly Access Nebraska)

<https://iserve.nebraska.gov/>

iServe Nebraska is a convenient new way for Nebraskans to apply for help with food, heat, electricity, healthcare, childcare, and other essential needs. Nebraskans can apply for a single benefit or several at the same time.

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LEGAL

Legal Aid

- Evictions | Utility Shut off | Wage and Account challenges/ Debt Collection | Bankruptcy | Denial of Unemployment or Disability Benefits | Protection Order hearings | Denial of Medicaid, SNAP, TANF, and other Public Benefits
- Contact 1-877-250-2016 toll free or 308-632-4734
- Address: 1423 1st Ave.
Scottsbluff, NE



Immigrant Legal Center

- Asylum | Refugee Services | DACA | Removal/Deportation Defense | Domestic Violence | Temporary Protected Status | Victims of Crime or Human Trafficking and others
- Contact 402-898-1349
- Address: 615 Beltline Hwy W, Scottsbluff

DOVES

- Can assist with ID and other legal needs for those who are survivors of Sexual or Domestic Violence
- Contact 866-953-6837
- Address: 1321 Broadway, Scottsbluff

VOTERIDERS

- Can assist with getting Documents that show who you are (examples: birth certificate, name change records, naturalization certificate), A copy of your Social Security card, Proof of where you live, Free ride to the DMV or Social Security office, Your ID
- <https://www.voteriders.org/freehelp/>