

Personalized emotional support for your medical journey

In addition to our on-site mental health services, NCS offers short-term therapy and emotional support provided by Colla Health that is covered by insurance.



Initial Assessment & Care Plan

Colla Health will reach out to schedule an intake assessment to learn more about you and your goals.

Together, you will build a goals-based plan for support that works for you.



1:1 Support with a Specialist

Work with a mental health specialist to get relevant support, guidance and resources to help you improve your emotional well-being.



Weekly Sessions

Meet on your schedule with 2-4 brief therapeutic sessions per month via tele-health, phone or in-person for convenient support.



Get additional support around your care



Our team understands the overwhelming aspects of complex medical journeys and uses evidence-based techniques to help you improve your quality of life.

We provide emotional support tailored to your medical story.

For more information, speak to a member of your NCS care team, or reach out to:
contact@collahealth.com • 402.810.8106

 **NEBRASKA
CANCER
SPECIALISTS**

 **Collahealth**