



# Mental Health Spectrum™

A resource for psychological wellness

# 101



## MENTAL HEALTH 101: *The Foundational Basics*



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## A LETTER FROM THE MENTAL HEALTH SPECTRUM FOUNDER

Welcome to the first issue of *Mental Health Spectrum*™. This resource is intended to advocate, educate, and inform the community at large on all matters concerning mental health.

With over 20 years' experience in the mental health field as an emergency room assessor, I identified a need-gap on availability of a single comprehensive resource tool on mental health. I have observed that mental health remains a topic tainted with stigma and insufficient dissemination of information. I have seen too many people suffering from the feeling that they are struggling alone without any support system, or think they are the only ones with a problem, or are uncomfortable discussing any matter related to mental health—be it for themselves or for someone they know. I have met patients, family members, and even health care providers, who were not able to access or provide adequate care simply because they did not have the correct information when needed. I have also witnessed, first-hand, how having timely, correct information can eliminate one's fear of being alone and not knowing or understanding what to do. The power of information simply cannot be understated. I decided to create this publication to provide a one-stop, summarized resource for some of this information.

This publication will be distributed as a quarterly issue. Each issue will revolve around a theme to provide more focused content. All issues will contain some consistent items such as the hospital and provider listings, help/hot lines, and some articles. Our inaugural issue looks at some basics of mental health, such as what is mental health, knowing the signs, and how to find appropriate care.

With the launch of this resource on all things mental health, I hope that, in the process, it will also help facilitate increased sharing and communication regarding mental health issues—and reduce the associated burden of stigma.

**JACQUI RAGIN, MS, MPH, PHD**

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This publication is provided for informational purposes only, and IS NOT, in any capacity, intended to serve as a substitute for the knowledge and skills of qualified mental health professionals. Always consult your physician, psychologist, or other qualified health care provider if you have any questions or concerns regarding any symptoms, medical condition, medication, or thoughts of suicide.

## NOTE FROM: *The Editor*

We, as humans, strongly rely on and cherish our ability to think for ourselves. We admire all that mankind has achieved over the years of evolution in the quest to improve quality of life. Yet, for all the medical advancements, understanding and improving mental health—especially reducing the burden and stigma attached to it—remains profoundly lagging.

Given all that we know about mental health, we still do not address and treat mental health issues in the same manner as other health issues. Many people are still unaware that mental health problems are common, can affect anyone at any time, and can potentially become very debilitating—even life-threatening. They also don't know that, yes, they can get help. There is still so much stigma shadowing mental illness that the mere mention of “mental” brings up walls, and people fear trying to work around that roadblock to help and recovery.

The social-distancing and isolation necessary to help fight the current COVID-19 pandemic has triggered the need for more robust understanding and awareness of the importance of mental health. News reports are often noting the rise in depression and suicide rates, particularly among youth. I believe it is even more relevant, vital, and crucial than before to highlight mental health.

Bruce Lee famously said, “If you spend too much time thinking about a thing, you'll never get it done. Make at least one definite move daily toward your goal.” Let's all make one definite move daily towards the goal of understanding, improving, and investing in mental health—for ourselves, for our family and friends, and for our community at large. *Mental Health Spectrum* is being launched with this goal in mind. To serve as a resource tool for mental health issues and help make a difference.

**ANJUM KHAN, MA, PMP, PMI-ACP**  
*Chief Editor*

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A MATTER OF WORDS

*Everybody Is Worth  
Everything.*

MAYA ANGELOU



*You don't have to see  
the whole staircase,  
just take the first step.*

MARTIN LUTHER KING, JR

## HOTLINES (24/7)

### EMERGENCIES

911

American Pregnancy Association	1-800-672-2296
Boys Town National Hotline	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline	1-800-422-4453
Children's Mobile Crisis Response Team	702-486-7865
Crisis Support Services of Nevada	800-992-5757
Crisis Support Services of Nevada	775-784-8090
Crisis Text Line (Text TALK to)	741741
Disaster Distress Helpline	1-800-985-5990
DoD Safe Helpline (Department of Defence)	877-995-5247
Domestic Violence	1-800-799-7233
Domestic Violence Hotline (SafeNest)	702-646-4981
Domestic Violence Hotline (S.A.F.E House)	702-564-3227
Gamblers Anonymous (GA) National Hotline	855-222-5542
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
The Network La-Red (LGBT Domestic Partner Violence)	800-832-1901
Human Trafficking Info & Referral Hotline	1-888-373-7888
National Abortion Federation Hotline	1-800-772-9100
National Center for Missing and Exploited Children	1-800-843-5673
Poison Control	702-732-4989
Rape, Abuse, & Incest National Network (RAINN)	1-800-656-4673
Rape Crisis Center	702-366-1640
Runaway Hotline	1-800-786-2929
SafeVoice (Students report threats anonymously)	1-833-216-7233
Safe Place Hotline (Youth)	1-866-827-3723
SAGE Hotline (LGBT Elders)	1-877-360-5428
Sexual Assault Hotline	1-800-656-4673
Suicide Prevention Lifeline	1-800-273-8255
Teen Dating Abuse	1-866-331-9474
Temporary Assistance for Domestic Crisis	1-800-621-4673
Thursday's Child (Children, Teens, & Young Adults)	800-872-5437
Trans Lifeline	1-877-565-8860
Trevor Project Crisis Line (LGBTQ under 25)	1-866-488-7386
UNLV CareLine (sexual assault, violence, stalking)	702-895-0602
Veteran Crisis Line	1-800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	1-800-799-4889
WestCare	702-385-3330

## KNOW THE *Warning Signs*<sup>1</sup>

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

<sup>1</sup> Reprinted with permission from National Alliance on Mental Health (NAMI). “Warning Signs and Symptoms.” NAMI. 2020. From <https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>

# AN OVERVIEW OF MENTAL HEALTH

BY ANJUM KHAN, MA, PMP, PMI-ACP

*“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”<sup>1</sup>*

The total well-being of a person encompasses the whole of that person, and that means both the mind and the body. The mind is the control seat of the human brain for decision-making processes and cognitive functions, for conscious and unconscious awareness, for emotions, reasoning, memory, and will—basically for all our mental capabilities, and even body movements.<sup>2</sup> With such a key role in our daily lives, the mind also needs caring and nurturing.

## SO WHAT IS MENTAL HEALTH?

The American Psychiatric Association (APA) defines mental health as “the foundation for emotions, thinking, communication, learning, resilience and self-esteem.”<sup>3</sup> The World Health Organization (WHO) states that:

*Mental health is an integral and essential component of health...Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.<sup>4</sup>*

## WHAT DOES THIS MEAN?

From childhood through adulthood, our feelings, thoughts, behaviors (actions and reactions) are heavily dependent on mental health.<sup>5</sup> From the decisions and choices we make to the lifestyle and relationships we have, mental health plays a vital and crucial role in how healthy and successful (or unhealthy and debilitating) these aspects of our lives are, at any stage of our lives. Given this, it is important to understand what factors impact one’s mental health.

According to WHO and APA, there are multiple contributing factors that can potentially affect mental health: biological/genetic factors, socio-economic status or drastic changes to this, early life history of abuse and violence, unhealthy lifestyles, and even stress and poor physical health.<sup>6,7</sup> Considering that there is such a range of potentially risky factors, from genes to environment, this means that anyone is at risk of developing a mental health illness, regardless of one’s gender, age, income status, or race.<sup>8</sup>

## WHAT IS MENTAL ILLNESS?

Mental illness (or disorder) is defined by the APA as, “...health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.”<sup>9</sup>

The National Institute of Mental Health defines mental illness in two categories:

1. Any mental illness (AMI) is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment; and
2. Serious mental illness (SMI) is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. The burden of mental illnesses is particularly concentrated among those who experience disability due to SMI.<sup>10</sup>

Regardless of how mental illness is defined or categorized, one thing is clear: it definitely impacts the quality of life in some way. Mental illnesses are common worldwide, strongly linked with premature death, and impair normal functioning—leading to disability.<sup>11</sup> But it is often an “invisible disability.”<sup>12</sup> Some examples of mental illness include: depression, anxiety, bipolar disorder, schizophrenia, dementia, and developmental disorders including autism.

## SOME FACTS

**Poor mental health is common and rapidly increasing.**  
Based on *The State of Mental Health in America 2021 report*:<sup>13</sup>

<ul style="list-style-type: none"><li>• <b>19 % adults</b> had a mental illness (more than 47 million Americans, or every 5th person)</li></ul>	<ul style="list-style-type: none"><li>• <b>13.84 % of youth</b> (age 12-17) reported suffering from at least one major depressive episode, with 60% not receiving any treatment</li></ul>	<ul style="list-style-type: none"><li>• There was an increase in suicide and suicide ideation in both adults and youth</li></ul>
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**According to the report, the state of Nevada continues to rank the worst in mental health matters:**

<ul style="list-style-type: none"><li>• Highest overall prevalence of mental illness and lowest rate of access to care</li></ul>	<ul style="list-style-type: none"><li>• 12.7 % (the highest) of youth have severe major depression</li></ul>	<ul style="list-style-type: none"><li>• Suicide is the second leading cause of death for age group 10-34</li></ul>
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## IS THERE HELP?

YES! Mental health issues are common and nothing to be embarrassed about. Whether the mental illness is mild or severe, short-term or chronic, treatment and support are available, and in many cases, full recovery is possible.<sup>14</sup> The APA clearly

# AN OVERVIEW OF MENTAL HEALTH

states that, “Mental illness is nothing to be ashamed of. It is a medical problem, just like heart disease or diabetes...and...is treatable.”<sup>15</sup> There is no doubt that mental health plays a vital role in our general health and well-being. We all desire a good life, and “Good health is an important prerequisite for a good life.”<sup>16</sup>

## REFERENCES:

1 World Health Organization (WHO). “Mental health: strengthening our response.” March 30, 2018. From <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response> 2 Farlex Partner Medical Dictionary. S.v. “mind.” From <https://medical-dictionary.thefreedictionary.com/mind> 3 American Psychiatric Association (APA). “What is Mental Illness?” From <https://www.psychiatry.org/patients-families/what-is-mental-illness>. Cited with Permission 4 WHO. “Mental health: strengthening our response.” 5 Centers for Disease Control and Prevention (CDC). “Learn About Mental Health.” January 26, 2018. From <https://www.cdc.gov/mentalhealth/learn/index.htm> 6 WHO 7 APA. “What is Mental Illness?” 8 Adam Felman. “What is mental health?” Medical News Today. April 13, 2020. From <https://www.medicalnewstoday.com/articles/154543#risk-factors> 9 Adam Felm 10 National Institute of Mental Health (NIMH). “Mental Illness.” November, 2020. From <https://www.nimh.nih.gov/health/statistics/mental-illness.shtml> 11 The World Bank. “Mental health.” April 02, 2020. From <https://www.worldbank.org/en/topic/mental-health> 12 Marquez, Patricio. Shining a light on mental illness: An “invisible disability”. 2015. 10.13140/RG.2.1.4438.4086. From [https://www.researchgate.net/publication/286927266\\_Shining\\_a\\_light\\_on\\_mental\\_illness\\_An\\_invisible\\_disability](https://www.researchgate.net/publication/286927266_Shining_a_light_on_mental_illness_An_invisible_disability) 13 Maddy Reinert, Theresa Nguyen and Danielle Fritze. The State of Mental Health in America 2021. Mental Health America. 2020. From <https://www.mhanational.org/issues/state-mental-health-america>. Cited with Permission 14 CDC 15 APA 16 Government Offices of Sweden. New Measures of Wellbeing. Ministry of Finance. August 1, 2017. From <https://www.government.se/articles/2017/08/new-measures-of-wellbeing>.



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## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

For membership and meeting information, please check with the organization via phone or website.

### Active Minds – University of Las Vegas

UNLV Chapter raises awareness, promotes positive mental health, educates peers, and encourages students to reach out for help. A registered student organization on the university campus. <https://www.activeminds.org/programs/chapter-network>

### Alzheimer's Association – Desert Southwest Chapter (702-248-2770)

Provides education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families. <https://www.alz.org/dsw>

### American Foundation for Suicide Prevention (AFSP) – Nevada Chapter

Focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide. <https://afsp.org/chapter/nevada>

### Autism Coalition of Nevada (775-329-2268)

Ensures services are available and keeps the public informed of progress. Unites all affected by Autism, advocacy organizations, political affiliates/legislators, and service providers across the country. <http://www.aconv.org>

### CARE Coalition (702-463-1415)

Increases public awareness of the effects of drug and alcohol abuse by education and supporting youth, adults, the community at large and drug prevention agencies in Clark County; thus, identifying and promoting healthy behaviors and reducing abuse in our community. <https://carecoalitionnv.org>  
Meetings: 2nd Tuesday monthly

### Center for Autism Spectrum Disorders (CASD) University of Nevada Las Vegas

Conducts community-focused research and educational training on individuals with autism spectrum disorders (ASD), their families, and community services providers. <https://www.unlv.edu/education/centers/casd>

### Center for the Application of Substance Abuse Technologies (CASAT) 775-784-6265

Helps states, organizations, students, and the existing workforce apply research-based practices to improve prevention, treatment, and recovery services for individuals with addictive behaviors. Achieved through university-based coursework; clearinghouses and libraries; continuing education workshops; product development and dissemination; conferences; and consultation and technical assistance activities. <https://casat.org>

### Clark County Children's Mental Health Consortium

Since 2001, brings professionals and parents together to focus on bettering the services and resources for children's mental health in Clark County. [www.cccmhc.org](http://www.cccmhc.org)

### Crisis Support Services of Nevada (CSSNV)

Providing support for over 50 years, CSSNV supports individuals through a hotline, text line and in-person advocacy. Services address suicide, depression, domestic violence, substance abuse, child abuse and elder abuse. <https://cssnv.org>

### Depression Bipolar Support Alliance (DBSA) Southern Nevada (702-750-5919)

Independent affiliate of the National DBSA, the largest support organization in the nation, devoted exclusively to mood disorders. The DBSA Southern Nevada is run by individuals with mood disorders and their allies. <http://www.dbsasouthernnv.org>

### Family and Child Treatment Center of Southern Nevada (FACT) (702-258-5855)

Dedicated to helping Nevadans heal from the traumas and cycle of abuse, neglect, & violence. <https://factsnv.org>

### Family TIES of Nevada (775-823-9500)

Serves people with disabilities throughout their lifespan, and supports their families and professional who work on their behalf. <https://familytiesnv.net>

### FEAT of Southern Nevada (702-368-3328)

Provides information on therapies, support services, and resources for families and individuals impacted with Autism Spectrum Disorder (ASD) and related disorders. <http://www.featsonv.org>

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### **Foundation for Recovery (FFR) Southern Nevada (702-257-8199, info@forrecovery.org)**

A peer-led, grassroots statewide Recovery Community Organization (RCO). Dedicated to providing peer recovery support services, advocacy, education and training.  
<https://forrecovery.org>

### **Health Services Coalition (702-474-4418)**

Focuses on purchasing high-quality, cost-effective health care services for its members by working with health care providers and community leaders.  
<http://vhsc.org>

### **Henderson Equality Center (855-955-5428)**

Provides gay, lesbian, bisexual and transgender (LGBT) individuals, their families and supporters with resources and opportunities to promote visibility, understanding, and equality.  
<https://hendersonequalitycenter.org>

### **Hookers for Jesus (702-623-0958)**

Offers transitional support to at-risk women who want to escape the commercial sex industry. Faith-based program that offers different forms of trauma informed counseling, education, job assistance, case work, advocacy, resources and referrals.  
<http://www.hookersforjesus.net>

### **Hope Means Nevada**

Raises awareness around mental health and teen suicide. Provides access to mental health resources and a community of hope. Campaign organized by Nevada Medical Center which brings together and facilitates leaders from all industries, to strengthen Nevada's healthcare system through meaningful dialogue and informed action.  
<https://hopemeansnevada.org>

### **Las Vegas HEALS (Health, Education, Advocacy, and Leadership in Southern Nevada) 702-952-2477**

A membership-based association for healthcare professionals. Fosters strategic alliances in the healthcare community, collaborating on workforce issues, and being a proactive force for legislative initiatives to improve access and the delivery of quality healthcare.  
<https://www.lasvegasheals.org>

### **Lou Ruvo Center for Brain Health (702-483-6000)**

Medical Center dedicated solely to the pursuit of more effective treatments for brain diseases and to the provision of state-of-the-art care for patients affected by these diseases and their families.

7 <https://my.clevelandclinic.org/locations/nevada>

### **National Alliance on Mental Illness (NAMI) Southern Nevada (775-470-5600)**

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness, Southern Nevada Chapter.  
<https://www.namisouthernnevada.org>

### **National Association of Social Workers Nevada Chapter (NASW)**

Works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.  
<https://naswnv.socialworkers.org>

### **New Zeal (702-366-0558)**

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry of Jesus Christ.  
<https://www.newzeal-lv.org>

### **Nevada Action Coalition (702-522-7034)**

Serves as the driving force for transforming health care through nursing in Nevada.  
<http://nvactioncoalition.org>

### **Nevada Care Connection**

Partners with community organizations to serve as Resource Centers. Centers provide one on one assistance to older adults, people with disabilities, caregivers and families. Jewish Family Services Agency serves southeast Clark county including Henderson, Boulder City, and Laughlin. Nevada Senior Services serves the greater Clark county region including Las Vegas, North Las Vegas, and Mesquite.  
<https://www.nevadaadrc.com>

### **Nevada Council on Problem Gambling (702-369-9740)**

Information and referral agency whose efforts are focused on addressing the impact of problem gambling on our citizens, business and communities. Serves as an advocate, an information resource, and a provider of programs and services to meet the needs of individuals and families who are affected by problem gambling.  
[www.nevadacouncil.org](http://www.nevadacouncil.org)

### **Nevada Coalition for Suicide Prevention (NCSP) 833-375-6277**

Dedicated to partnering and collaborating with local and state individuals and organizations for the development and implementation of evidence-based suicide prevention, intervention, and postvention strategies and programs in the State of Nevada.  
<https://nvsuicideprevention.org>  
Meetings: Typically held on 3rd Friday

### **Nevada Coalition to END Domestic and Sexual Violence (NCEDSV)**

A statewide voice advocating for the prevention and elimination of violence by partnering with communities.  
<https://www.ncedsv.org>

### **Nevada Coalition to Prevent the Commercial Sexual Exploitation of Children (CSEC)**

Established in 2016 by Executive Order, CSEC combats commercial sexual exploitation of children in Nevada with trauma-informed and victim-centered approach.  
<http://dcfs.nv.gov/Programs/CWS/CSEC/CSEC>

### **Nevada Counseling Association (702-638-0772)**

Enhances the quality of life by promoting the development of professional mental health providers. Uses the practice of counseling to provide effective interventions that meet the needs of the community in which it serves.  
<https://nvcounseling.org>

### **Nevada Disability Advocacy & Law Center (702-257-8150)**

Provides services statewide to promote and advocate for the human and legal rights, interests and welfare of Nevadans with disabilities.  
<https://www.ndalc.org>

### **Nevada Division of Public and Behavioral Health (DPBH) Office of Suicide Prevention Southern Office (702-486-3563)**

Mission is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaboration efforts, to implement and evaluate the state strategy which advances the goals and objectives of the National Strategy for Suicide Prevention. The vision for Nevada's Suicide Prevention Action Plan is to catalyze collaboration action, improve understanding, and increase wellness in communities across Nevada.  
<http://suicideprevention.nv.gov>

### **Nevada Hospital Association (775-827-0184, support@nvha.net)**

Advocates for Nevada's hospitals, health systems, communities and patients before legislative and regulatory bodies.  
<https://nvha.net>

### **Nevada Minority Health and Equity Coalition (NMHEC)**

Committed to addressing and advancing minority health outcomes in Nevada and to "moving the needle" on poor health outcomes and statistics that contribute to significant health disparities among underserved groups in Nevada.  
<https://nmhec.org>

### **Nevada PEP (702-388-8899)**

Increases the opportunities for home, community and school success for children with disabilities, including those who are at risk or who have serious emotional disturbances, their families and their service providers, through education, encouragement and empowerment activities.  
[www.nvpep.org](http://www.nvpep.org)

### **Nevada Psychological Association (NPA) (888-654-0050)**

Advances and represents psychology as a science and a profession, as well as to serve the professional needs of its membership and the community.  
<https://www.nvpsychology.org>

### **Nevada Public Health Association Southern Nevada (775-996-3908)**

Serves as the voice for public health in Nevada in order to improve health and achieve equity in health status.  
<http://www.nphaonline.org/page-18052>

### **Nevada School Counselor Association (NvSCA)**

Supports school counselors' efforts to help students focus on academic, social/emotional, and career development so they can achieve success in school and are prepared to lead fulfilling lives as responsible members of society.  
<https://nvscsca.org>

### **Nevada Statewide Coalition Partnership**

Working together to reduce the number of overdose deaths through community, family and prescriber education. Creating a healthier Nevada.  
<http://healthiernv.org>

### **Nevada Tobacco Prevention Coalition**

Improves the health of all Nevadans by reducing the burden of tobacco use and nicotine addiction.  
<http://www.tobaccofreenv.org>

### **PACT Coalition (702-610-3225)**

Seeks to empower Southern Nevada with the resources to prevent substance misuse for all ages and promote recovery through culturally competent advocacy, education, stigma reduction, support, and outreach.  
<http://drugfreelasvegas.org>  
Meetings: 3rd Wednesday monthly at 11:30am

### **Prevent Child Abuse Nevada (PCA-NV) (702-895-1040)**

Ensures that Nevada's children thrive in safe, stable, and nurturing environments and relationships. Through providing education, advocacy, and awareness, PCA-NV aims to inspire communities to prevent all forms of child maltreatment.  
<https://nic.unlv.edu/pcanv.html>

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### Rape Crisis Center (702-385-2153)

Focuses on supporting victims in the immediate aftermath and long-term recovery following sexual abuse and assault. Services: 24-hour hotline; information and services available at resource center; support of victims and families as they navigate the court systems. <http://rcclv.org>

### RITE Renew Interactive Training & Education (702-882-0752)

Works broadly across the community to help affect positive change for vulnerable populations. Committed to the betterment of the community and uplifting those who serve our most vulnerable residents, with a mission to elevate the standards of care. <https://www.ritetrainings.org>

### Rite of Passage/The Embracing Project (ROP/TEP) 702-463-6929

TEP is a Right of Passage program advocating peace and healing for youth survivors of violence, sexual exploitation, and trafficking, through the development of specialized programs, trauma-informed care, and unconditional support. <https://theembracingproject.org>

### S.H.E.R.O Foundation

Provide resources needed to support, sustain and empower young girls and women under the age of 25 who have been abused, abandoned, and exploited. Accomplishing this mission by bringing other agencies with similar missions together and being a resource center for these organizations. <https://www.sherofoundation.org>

### Southern Nevada Adult Mental Health Coalition

A collaboration of community stakeholders designed to further mental health services and coordination throughout Southern Nevada. Initially created by former Sheriff Jerry Keller of the LVMPD in 2000, the coalition continues to bridge partnerships through collaboration, and assists with support or opposition to legislative measures that affect individuals with mental illness.

### Southern Nevada Harm Reduction Alliance (SNHRA) (702-840-6693)

Reduces drug related stigma, overdoses and the harmful effects of drugs within the Southern Nevada Community regardless of their circumstances. <https://www.facebook.com/SoNVHarmReductionAlliance>

### Southern Nevada Health District – Office of Chronic Disease Prevention and Health Promotion (702-759-1270)

Addresses chronic disease risk factors including tobacco use, exposure to secondhand smoke, physical inactivity and unhealthy diets. Offers free, evidence-based programs to assist with chronic disease prevention and self-management. Advocated for policies that support healthy lifestyles, healthy communities and the elimination of health disparities. <https://gethealthyclarkcounty.org>

### Southern Nevada Opioid Advisory Council (SNOAC)

Develops a systems-level response to the Southern Nevada substance use crisis through evidence-based strategies and unique community collaborations. For more information contact Jessica Johnson at [johnsonjes@snhd.org](mailto:johnsonjes@snhd.org) or Katarina Pulver at [pulver@snhd.org](mailto:pulver@snhd.org). Meetings: Once every quarter

### State of Nevada Association of Addiction Professional (SNAAP)

Dedicated to the development of addiction focus professionals by unifying and empowering them to achieve professional excellence through education ethics in diversity and standards of practices through professional development and research. <https://www.naadac.org/nevada> and <https://www.snaap.net> Meetings: First Friday monthly

### The Harbor (702-455-6912/Mojave, 702-486-5331/Charleston, 702-455-7914/Martin Luther King, 702-455-7912/Flamingo)

Provides a safe place for guidance and to be responsive to the well-being of youth, families, victims, and the Clark County community by providing meaningful services to youth and families to address their immediate needs. <https://theharborlv.com>

### The LGBTQ Center of Southern Nevada

A community-based organization, that supports and promotes activities directed at furthering the well-being, positive image, and human rights of the lesbian, gay, bisexual, transgender, intersex, asexual, two-spirit, and queer community, its allies, and low to moderate income residents in Southern Nevada. <https://thecenterlv.org>

### There is No Hero in Heroin (TINH) Foundation

Informs the public of the growing epidemic of opiate/heroin substance use disorder in our town and across the US, and to provide resources and solutions to families and heroin addicts alike. <https://www.tinhilhasvegas.info>

### Vegas Strong Resiliency Center (702-455-2433)

A place of healing and support dedicated to serving as a multi-agency resource and referral center for residents, visitors, and responders affected by the shooting at the Route 91 Harvest Festival. <https://www.vegasstrongrc.org>

### Vegas Stronger (702-234-1356, [contact@vegasstronger.org](mailto:contact@vegasstronger.org))

Focus the Spirit of Las Vegas on reversing devastation caused to the community by the Opioid Epidemic. Vegas Stronger facilitate that restoration to wholeness for individuals, families and society at large by creating awareness and providing access to both state of the art and historically reliable remedies. <https://vegasstronger.org>

### WestCare Nevada (702-385-3330)

Provides a wide spectrum of behavioral health services. Dedicated to working in mutual partnerships, to empower and engage those in need, in a process of healing, growth, and change that will benefit them, their families, their coworkers and the community. <https://www.westcare.com>

### Youth MOVE Nevada ([youthmovenv@nvpep.org](mailto:youthmovenv@nvpep.org))

A youth inspired organization that works as a diverse collective to engage with youth serving systems. Developing self-advocacy skills, create systems change and remove the stigma placed on mental health using shared experience. <https://www.facebook.com/youthmovenv>

If we have incorrect or missing information listed, please contact us by email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com).

DESERT ROSE  
COUNSELING GROUP

REACH IN NOW  
University

[www.reachinnow.com](http://www.reachinnow.com)

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# MENTAL HEALTH STIGMA

BY ANJUM KHAN, MA, PMP, PMI-ACP

In the many facets of culture and society, across time and place, the one thing that remains universally unchanged is the stigma attached to mental illness. Despite the development of some successful tests and treatments for many mental illnesses, it is sadly astonishing that at least half of the affected people avoid seeking, receiving, or completing appropriate mental health treatment simply due to stigma<sup>1</sup>. With every fifth adult American experiencing some form of mental illness each year<sup>2</sup>, this means that at least half of these people suffer without getting the treatment that they need and is available. Considering that many children and adolescents also suffer from some type of mental illness and they, too, struggle with similar challenges, the actual amount of people not getting the help they need because of stigmatization is, indeed, profoundly staggering.

**What is mental health stigma?** The American Psychological Association (APA) defines stigma as “the negative social attitude attached to a characteristic of an individual that may be regarded as a mental, physical, or social deficiency. A stigma implies social disapproval and can lead unfairly to discrimination against and exclusion of the individual.”<sup>3</sup> When such stigma is targeted towards mental illness, that is mental health stigma. It is the negative attitude towards mental illness, the “societal shame and disapproval on people who live with a mental illness or seek help for emotional distress, such as anxiety, depression...or PTSD.”<sup>4</sup>

As such, stigma is like a three-point tong that grips someone firmly: first, a person gets stereotyped due to a negative perception or belief about mental illness (primarily because of a misconception or lack of correct information); then the individual faces prejudice created by that negative belief; and finally, the person is being discriminated against because of that prejudice.<sup>5</sup> There are two types of mental health stigma: public/social stigma and self-stigma. Social stigma is external, reflecting society’s acceptance, endorsement, and encouragement of said stigma; self-stigma is internalized, creating a feeling of worthlessness, inadequacy, and even guilt or denial.<sup>6</sup> Both work with the same harmful three-point tong: **belittling, discrediting, and eroding a person.**

**The impact of mental health stigma** Several studies<sup>7,8,9</sup> over the past decade consistently validate one key theme: mental health stigma continues to be a formidable obstacle to mental health care, not only influencing tendencies by affected people to evade getting the appropriate diagnosis and treatment, but also perpetuating discrimination and prejudice against persons with mental illness. In fact, some empirical evidence indicates that mental health stigma has actually worsened today, rather than showing any signs of reducing.<sup>10</sup>

These studies and many others<sup>11,12,13,14</sup> have shown that mental health stigma has a potent, negative impact on those suffering from any form of mental illness, mild or severe, short-term or long-term. They reveal that the impact is detrimental in various ways. Primarily, there is the fear of being shunned by society, leading to missed opportunities for care and recovery to a chance at a normal healthy life. This is because once ‘labeled’ as having a mental illness, these individuals face ostracization and discrimination not only from family and friends, but also from basic things such as getting decent housing or jobs. Further, social stigma entails a misinformed perception that people are responsible for their own mental illness and should be held accountable for their disabilities—resulting in a lack of empathy. Self-stigma also emerges, as self-esteem and self-confidence start to wither for many. The reality is that the scope of the impact of mental health stigma is like a volcano bursting, far reaching—it explodes in the public image, tarnishing one’s identity and worth in society; and implodes one’s self-image, destroying self-worth and hope for a quality life.

**Is change possible?** With the correct information, education, and advocacy on mental health, it is possible to diminish and perhaps even stop both social stigma and self-stigma. Negative attitudes and mistaken beliefs, myths and stereotypes about mental illness need to be consistently countered with positive attitudes and correct facts and knowledge. Engaging both the affected people and the community at large in mental health literacy is a necessity in order to successfully accomplish the goal of defeating mental health stigma. The message should first be that it is okay to talk about mental health. Be aware that there is no shame in having mental health issues and help is available. Wiping out self-stigma may make a good barrier against social-stigma. Making oneself internally strong may help create that immunity against social stigma, thereby mitigating the latter’s impact, and hopefully, negating it completely.

In its entirety, mental health stigma is an obstruction to care. Stemming from continued ignorance, fallacy, and misunderstanding about mental illness, mental health stigma undoubtedly plays a significant role in the continued associated disease burden. The question is, and should be, why can’t we talk about mental health?

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- 11 Holder, Sharon M., et al. “Stigma in Mental Health at the Macro and Micro Levels: Implications for Mental Health Consumers and Professionals.”
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- 14 Ahmedani, Brian K. “Mental Health Stigma: Society, Individuals, and the Profession.”



## NATIONAL ORGANIZATIONS

Active Minds	activeminds.org
Alliance of Hope for Suicide Loss Survivors	allianceofhope.org
American Academy of Child and Adolescent Psychiatry	aacap.org
American Association for Marriage and Family Therapy	aamft.org
American Association of Suicidology (AAS)	suicidology.org
American Autism Association	myautism.org
American Counseling Association (ACA)	counseling.org
American Foundation for Suicide Prevention (AFSP)	afsp.org
American Mental Health Counselors Association (AMHCA)	amhca.org
American Psychiatric Association (APA)	psychiatry.org
American Psychological Association (APA)	apa.org
American School Counselor Association (ASCA)	schoolcounselor.org
Anxiety and Depression Association of America (ADAA)	adaa.org
Association for Death Education and Counseling	adec.org
Brain and Behavior Research Foundation	bbrfoundation.org
Bring Change to Mind	bringchange2mind.org
Borderline Personality Disorder at TARA	tara4bpd.org
Born This Way Foundation	bornthisway.foundation
Center for Addiction and Mental Health (CAMH)	camh.ca
Centers for Disease Control and Prevention (CDC)	cdc.gov/Mentalhealth/Index.htm
Chadd (National Resource Center for ADHD)	chadd.org
Child Mind Institute	childmind.org
Children's Safety Network	childrenssafetynetwork.org
Clinical Social Work Association (CSWA)	clinicalsocialworkassociation.org
Community Anti-Drug Coalitions of America (CADCA)	cadca.org
Depression and Bipolar Support Alliance (DBSA)	dbsalliance.org
Eye Movement Desensitization & Reprocessing (EMDR) International Association	emdria.org
Faces and Voices of Recovery	facesandvoicesofrecovery.org
Families Against Narcotics	familiesagainstnarcotics.org
Families for Depression Awareness	familyaware.org
HelpGuide	helpguide.org
International OCD Foundation	iocdf.org
International Society for Traumatic Stress Studies	istss.org
Mental Health Academy	mentalhealthacademy.net
Mental Health America (MHA)	mhanational.org
Mental Health America – Veterans Affairs	mentalhealth.va.gov

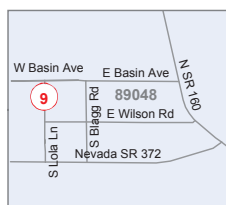
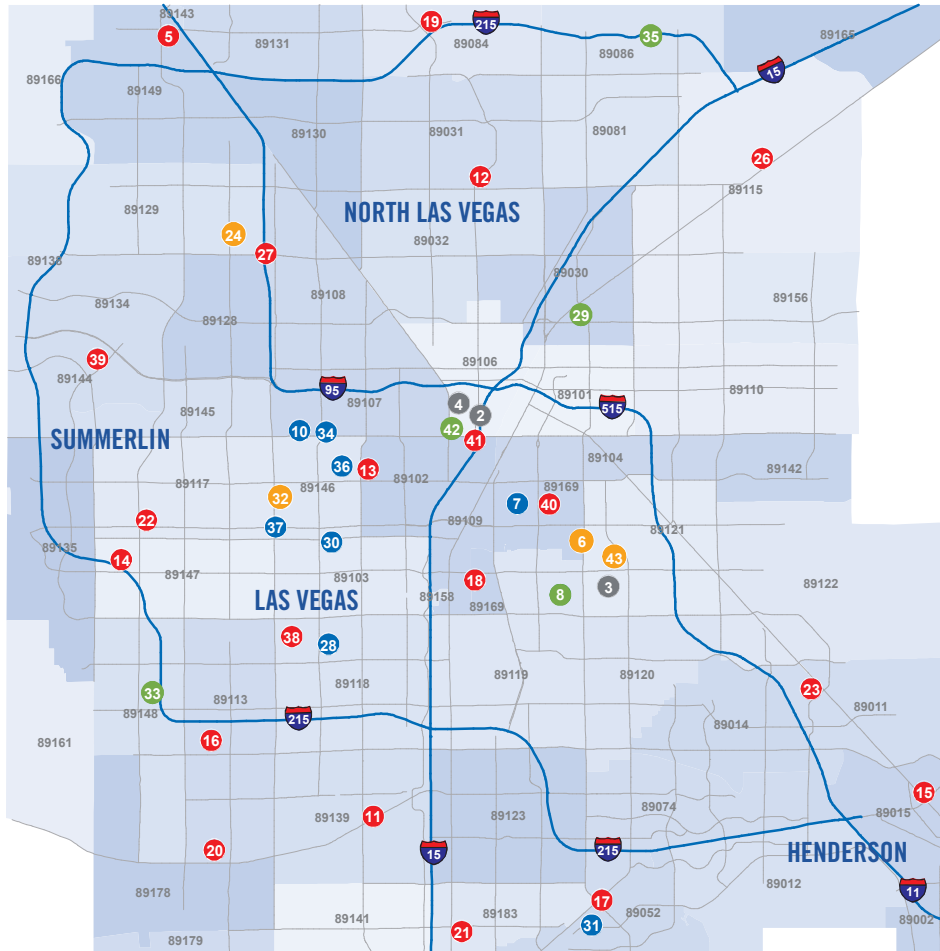
## NATIONAL ORGANIZATIONS

National Action Alliance for Suicide Prevention	theactionalliance.org
National Academy of Medicine, Action Collaborative on Clinician Well-Being and Resilience	nam.edu/initiatives/clinician-resilience-and-well-being
National Alliance for Grieving Children (NAGC)	childrengrieve.org
National Alliance on Mental Illness (NAMI)	nami.org
National Association for Addiction Professionals	naadac.org
National Association of Anorexia Nervosa + Associated Disorders	anad.org
National Association of Social Workers (NASW)	socialworkers.org
National Center on Domestic Violence, Trauma + Mental Health	nationalcenterdvtraumamh.org
National Center for School Crisis and Bereavement	schoolcrisiscenter.org
National Council for Behavioral Health	thenationalcouncil.org
National Eating Disorder Association (NEDA)	nationaleatingdisorders.org
National Indigenous Women's Resource Center	niwrc.org
National Institute on Alcohol Abuse and Alcoholism	niaaa.nih.gov
National Institute on Drug Abuse	drugabuse.gov
National Institute of Mental Health (NIMH)	nimh.nih.gov/index.shtml
One Mind	onemind.org
Partnership to End Addiction	drugfree.org
Postvention Alliance	postvention.org
S.A.F.E Alternatives (Self Abuse Finally Ends)	selfinjury.com
Schizophrenia and Related Disorders Alliance of America (SARDAA)	sardaa.org
Substance Abuse and Mental Health Services Administration	samhsa.gov
Suicide Prevention Resource Center	sprc.org
The Jason Foundation	jasonfoundation.com
The Jed Foundation	jedfoundation.org
The Mental Health Coalition	thementalhealthcoalition.org
The Network La-Red	tnlr.org
The Steve Fund	stevefund.org
The Trevor Project	thetrevorproject.org
The TLC Foundation for Body-Focused Repetitive Behaviors	bfrb.org
Thursday's Child (Children, Teen and Young Adults)	thursdayschild.org
World Federation for Mental Health (WFMH)	wfmh.global
World Health Organization (WHO)	who.int/westernpacific/health-topics/mental-health
Zero Suicide	zerosuicide.edc.org

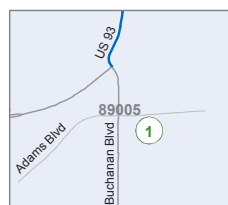
- Hospital
- Hospital with Psychiatric Unit
- Psychiatric Hospital
- Addiction Inpatient Facility
- Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

- 1. Boulder City Hospital Geriatric Behavioral Medicine Center**  
901 Adams Blvd, Boulder City, 89005 702-293-4111
- 2. Bridge Counseling Associates**  
1640 Alta Drive, Suite 4, Las Vegas, 89106 702-474-6450
- 3. Bridge Counseling Associates**  
4221 McLeod Drive, Las Vegas, 89121 702-474-6450
- 4. Building Hope Nevada**  
FirstMed Health + Wellness  
400 Shadow Ln, Suite 106, Las Vegas, 89106 702-731-0909
- 5. Centennial Hills Hospital**  
6900 N Durango Drive, North Las Vegas, 89149 702-835-9700
- 6. Desert Hope Treatment Center**  
2465 E Twain Ave, Las Vegas, 89121 702-848-6223
- 7. Desert Parkway Behavioral Healthcare Hospital**  
3247 S Maryland Parkway, Las Vegas, 89109 1-877-663-7976
- 8. Desert Springs Hospital Medical Center Geropsychiatric Unit**  
2075 E Flamingo Rd, Las Vegas, 89119 702-894-5508
- 9. Desert View Hospital**  
360 S Lola Lane, Pahrump, 89048 775-751-7500
- 10. Desert Willow Treatment Center**  
6171 W Charleston Blvd, Las Vegas, 89146 702-486-8900
- 11. Dignity Health St Rose Dominican Blue Diamond Campus**  
4855 Blue Diamond Rd, Las Vegas, 89139 702-216-7305
- 12. Dignity Health St Rose Dominican North Las Vegas Campus**  
1550 W Craig Rd, North Las Vegas, 89032 702-777-3615
- 13. Dignity Health St Rose Dominican Sahara Campus**  
4980 W Sahara Avenue, Las Vegas, 89102 702-216-7365
- 14. Dignity Health St Rose Dominican West Flamingo Campus**  
9880 W Flamingo Road, Las Vegas, 89147 702-216-7335
- 15. Dignity Health St Rose Dominican Rose de Lima Campus**  
102 E Lake Mead Parkway, Henderson, 89015 702-564-2622
- 16. Dignity Health St Rose Dominican San Martin Campus**  
8280 W Warm Springs Road, Las Vegas, 89113 702-616-4666
- 17. Dignity Health St Rose Dominican Siena Campus**  
3001 St Rose Parkway, Henderson, 89052 702-616-5000
- 18. Elite Medical Center**  
150 E Harmon Avenue, Las Vegas, 89109 702-546-0911
- 19. ER at Aliante**  
7207 Aliante Parkway, North Las Vegas, 89084 702-962-5100
- 20. ER at Blue Diamond**  
9217 S Cimarron Rd, Las Vegas, 89178 702-776-4800
- \*21. ER at S Las Vegas Blvd**  
10770 S Las Vegas Blvd, Las Vegas, 89183 702-962-0800
- 22. ER at The Lakes**  
3325 S Fort Apache Road, Las Vegas, 89117 702-962-0500
- 23. Henderson Hospital**  
1050 W Galleria Drive, Henderson, 89011 702-963-7000
- 24. Landmark Recovery**  
3371 N Buffalo Drive, Las Vegas, 89129 1-844-332-2076
- 25. Mesa View Regional Hospital**  
1299 Bertha Howe Avenue, Mesquite, 89027 702-346-8040
- 26. Mike O'Callaghan Federal Medical Center**  
4700 N Las Vegas Blvd, Nellis AFB, 89191 702-653-2273
- 27. MountainView Hospital**  
3100 N Tenaya Way, Las Vegas, 89128 702-962-5000
- 28. Nevada State Triage Center**  
5530 S Jones Blvd, Las Vegas, 89118 702-909-3440
- 29. North Vista Hospital, Senior Behavioral Health**  
1409 E Lake Mead Blvd, North Las Vegas, 89030 702-649-7711
- 30. Sana Behavioral Health Hospital**  
5975 W Twain Avenue, Suite B, Las Vegas, 89103 725-605-0310
- 31. Seven Hills Behavioral Health Hospital**  
3021 W Horizon Ridge Parkway, Las Vegas, 89052 866-598-6327
- 32. Solutions Recovery, American Addiction Centers**  
2975 S Rainbow Blvd, Las Vegas, 89146 702-800-2682
- 33. Southern Hills Hospital & Medical Center The Pavilion**  
9300 W Sunset Road, Las Vegas, 89148 702-916-5100
- 34. Southern Nevada Adult Mental Health/Rawson Neal Hospital**  
6161 W Charleston Blvd, Las Vegas, 89146 702-486-6000
- 35. Southern Nevada Veterans Medical Center**  
6900 N Pecos Road, North Las Vegas, 89086 702-791-9000
- 36. Spring Mountain Sahara**  
5460 W Sahara Avenue, Las Vegas, 89146 702-216-8900
- 37. Spring Mountain Treatment Center**  
7000 W Spring Mountain Road, Las Vegas, 89117 702-873-2400

\*At time of printing #21 ER at Las Vegas Blvd. was not yet open.

## HOSPITAL LISTING

### 38. Spring Valley Hospital

5400 S Rainbow Blvd,  
Las Vegas, 89118 702-853-3000

### 39. Summerlin Hospital Medical Center

657 N Town Center Drive,  
Las Vegas, 89144 702-233-7000

### 40. Sunrise Hospital and Medical Center

3186 S Maryland Pkwy,  
Las Vegas, 89109 702-961-5000

### 41. University Medical Center of Southern Nevada (UMC)

1800 W Charleston Blvd, Las Vegas,  
89102 702-383-2000

### 42. Valley Hospital Medical Center Behavioral Health Unit

620 Shadow Lane, Las Vegas,  
89106 702-388-4000

### 43. Vogue Recovery Center Nevada

4011 McLeod Drive,  
Las Vegas, 89121 866-458-5010

## MENTAL HEALTH PROFESSIONAL DIRECTORY

The following pages contain a directory listing of mental health professionals serving Las Vegas and the surrounding areas. The directory is categorized by type of profession (e.g. Psychiatrist, Psychologist, Social Worker, etc.). Providers are listed alphabetically under their professional category. Please note: not all mental health professionals may be listed in this directory. Some providers may have opted out of being listed or their information may have changed after this directory was published. *This list is current as of February 1, 2021.* The following is an example of how mental health professionals are listed:

**Doe, Jane (MSW, LCSW)**  
702-123-4567 • www.janedoe.com  
Location: 89138 (SU, V) / Age Group: 18+  
Specialties: Veterans, PTSD  
Payment: Cash, Sliding Scale  
Language: Spanish, Tagalog

Below is the legend for the location and age key. The location key provides a guide to the letters that come after the zip code(s), which give the general area where the mental health professional's physical location (office) is. In the example above, Jane Doe's physical location is in Summerlin (SU) and she also works virtually (V). After the location is the general age group that the professional works with. Again, using the example above, Jane Doe works with age group 18+, which is adults and older adults.

LOCATION KEY			AGE KEY	
<b>BC</b> = Boulder City	<b>M</b> = Mesquite	<b>S</b> = South	<b>&lt;12</b> = Infants/Children	<b>18-55</b> = Adults
<b>C</b> = Central	<b>N</b> = North	<b>SE</b> = Southeast	<b>12-17</b> = Teens	<b>&gt;55</b> = Older Adults
<b>E</b> = East	<b>NE</b> = Northeast	<b>SW</b> = Southwest	<b>&lt;17</b> = Minors	<b>18+</b> = Adults/Older Adults
<b>H</b> = Henderson	<b>NW</b> = Northwest	<b>SU</b> = Summerlin	<b>12-55</b> = Teens/Adults	<b>0-100+</b> = All Ages
<b>L</b> = The Lakes	<b>P</b> = Pahrump	<b>V</b> = Virtual		

### MARRIAGE AND FAMILY THERAPIST

#### McCall, Bianca D. (LMFT, S.M.E.)

702-715-1182 • www.reachinnow.com  
Location: 89102,89106 (C, N, V)  
Age Group: 12-55  
Specialties: Trauma Recovery,  
Suicide Prevention, Virtual Groups  
Payment: Cash, Medicaid FFS,  
(Scholarships available)  
Language: English

### MENTAL HEALTH BEHAVIORAL COACH

#### Ostaszewski, Bryan Rev. (BCMHC)

702-370-5736 • www.tuffservices.com  
Location: 89012 (HD) / Age Group: 18-55  
Specialties: Marital, Premarital, Trauma,  
PTSD, Suicidal Ideation  
Payment: Sliding scale, no insurance accepted  
Language: English

## It's All About Self-Care

CARING FOR OURSELVES SHOULD BE A VITAL ASPECT IN OUR DAILY LIVES. THE FOLLOWING ACTIVITIES ARE KNOWN TO HELP IN RELIEVING STRESS AND BUILDING RESILIENCE. AN EXAMPLE IS OFFERED UNDER EACH CATEGORY, ALONG WITH A FREE SOURCE. YOU ARE ENCOURAGED TO TAKE A FEW MINUTES OUT OF EACH DAY TO DO AT LEAST ONE STRESS RELIEVING ACTIVITY.

## LISTENING



### SUGGESTED MUSIC: INSTRUMENTAL

Example: Weightless – Marconi Union

Free songs available on stations like  
Pandora ([www.pandora.com](http://www.pandora.com)).

### SUGGESTED SHOW:

NATURE

Example: Islands of Wonder

Free television shows  
available on Vegas PBS  
([www.vegaspbs.org](http://www.vegaspbs.org)).



WATCHING

### SUGGESTED ACTION:

MEDITATIVE  
EXERCISE

Example: Yoga – Butterfly  
Pose (Baddha Konasana)

Free instructional video  
or books available at  
public libraries.



DOING

### SUGGESTED READING:

INSPIRATIONAL  
LITERATURE



Example: Gifts from the Sea –  
Ann Morrow Lindbergh

Free reading materials available  
at public libraries.

## READING

## 1 MAKE A LIST OF YOUR SYMPTOMS

The type of provider and care that you need may depend on the symptoms you are experiencing. For example, some issues may not require medication, but only counselling. So it is very important to make a list of ALL the symptoms you are having (see article on warning signs to help guide you). Keep this list with you so that you can discuss it with the provider that you do finally choose.

## 2 MAKE A LIST OF POTENTIAL MENTAL HEALTH PROFESSIONALS

You can get referrals from your primary care physician, local examiner boards, family and friends, insurance companies (they usually have a list of preferred providers), employee assistance programs (EAPs), online locators (some are provided at the end of this article), or by calling a helpline.

## 3 RESEARCH AND REVIEW YOUR LISTS

Based on your symptoms, cross check the qualifications and experience of the provider. Think of it like an interview process for a job or someone you would hire, where you need to see a resume or a reference for that professional. You can check their websites or call the offices for some specific information. For example, some important things to take into account or ask are:

**Availability** – Are they accepting new patients? Do they have an opening immediately? How long is the wait till the first appointment? If you prefer to meet someone in person, keep in mind that due to the current COVID-19 pandemic, some providers may only offer online/virtual services or you may have a long wait for in-person visit due to the COVID-19 related restrictions.

**Cost** – Do they accept your insurance? How much will your insurance cover? How much out-of-pocket will you have to pay? Does the therapist offer a sliding scale, an income-based pricing?

**Training, specialty, and license** – What type of credentials do they have? Are they licensed? Do they have training specific to your situation?

**Experience** – How long have they worked in the field? How much experience do they have successfully treating and managing people with similar symptoms? What type of reviews have they received?

**Type of therapy** – What type of therapy do they offer? Do they use techniques that you are opposed to or are outdated? Are you comfortable with their approach? (We will provide more information on types of therapy in one of our next issues)

**Location** – Can you get to the appointment easily? Look up the address or zip code, and if it is not easy to get to, find out if they offer online/virtual services?

**Gender** – Are you comfortable with the provider's gender?

### ONE SIZE DOES NOT FIT ALL:

### A Brief Guide to Finding a Mental Health Professional

BY JACQUELINE RAGIN, MS, MPH, PHD

*Symptom: "A change in your body or mind that shows that you are not healthy."*<sup>1</sup>

If you feel that you have a mental health concern, the first thing to realize is that you can get help. Due to the complex nature of mental health problems, they can affect people differently. They can potentially affect any one at any age, and can be any combination of duration and intensity: mild, severe, short-term, or long-term. So not all mental health problems are diagnosed and treated in the same way or by the same provider. Here are some things to consider as you search for someone who may best fit your needs.

## 4 NARROW DOWN YOUR LIST

By ranking in order of preference. Remember your first or second choice may not have the availability to see you right away (or may not accept new patients, not be affordable, or not close to you), so it is important to have as many options as possible.

## 5 ASK FOR A FREE FIRST CONSULTATION

You can spend a few minutes talking on the phone to get a feel if this will be the right fit before you commit. In fact, if you can get a free initial consultation with two or three mental health professionals on your list, that is even better. This way, you can get a sense of which one you seem to connect with more comfortably. To make the most of the free consultation (or first visit if no free consultation), have a list of questions ready to help you stay focused on your goal to find the right fit. For example, you can ask some of the questions mentioned in point 3 earlier to get direct verification of their expertise and approach to diagnosis and treatment.

## 6 CHOOSE A MENTAL HEALTH PROFESSIONAL. MAKE AN APPOINTMENT AND KEEP IT.

The first visit is a crucial step towards your care. You are now starting to take a firm action to help yourself. If you are still not sure about the provider you have selected, or if at any point during your first—or even fourth—session you are not comfortable and don't feel it's the right fit, don't be discouraged. Go back to the list you made and consider changing your mental health professional (tip: check offices that didn't accept new patients or insurance the first time—sometimes, they open up sooner). You have the right to change your mental health professional if you feel the need to.

### ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

[www.betterhelp.com](http://www.betterhelp.com) • [www.helpro.com](http://www.helpro.com) • [www.findatherapist.com](http://www.findatherapist.com) • [www.therapyden.com](http://www.therapyden.com)  
[www.nvpsychology.org/public/find-a-psychologist/](http://www.nvpsychology.org/public/find-a-psychologist/) • [www.therapistlocator.net/](http://www.therapistlocator.net/)  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) • [www.psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists)  
Veterans – Make the Connection: [www.maketheconnection.net/resources/](http://www.maketheconnection.net/resources/)

REFERENCE: 1 Oxford Learner's Dictionaries. "Symptom". Oxford University Press. 2020.  
From <https://www.oxfordlearnersdictionaries.com/us/definition/english/symptom?q=symptom>

# OUTPATIENT LISTING

The following pages contain a directory listing of non-profit and for-profit outpatient providers serving Las Vegas and the surrounding areas. Providers are listed alphabetically. Listing information includes the provider name, website, contact telephone number, zip code (which gives the general area where the provider's physical location/office is), and focus/specialty. For providers that do not have a focus/specialty listed, this information may not have been available at the time. In general, many providers cover a wide range of mental health services and issues.

You are encouraged to call or check the providers website for additional information, such as services provided, payment methods, and/or insurances accepted, etc. Please note: not all outpatient providers are listed. Some providers may have opted out of being listed, others may not have been aware of this listing or their information may have changed after this directory was published. This list is being provided to consumers in an effort to assist in finding the right mental health professional. Listings will be updated each issue. *This list is current as of February 1, 2021. Below is the legend for the focus/specialty.*

## FOCUS / SPECIALTY

<b>ABA</b> Applied Behavioral Analysis	<b>DD</b> Developmental Disabilities	<b>PSR</b> Psychosocial Rehabilitation
<b>ADD</b> Addiction	<b>IOP</b> Intensive Outpatient Treatment	<b>PTSD</b> Post Traumatic Stress Disorder
<b>ASD</b> Autism Spectrum Disorder	<b>LGBTQ</b> Lesbian, Gay, Bisexual, Transgender, Queer	<b>REBT</b> Rational Emotive Behavioral Therapy
<b>BST</b> Basic Skills Training	<b>MFT</b> Marriage and Family Therapy	<b>SAT</b> Substance Abuse Treatment
<b>CBT</b> Cognitive Behavioral Therapy	<b>MM</b> Medication Management	
<b>CM</b> Case Management	<b>MOOD</b> Mood Disorders (depression, etc.)	
<b>DBT</b> Dialectical Behavioral Therapy	<b>ODD</b> Oppositional Defiant Disorder	

\*Listings in this publication do not necessarily constitute an endorsement of that service or product. Before selecting anything, you are encouraged to verify all licenses, public files, and/or reviews of the organizations and individuals presented in this publication through licensing boards, Federal and State oversight organizations, and/or other reputable sources of such information. Never disregard professional medical advice or delay seeking it because of something you have read in this publication.

NAME + WEB ADDRESS	PHONE	ZIP	SPECIALTY
Aaron Williams Therapy <a href="http://aaronwilliamstherapy.com">aaronwilliamstherapy.com</a>	702-480-7960	89106	Anxiety, Coaching, Pre-martial
ABC Therapy <a href="http://abctherapy.net">abctherapy.net</a>	702-598-2020	89101	General
Achievable Behavior Strategies <a href="http://bxtherapy.com">bxtherapy.com</a>	702-565-1894	89147	ASD
Advanced Psychiatry <a href="http://advancedpsychiatryinc.com">advancedpsychiatryinc.com</a>	702-763-7811	89032	
Advanced Psychiatric Associates	702-228-4900	89146	
Agape Behavioral Center <a href="http://agapebehavioral.org">agapebehavioral.org</a>	702-656-5683	89130	BST, PSR
All About You Counseling <a href="http://allaboutyoucounseling.org">allaboutyoucounseling.org</a>	702-754-0807	89123	General
Alliance Mental Health Specialists <a href="http://alliancemhs.com">alliancemhs.com</a>	702-485-2100	89103	

Alpha Institute	702-350-3194	89107	
Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma
Apple Grove Treatment Center <a href="http://applegrovetreatmentcenter.com">applegrovetreatmentcenter.com</a>	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute <a href="http://abainstitute.us">abainstitute.us</a>	702-502-8021	89107	ASD
Aroma Functional Nutrition Psychiatry <a href="http://drtiffanysmith.com">drtiffanysmith.com</a>	702-907-7924	89144	
Autism & Behavioral Consulting Services <a href="http://abcservices.co">abcservices.co</a>	702-283-6215	89117	ASD
Bamboo Sunrise <a href="http://bamboosunrise.net">bamboosunrise.net</a>	702-433-3038	89015	Life Skills, Foster Care
Baumann and Associates	702-212-9800	89119	
BBS Counseling <a href="http://bbsforensic.com">bbsforensic.com</a>	702-577-7792	89123	Anxiety, MOOD, PTSD, Trauma, Relationships
Beach Therapy <a href="http://beachtherapylv.com">beachtherapylv.com</a>	702-334-6162	89130	
Behavioral Healthcare Options <a href="http://bhoptions.com">bhoptions.com</a>	702-364-1484		Insurance Provider
Behavioral Learning Solutions <a href="http://www.blolutionsaba.org">www.blolutionsaba.org</a>	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada <a href="http://behavioralservicesnv.com/rehabilitative-services">behavioralservicesnv.com/rehabilitative-services</a>	702-816-3400	89121	BST, PSR
Beyond Expectation	702-779-3956	89120	
Bilingual Center for Behavioral Health	702-401-0811	89119	Anxiety, Behavioral, MOOD
Bridge Counseling Associates <a href="http://bridgecounseling.org">bridgecounseling.org</a>	702-474-6450	89106	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services <a href="http://bridgehs.com">bridgehs.com</a>	702-843-0551	89106	ADHD, MOOD, ODD, PTSD, Co-occurring
Browning Neurobehavioral Associates <a href="http://browningnba.com">browningnba.com</a>	702-305-0234	89145	
Cal Psychiatric Services <a href="http://calpsychservices.com">calpsychservices.com</a>	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry <a href="http://calmclinic.vegas">calmclinic.vegas</a>	702-848-2256	89103	
Campbell Center for Autism <a href="http://campbellcenterforautism.com">campbellcenterforautism.com</a>	702-260-2360	89117	ASD
Center for Addiction Medicine, Michael Levy <a href="http://addictionhelp.com">addictionhelp.com</a>	702-873-7800	89103	ADD, SAT, IOP
Center for Behavioral Health <a href="http://centerforbehavioralhealth.com">centerforbehavioralhealth.com</a>	702-796-0660	89121	SAT
Central Point Psychiatry	702-380-8200	89146	

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Changing Minds Psychiatry <i>changing-minds-psychiatry.business.site</i>	702-405-8088	89128	
Changing Minds Psychiatry, Henderson <i>changing-minds-psychiatry.business.site</i>	702-405-8088	89074	
Clarity Wellness Center <i>claritywclv.com</i>	702-348-9654	89121	Military, Minorities
Clear View Counseling and Wellness <i>clearviewcounseling.com</i>	702-254-4883	89102	ADHD, Crisis, MFT, MOOD, PTSD
Clinical Solution	702-212-3008	89117	
Collier Counseling and Life Coaching <i>colliercounseling.org</i>	702-860-5249	89015	
Community Counseling Center <i>www.cccofsn.org</i>	702-369-8700	89104	General
Comprehensive Psychological Services	702-268-7790	89120	
Cornwall Counseling <i>cornwallcounseling.com</i>	859-321-4956	89119	REBT
Corridor of Hope Wellness <i>corridorofhopelv.com</i>	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections <i>cbcautism.com</i>	702-901-5200	89130	ASD
Crossroads of Southern Nevada <i>crossroadsofsonv.com</i>	702-382-7746	89102	SAT
Cynthia Osburn Therapy Services <i>cnosburn.com</i>	702-525-6277	89134	Individual, Couples, Family
DCFS-Neighborhood Care Centers, East <i>dcfs.nv.gov/Programs/CMH/Contact_CMHS</i>	702-486-7500	89121	
DCFS-Neighborhood Care Centers, North	702-486-5610	89032	
DCFS-Neighborhood Care Centers, South	702-486-6726	89015	
DCFS-Neighborhood Care Centers, West	702-486-0000	89146	
Desert Hope Outpatient <i>americanaddictioncenters.org</i>	702-286-8394	89121	SAT
Desert Psychiatry <i>desertpsychiatry.com</i>	702-685-3300	89146	
Desert Psychological <i>desertpsychological.com</i>	702-650-6508	89120	Testing, Assessment, Therapy
Desert Regional Center <i>adsd.nv.gov</i>	702-486-6200	89146	DD

Desert Rose Counseling Group <i>desertroselv.com</i>	702-843-6500	89102	Trauma Recovery, Crisis Intervention
Desert Treatment Clinic <i>deserttreatment.com</i>	702-248-0000	89014	
Diamond Mental Health <i>diamondmentalhealth.net</i>	702-395-4002	89130	ADD, Equine Therapy, Trauma
Diversified Community Service <i>diversifiedcommunityservices.org</i>	702-749-8500	89030	General, BST
Dynamic Music Therapy <i>vegasmusictherapy.com</i>	702-257-0792	89102	Music Therapy
Eden Center for Eating Disorders <i>edentreatment.com</i>	877-853-3362	89102	Eating Disorders, Co-Occurring Disorders
Elements of Motivation <i>elementslv.com</i>	702-331-4874	89117	
Empowerment Center of Southern Nevada <i>empowermentcenterofsouthernnevada.org</i>	702-636-8729	89032	Crisis Intervention, General
Evergreen Counseling <i>evergreencounselinglv.com</i>	702-248-6290	89146	
Experience Courage <i>experiencecourage.com</i>	702-630-8848	89134	Play Therapy
Focus Mental Health Solutions <i>focusmentalhealth.com</i>	702-790-2701	89102	
Forward Impressions <i>forwardimpressionslv.com</i>	702-848-1411	89130	BST, PSR, IOP, Youth Services
Foundations Counseling Center <i>foundationsnv.com</i>	702-240-8639	89128	Youth, ADHD, ASD, Eating Disorder
Frontier Medical & Behavioral Center <i>frontiermbc.com</i>	702-750-2438	89031	Psychiatric services
Glass House Counseling Agency <i>glasshousecounselinglv.com</i>	702-586-8693	89104	BST, PSR, ADHD, ADD, MOOD
Grand Desert Psychiatric Services	702-202-0099	89146	MFT, ADD, SAT
Guevara Counseling Center <i>guevaracounselingcenter.com</i>	702-366-0251	89106	
Harmony Healthcare, Horizon Ridge <i>harmonyhc.com</i>	702-251-8000	89052	Insurance Provider
Harmony Healthcare, West Charleston <i>harmonyhc.com</i>	702-251-8000	89102	Insurance Provider
Heads Up Guidance and Wellness Centers <i>headsupnevada.org</i>	702-922-7015	89102	
Healthy Minds <i>healthymindslv.com</i>	702-622-2491	89106	

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Higher Ground Counseling Services <a href="http://highergroundcounselingservicesllc.com">highergroundcounselingservicesllc.com</a>	702-525-8402	89117	
Human Behavior Institute (HBI) <a href="http://hbinetwork.com">hbinetwork.com</a>	702-248-8866	89146	Insurance Provider
ICAN Family Services by TrueCare <a href="http://icanfamilyservices.com">icanfamilyservices.com</a>	702-431-3626	89128	
Ignite Teen Treatment <a href="http://igniteteentreatment.com">igniteteentreatment.com</a>	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions <a href="http://drsandrgray.com">drsandrgray.com</a>	702-900-2784	89146	
Insight Therapy Solutions <a href="http://insightnvhealth.com">insightnvhealth.com</a>	702-685-0877	89120	
Integrated Psychiatric Solution <a href="http://lvpsych.com">lvpsych.com</a>	888-320-2271	89146	
Jewish Family Services (JFS), Counseling and Adoption <a href="http://jfsalv.org">jfsalv.org</a>	702-732-0304	89119	Anxiety, MOOD, Lifestyle Transitioning
Kayenta Therapy <a href="http://kayentatherapy.com">kayentatherapy.com</a>	702-438-7800	89134	
Landmark Recovery <a href="http://landmarkrecovery.com/locations/las-vegas">landmarkrecovery.com/locations/las-vegas</a>	725-217-9910	89129	SAT
Las Vegas Counseling Center <a href="http://lasvegascounselingcenter.com">lasvegascounselingcenter.com</a>	702-466-3750	89117	
Las Vegas Grief and Loss Counseling Center <a href="http://griefcounselinglv.com">griefcounselinglv.com</a>	702-580-4912	89117	Grief
Las Vegas Indian Center <a href="http://lvindiancenter.org">lvindiancenter.org</a>	702-647-5842	89106	SAT
Legacy Health and Wellness <a href="http://legacyhealthlasvegas.com">legacyhealthlasvegas.com</a>	702-749-4951	89128	
Life Bridge Psychiatry <a href="http://lifebridgekids.com">lifebridgekids.com</a>	702-765-4965	89134	Youth
LifeQuest <a href="http://lifequestnv.com">lifequestnv.com</a>	702-830-9740	89145	
Matters of the Mind <a href="http://mmbehavior.org">mmbehavior.org</a>	702-647-6433	89032	ABA, ADD, MFT, PSR, SAT, Testing
Matters of the Mind, Laughlin	702-647-6433	89029	
Mbrace Counseling and Behavioral Services <a href="http://mbraceco.com">mbraceco.com</a>	702-749-6926	89146	
Midtown Psychiatry	702-854-5000	89102	
Mingo Health Solutions <a href="http://mhsbehavioralservices.com">mhsbehavioralservices.com</a>	702-848-1696	89120	

Mission Treatment Center <a href="http://missiontreatment.com">missiontreatment.com</a>	702-747-7075	89109	ADD, Methadone and Suboxone
Mojave Counseling	702-253-0818	89146	Children/Adolescents
Mojave Counseling <a href="http://unlvmedicine.org/clinic/mojave-counseling">unlvmedicine.org/clinic/mojave-counseling</a>	702-968-4000	89014	Adults
Neubauer Mental Health Services <a href="http://nmhslv.com">nmhslv.com</a>	702-806-5268	89108	
Nevada Behavioral Solutions, Pahrump	775-727-6000	89060	
Nevada Behavioral Solutions <a href="http://nevadabehavioralsolutions.com">nevadabehavioralsolutions.com</a>	702-434-1200	89119	
Nevada Family Psychiatry <a href="http://psychiatry.vegas">psychiatry.vegas</a>	702-217-8030	89114	Psychiatric services
Nevada Health Center, Henderson Family Health	702-868-0327	89015	ADD, Psychotherapy, Testing/Evaluation
Nevada Health Center, North Las Vegas Family Health	702-214-5948	89030	ADD, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Cambridge Family Health	702-307-5415	89119	ADD, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern Family Health	800-787-2568	89104	ADD, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Martin Luther King Family Health	702-383-1961	89106	ADD, Psychotherapy, Testing/Evaluation
Nevada Mental Health <a href="http://nevadamentalhealth.com">nevadamentalhealth.com</a>	702-440-8430	89106	
Nevada Mental Health Associates <a href="http://nevadamha.com">nevadamha.com</a>	702-530-5344	89104	
Nevada Mercy and Care Inc <a href="http://nevadamercyandcare.org">nevadamercyandcare.org</a>	702-444-0599	89119	Refugee
Nevada State Behavioral Health Services <a href="http://nvstatebehavioralhealth.com">nvstatebehavioralhealth.com</a>	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center <a href="http://nevergiveupbhs.com">nevergiveupbhs.com</a>	702-951-9751	89146	
Nueva Vida Mental Health <a href="http://nvmps.com">nvmps.com</a>	702-659-8827	89103	
Our Little World Treatment Center <a href="http://olwtreatment.com">olwtreatment.com</a>	702-742-3093	89012	ASD
Overton Psychological Services <a href="http://facebook.com/Overtonpsych">facebook.com/Overtonpsych</a>	702-563-1000	89074	
Pathways Therapy & Wellness Center <a href="http://pathwaystherapynv.com">pathwaystherapynv.com</a>	702-363-7284	89052	Anxiety, MOOD,Trauma, PTSD, Relationships
Pro-Health Therapeutic & Empowerment Services <a href="http://phtes.com">phtes.com</a>	702-490-9009	89169	

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Puzzle Pieces Autism and Behavioral Services LLC <i>puzzlepiecesnv.com</i>	702-704-5112	89131	ASD
Red Rock Psychological Health <i>redrockph.com</i>	702-898-5311	89119	
Reflections Therapy <i>reflectionstherapylv.com</i>	702-553-2364	89128	
Resolutions Behavioral Health Therapy <i>resolutionsbehavioralhealththerapy.com</i>	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services <i>resourcefamilyservices.com</i>	702-331-5608	89119	
Restorative Behavioral Health LLC <i>restorativebehavioralhealth.org</i>	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative <i>safy.org/nevada</i>	702-385-5331	89130	Youth, Family
Serenity Counseling and Support	702-903-2973	89117	
Serenity Community Wellness Center <i>serenitylasvegas.com</i>	702-998-7770	89102	MFT, SAT, CM Co-occurring
Serenity Mental Health <i>serenitymentalhealth.org</i>	702-815-1550	89146	Anxiety, MOOD
Serenity Mental Health, Pahrump	775-751-5211	89048	Anxiety, MOOD
SFS Therapies <i>sfsx.com</i>	702-979-4268	89128	
Shining Star Community Services <i>shiningstarlv.com</i>	702-882-7827	89119	
Sierra Sage Recovery Services <i>sierratreatment.com</i>	702-880-8230	89129	ADD, CBT, IOP, SAT
Signs of Hope Counseling Center <i>rcclv.org/counseling</i>	702-437-4673	89106	Trauma, PTSD
Silver State Health <i>silverstatehealth.org</i>	702-471-0420	89119	Anxiety, Behavioral, MOOD, Stress, PTSD
Silver State Health, Pahrump <i>silverstatehealth.org</i>	775-505-1214	89048	Anxiety, Behavioral, MOOD, Stress, PTSD
Skills 4 Kids	702-538-9476	89117	
Southern Nevada Adult Mental Health Services <i>dpbh.nv.gov/About/Overview/SNAMHS_Overview</i>	702-486-6000	89146	CM, Mental Health Court, Mobile Crisis, MM
Southwest Autism & Behavioral Solutions <i>swbehavior.com</i>	702-270-3219	89120	ASD
Summit Mental Health <i>summitmentalhealth.org</i>	702-727-4459	89102	Anxiety, MOOD, Trauma, PTSD, Relationships

Sunshine Family Support Services <i>sunshinefamilyss.net</i>	702-433-0063	89104	
Tancell Care <i>tancell-care.business.site</i>	702-476-0262	89119	DD
The Hamilton Group <i>hamiltongrouplv.com</i>	702-289-4883	Virtual	Compassionate Counseling, MM
The Healthy Foundations Center	702-489-2117	89117	BST, PSR
The Practice, UNLV <i>unlv.edu/thepractice</i>	702-895-1532	89154	
Therapeutic Solutions Behavioral Health <i>therapeuticsolutionslv.com</i>	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center <i>therapytreatmentcenters.com</i>	702-423-2625	89102	
Theravada Mental Health <i>theravadawellness.com</i>	702-757-8720	89130	
Theravada Mental Health, Henderson	702-757-8720	89052	
Thrive Solutions <i>thrivesolutionslv.com</i>	702-602-8504	89148	ADD, IOP, MFT, MM
Thriveworks Counseling <i>thriveworks.com</i>	702-820-3061	89146	ADD, Eating Disorder, MOOD, Relationship
TIM Care <i>timcarenv.com</i>	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities <i>tourocadd.org</i>	702-777-4808	89014	ASD
Transitional Wellness Center	702-339-0346	89120	
True Care <i>truecaretc.com</i>	1-833-828-6329	89128	ADD, SAT
TUFF Services Ministries <i>tuffservices.org</i>	800-649-0925	89053	
UNLV Department of Psychiatry <i>unlvmedicine.org/clinic/mojave-counseling</i>	702-671-6475	89104	
Vegas Cares LLC <i>vegascarellc.com</i>	725-206-5434	89121	General, PSR, BST
Ventana Health Associates	702-360-2800	89134	
Victorious Behavioral Health <i>victoriousbhs.com</i>	702-723-0125	89119	General, PSR, BST, IOP, Psychiatric Services
We Are Hope <i>wearehopelv.com</i>	702-333-4373	89130	ADD, General, Trauma
Well Care Behavioral + Medical Clinic <i>thewellcaregroup.com</i>	702-291-7121	89122	BST, CM, PSR
Westcare Community Triage Center <i>westcare.com/page/where-we-serve_NV_01a</i>	702-385-3330	89101	SAT
Zia Counseling, Steven Bonn <i>ziacounseling.com</i>	702-823-9043	89102	MFT



## HELPLINES

Nevada 211 - Connect to Services	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
Adult Protective Services (APS)	702-486-6930
Al-Anon	1-800-344-2666
Alcohol and Drug Treatment Referral (Spencer Recovery)	800-454-8966
Alcoholics Anonymous (AA)	702-598-1888
Alzheimer's Association Helpline	1-800-272-3900
American Chronic Pain Association (ACPA)	1-800-533-3231
American Addiction Centers Resource (Centers.org)	1-866-892-4547
Cocaine Anonymous (snvca.org)	702-941-0950
Codependents Anonymous	602-277-7991
Crystal Meth Anonymous	855-638-4373
Debtors Anonymous	800-421-2383
Depression and Bipolar Support Alliance (DBSA)	1-800-826-3632
Eating Disorders	1-888-375-7767
Ecstasy Addiction	1-800-468-6933
Eldercare Locator	1-800-677-1116
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous	855-222-5542
GriefShare	1-800-395-5755
ICAN Hopeline (inpatient detox)	833-828-6329
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation	617-973-5801
LGBT National Hotline	888-843-4564
LGBT National Youth Talkline	800-246-7743
LGBT National Senior Hotline	888-234-7243
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous	1-800-766-6779
National Alliance on Mental Illness (NAMI) Helpline	1-800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
Narcotics Anonymous	888-495-3222
National Eating Disorders Information + Treatment Helpline	1-800-931-2237
National Resource Center on ADHD	1-866-200-8098
National Teen Dating Violence Abuse Helpline	1-866-331-9474
Nicotine Anonymous	415-908-6702
Office on Women's Health (Resource line)	1-800-994-9662
Overeaters Anonymous	505-891-2664

## HELPLINES

Partnership to End Addiction (Parents concerned about child's substance use)	Text CONNECT to 55753
Physician Support Line (Psychiatrists supporting physicians and medical students)	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI)	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's National Helpline	1-800-662-4357
Schizophrenia and Related Disorders Alliance of America	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives Information Line, www.selfinjury.com	1-800-366-8288
Sex Addicts Anonymous	1-800-477-8191
Sidran Institute (Trauma or Dissociation)	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous (sawso.org)	877-742-9761
Teen Help Inc	1-800-400-0900
Teen Line	1-800-852-8336
The StrongHearts Native Helpline (American Indians and Alaska Natives)	1-844-762-8483
Tobacco (Nevada) Quit Line	800-784-8669
Tragedy Assistance Program for Survivors (TAPS) Military Survivors Support	800-959-8277
Treatment and Research Advancements for Borderline Personality Disorder (TARA)	888-482-7227
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211	1-800-233-4357
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044

A **HELPLINE** may not be staffed 24/7 and may not provide immediate assistance. For Emergencies call 911 for immediate assistance.

*Make a pledge to yourself right now, to declare that you are worth your time and energy.*

DEBORAH DAY

## SUPPORT GROUPS

For information or to register for a group, please use contact information or check website.  
 Not all groups need registration. Due to COVID-19 groups may have been cancelled.  
 If we have omitted your group or have incorrect or missing information listed,  
 please contact us by email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com).

### ADDICTION

Al-Anon for Families/Alateen - <a href="http://al-anon.org">al-anon.org</a>	702-615-9494
Alcoholics Anonymous (AA) - <a href="http://aa.org">aa.org</a>	702-598-1888
Cocaine Anonymous (CA) - <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a>	702-941-0950
Compulsive Eaters Anonymous (CEA) - <a href="http://ceahow.org">ceahow.org</a>	702-389-9077
Crystal Meth Anonymous (CMA) - <a href="http://crystalmeth.org">crystalmeth.org</a>	855-638-4373
Gambler's Anonymous (Gam-Anon) - <a href="http://gasn.info">gasn.info</a>	702-529-0202
Heroin Anonymous - <a href="http://heroinanonymous.org">heroinanonymous.org</a>	702-324-7383
Marijuana Anonymous - <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a>	1-800-766-6779
Narcotics Anonymous (NA) - <a href="http://na.org">na.org</a>	702-369-3362
Overeaters Anonymous (OA) - <a href="http://oa.org">oa.org</a>	702-593-2945
Sex Addictions Anonymous - <a href="http://saa-recovery.org">saa-recovery.org</a>	1-800-477-8191
SMART Recovery - <a href="http://smartrecovery.org">smartrecovery.org</a> Thursdays 6:30pm - 7:30pm	<a href="https://smartrecovery.zoom.us/j/2229029094">smartrecovery.zoom.us/j/2229029094</a>
Sex and Love Addicts Anonymous (S.L.A.A.) - <a href="http://slaafws.org">slaafws.org</a>	1-800-477-8191

### CHILDREN AND YOUTH

Solutions of Change - WTF (coping skills & trauma resources, ages 12-17)	702-343-3610
Turning Point Nevada (Substance Use)	702-743-7384

### CRISIS AND TRAUMA

Hands of Comfort Foundation	702-683-6373
Ladies of Destiny (Trafficking Victims)	702-623-0958
Rape Crisis Center Groups	702-366-1640

### GRIEF AND LOSS

Adams Place	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
CompassionCare Hospice	702-636-0200
Concerns of Police Survivors (COPS) <a href="http://concernsofpolicesurvivors.org">concernsofpolicesurvivors.org</a>	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare	1-800-395-5755
Grief Recovery After a Substance Passing (GRASP)	302-492-7717
Grief Recovery (death, divorce, career and other losses)	702-980-8303
Nathan Adelson Hospice	702-796-3157
Nevada Senior Services	702-648-3425

## SUPPORT GROUPS

### GRIEF AND LOSS (continued)

Pet Loss Family Support Group	702-735-5544
Suicide and Murder Victims Support Group	702-735-5544
The Compassionate Friends	877-969-0010
Tragedy Assistance Program for Survivors (TAPS) Military Survivor Support	800-959-8277

### LGBTQ

Henderson Equality Center	855-955-5428
The Center	702-733-9800

### SUICIDE

Arms of Support	800-649-0925
Suicide Bereavement Support Group	702-735-5544
Survivors of Suicide Loss Support Group	702-807-8133

### OTHER

Alzheimer's Associaton	702-248-2770
Cleveland Clinic Caregiver Support and Programs	702-483-6000
Depression and Bipolar Support Alliance (DBSA)	702-750-5919
Dignity Health Womens Center (Support Groups)	702-616-4901
National Organization Parents of Murdered Children <a href="http://www.pomc.com">www.pomc.com</a>	513-721-5683
Give Me a Break (GAB) - Respite	702-219-0394

## IN THE SPOTLIGHT

### Safe Place

Safe Place provides access to immediate help and supportive resources for youth in need. Businesses that have the signs posted are designated safe places. In Clark County those might be libraries, fire stations, any Terrible Herbst convenience stores, or Regional Transportation Commission (RTC) buses.

If you cannot locate a Safe Place, you can call **1-866-U-ARE-SAFE (1-866-827-3723)** to get connected to help immediately.





# A MATTER OF WORDS

*“When words are both true and kind,  
they can change the world.” - BUDDHA*

Much of the stigmatization attached to mental health problems is due to the negative connotation in the words and language being used when dealing with this topic. In each MHS issue, we will highlight certain quotes and excerpts that show how, in a matter of words, it is possible to make a positive impact—and help make a difference.

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## THE TWO MOST POWERFUL WORDS WHEN WE'RE IN STRUGGLE: **ME TOO.**

BRENÉ BROWN

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