



# Mental Health Spectrum™

A resource for psychological wellness



**DEPRESSION 111:** *The Depression Realm*



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## A LETTER FROM THE MENTAL HEALTH SPECTRUM FOUNDER

Our second issue is here, and I can't believe all the work that it has taken to reach this milestone. There is so much information to share, so this will not be a long message. First, I do want to take this opportunity to thank the incredible women who have tirelessly been in the trenches with me to get *Mental Health Spectrum* off the ground, true talents in their respective fields: Anjum Khan (Chief Editor & Writer) and Storm Thornicroft (Creative Director).

May is Mental Health Awareness Month, and our goal is to continue building upon the foundation for this. We have received some very positive and encouraging feedback on our debut issue, which has contributed to the growth of the mental health professionals and outpatient listings in this second issue. Thank you to all!

The theme for this issue is depression. The scope of this topic is too broad to cover in one issue, so we will be addressing more on depression in a future issue. In this issue, we highlight the symptoms and types of depression. We are also debuting 'special features' through Q & A's and shared personal stories. Our first special report is on the less talked about depression, Postpartum, a.k.a. Perinatal or Maternal Depression. We thank Tawanda Evans-McIntosh, a Community Educator with Dignity Health St. Rose Dominican Hospitals in Las Vegas and volunteer Support Coordinator for Postpartum Support International (PSI), for her time on our first Q & A.

Depression is not only one of the most common mental health illnesses, touching many lives, it is also inescapably intertwined with so many aspects of our everyday. It is important to know that a person suffering from depression cannot just snap out of it. Encourage others or yourself to seek out a mental health professional if needed, as the sooner one addresses depression, the better the outcomes for all.

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

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## NOTE FROM: *The Editor*

As I look outside my window, I ponder the weather. It is deceptively nice and sunny, but there are also gusts of chilly wind, dragging debris of leaves, some of which end up piled outside the front door...which is quite frustrating because if I don't clean it up, it will end up inside my home.

And I am reminded of feelings. We all have feelings that come and go: happy feelings, sad feelings, bright feelings, dark feelings—and there's nothing wrong with this buffet. It's okay to start crying when watching a sad movie, to laugh alone at a joke, to be frustrated at a mistake, or to wake up feeling sad months after the loss of a loved one. Feelings are what makes us human, they give us the emotional connection we need with others to understand them, relate to them, and have good relationships with them.

It is only when feelings reach extremities in intensity or effect, when they start interfering with normalcy and become disruptive to you or those around you, when they start affecting your life in a negative way—that's when we need to get concerned about those moods and feelings. We need to first admit that something is wrong and then try to get help, otherwise such extreme feelings and moods can turn into serious health issues. Just like that debris piled outside the door, if you don't tackle it right away, it will not only create a mess outside, but also inside.

Such is mental health. There are usually signs of mental health issues. If left alone, they can be overwhelming, manifest into serious conditions, and impact quality of life. May is Mental Health Awareness Month: so take the time to pay attention to matters of the mind: nurture it, exercise it, take care of it...after all, your mind is your greatest asset.

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

## CONTENTS

- 1 **WHAT DEPRESSION LOOKS LIKE: SIGNS AND SYMPTOMS**
- 2 **HOTLINES**
- 3–4 **NOT JUST THE BLUES: THE MANY FACES OF DEPRESSION**
- 6–10 **STATE AND LOCAL NONPROFIT ORGANIZATIONS & COALITIONS**
- 11–12 **SPECIAL REPORT: POSTPARTUM DEPRESSION**
- 13–14 **NATIONAL ORGANIZATIONS**
- 15–16 **HOSPITAL LISTING**
- 17 **MENTAL HEALTH PROFESSIONAL DIRECTORY**
- 18 **IT'S ALL ABOUT SELF-CARE**
- 19–20 **PSYCH MEDS 101**
- 21 **DISPOSE MEDICATION SAFELY**
- 23–30 **OUTPATIENT LISTING**
- 31–32 **DEPRESSION AND...**
- 34 **LOCAL SHELTER & TRANSITIONAL HOUSING**
- 35–36 **DEPRESSION & CHRONIC ILLNESS**
- 37–38 **HELP LINES**
- 39–40 **SUPPORT GROUPS**
- Back Cover **A MATTER OF WORDS**

*The best way out  
is always through.*

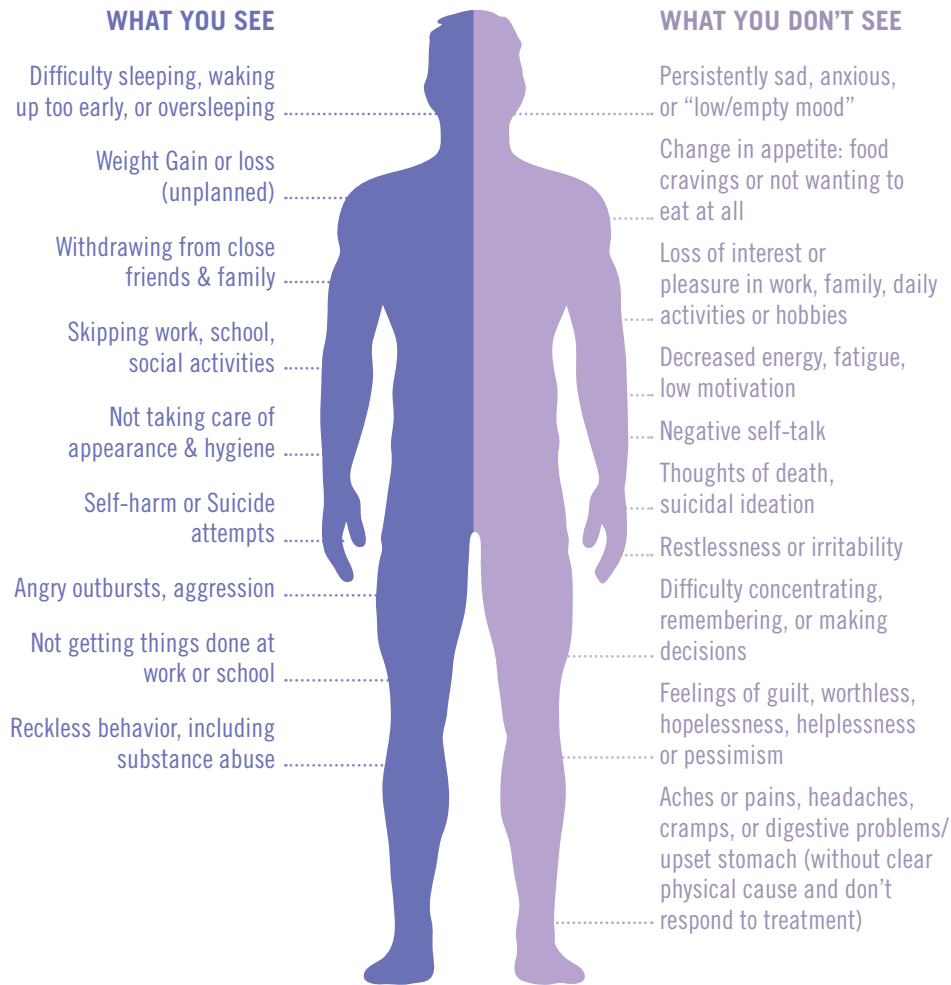
ROBERT FROST

## WHAT DEPRESSION LOOKS LIKE:

### Signs and Symptoms<sup>1</sup>

Depression does not look the same in everyone. Many people experience different symptoms, especially due to age and/or gender. The levels of severity, intensity, duration, and combination of symptoms also tend to differ in people.

Some general signs and symptoms of depression are illustrated below. A red flag is when someone has at least any five symptoms persisting daily for at least two weeks. Among these five, one symptom that must be present is either having a low/sad mood or losing interest in almost all activities.



**REFERENCE:**

1. National Institute of Mental Health (NIMH). "Depression". U.S. Department of Health and Human Services. NIH Publication No. 21-MH-8079. Revised 2021. <https://www.nimh.nih.gov/health/publications/depression/index.shtml#pub1>

## 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
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 <a href="https://www.safevoicenv.org">safevoicenv.org</a>	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
The Network La-Red (LGBT Domestic Partner Violence)	800-832-1901
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

# NOT JUST THE BLUES: THE MANY FACES OF DEPRESSION

BY JACQUI RAGIN, MS, MPH, PHD AND ANJUM KHAN, MA, PMP, PMI-ACP

*“Depression is a medical condition. We need to create a world where people are as comfortable seeking care for their minds as they are for their bodies”. - Adam Grant*

Depression is “one of the most common mental health conditions in the United States”<sup>1</sup>. According to the Centers for Disease Control and Prevention (CDC), approximately 1 in 5 adults in the US in 2019 had experienced any symptoms of depression in the past two weeks<sup>2</sup>. During the COVID-19 pandemic in early 2020, the prevalence of depression symptoms “increased 3-fold” in the US, and has “remained elevated since”<sup>3</sup>.

Depression is generally defined as a serious mood disorder that lasts at least two weeks and affects how you feel, think, behave, as well as interferes with daily normal functioning<sup>4,5</sup>. Depression may affect anyone, and can also impact physical health<sup>4</sup>. There is no one specific cause, rather several factors may contribute to depression. These factors may include, but are not limited to: trauma, genetics, chemistry, hormone levels, family history, life circumstances, brain changes, medical conditions, pain, stress, and drug and alcohol misuse<sup>1,5</sup>.

If you or someone you know has any such feelings or symptoms of depression persisting for at least two weeks, it is important to seek a possible diagnosis and get the appropriate help. If one is experiencing at least five of the depression symptoms each day for two weeks, that is a red flag<sup>4</sup>. Depression should be diagnosed by a mental health professional or primary care physician. Depression is treatable, although finding the right treatment may take time—so don’t give up. Treatment may consist of medication (e.g., antidepressants, mood stabilizers), therapies (e.g., cognitive behavioral therapy, behavior therapy), alternative approaches (e.g., light therapy, acupuncture), or any combination<sup>5</sup>. Share with your provider as much information about your symptoms as you can (if possible, write down your symptoms to ensure you have the best record for your provider—also include a list of any medical condition you may have already been diagnosed with, the medications you are or were taking, and if you have experienced any situation that may be a trigger).

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## THERE ARE SEVERAL TYPES OF DEPRESSION<sup>5,6</sup>

<p><b>MAJOR DEPRESSIVE DISORDER (MDD)</b> having symptoms of depression much of the day, almost every day for at least two weeks, and which significantly interfere with daily functioning such as the ability to work, sleep, study, eat, and enjoy life. May occur once in a person’s lifetime or more often.</p>	<p><b>DYSTHYMIC DISORDER OR PERSISTENT DEPRESSIVE DISORDER (PDD)</b> having symptoms of depression that last for two years or more. May have episodes of major depression along with periods of less severe symptoms (i.e., double depression).</p>	<p><b>POSTPARTUM DEPRESSION (PPD) OR PERINATAL DEPRESSION OR MATERNAL DEPRESSION</b> women experience major depression during or after delivery. Related to hormonal changes.</p>
<p><b>SEASONAL AFFECTIVE DISORDER (SAD)</b> depression that comes and goes with the seasons, usually starts in late fall/early winter and stops in spring/summer. Common during the months with less natural sunlight.</p>	<p><b>BIPOLAR DEPRESSION</b> experience an episode of mania (signs of mania may include: high energy, reduced sleep, irritability, racing thoughts and speech, grandiose thinking, increase self-esteem, unusual/risky/self-destructive behavior, feeling of elation/euphoria) and a depressive episode before or following the manic episode.</p>	<p><b>PREMENSTRUAL DYSPHORIC DISORDER (PMDD)</b> severe form of premenstrual syndrome (PMS). PMDD experience depression and sadness that gets in the way of day-to-day functions. Related to hormonal changes.</p>
		<p><b>ATYPICAL DEPRESSION</b> depression that temporarily goes away in response to positive events.</p>
		<p><b>PSYCHOTIC DEPRESSION</b> occurs when a person has severe depression and some form of psychosis (loss of touch with reality, involves hallucinations or delusions).</p>
<p><b>SITUATIONAL DEPRESSION   ADJUSTMENT DISORDER WITH DEPRESSED MOOD</b> brought on by specific events or situations such as: death of loved one; serious illness or other life-threatening event; divorce or child custody issue; being in emotionally or physically abusive relationship; being unemployed or facing financial hardship; or facing extensive legal troubles. It is normal to feel sad and anxious during these types of events, situational depression occurs when these feelings start to feel out of proportion with the triggering event and interfere with daily functioning.</p>		

Photo Credit: Alex Green from Pexels

## IN THE SPOTLIGHT

### *Project Hope and Beyond (PHB)*

Is a nonprofit run by Psych Central, the Internet's largest and oldest independent mental health social network. PHB is an online community for persons with unrelenting depression and anxiety, as well as their families and friends who want to better understand them. Its purpose is to offer support and hope to people whose conditions are lasting or difficult to treat, those who often fall through the cracks of today's healthcare system.

**Online:** [community.projecthopeandbeyond.com](http://community.projecthopeandbeyond.com)

Photo Credit: Helena Lopes from Pexels



## 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>



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## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### **Foundation for Recovery (FFR) (702-257-8199, [info@forrecovery.org](mailto: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://hendersonqualitycenter.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.  
<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-iv.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](mailto: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://nvsca.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 (702-582-7228)**

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 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>

### 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>

### 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>  
<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 (TINHIIH) 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.tinhihasvegas.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).

## IN THE SPOTLIGHT

### *The Mobile Crisis Response Team (MCRT)*

Supports youth and families of youth under the age of 18 showing signs of behavioral or mental health issues that pose a threat to the child's stability within the home, school or community, including but not limited to: anger; self-injury; school problems; suicidal or homicidal thoughts or behavior; extreme parent/child conflict; peer conflict such as bullying; seeing or hearing things; and depression/anxiety. MCRT responds over the phone or in person.

**Southern Nevada:** 702-486-7865 (24 hours)    **Rural Nevada:** 702-486-7865 (9AM to 6PM)

**Northern Nevada:** 775-688-1670 (M-F 8AM to 8PM + Weekends 8AM to 6PM)

**Online:** [www.knowcrisis.com](http://www.knowcrisis.com)

Photo Credit: Myicahel Tamburini from Pexels

# SPECIAL REPORT: POSTPARTUM DEPRESSION

Q & A WITH TAWANDA EVANS-MCINTOSH\* – PSI COORDINATOR

The birth of a child is universally anticipated as one of the most joyous events of a lifetime. However, each year tens of thousands of new parents suffer from post-partum depression. A recent study revealed that not only is depression a frequent complication of childbearing, with 1 in 5 women experiencing depression following childbirth, but it is also increasingly evident in new dads, with almost the same rates; especially if the partner is already experiencing depression also<sup>1</sup>.

Symptoms of postpartum depression may include mood and anxiety problems, feelings of anger, feeling disconnected from the baby, worrying you will hurt the baby, doubting your ability to care for the baby, and withdrawal from loved ones. Postpartum depression is treatable. The first step to seeking treatment is to speak with a health care provider.

**MENTAL HEALTH SPECTRUM (MHS):** *What does postpartum depression look like in our community? Who are you currently serving and not serving?*

**TAWANDA EVANS-MCINTOSH (TEM):** Here in Southern Nevada, just like elsewhere, postpartum depression, or Postpartum Mood and Anxiety Disorders (PMAD), tends to go unnoticed. It is often pushed under the rug as “You’ll be fine. You just have the baby blues.” Many times, that is simply not the case. In our community, we have had several severe cases that cause harm and death.

Due to the fact that this remains a silent illness, we find many mothers from all backgrounds going through this alone. We want to change that and find ways we can reach out to new parents from all backgrounds and be able to provide scholarships for those in at-risk communities and those unable to pay for treatment.

While PMAD is primarily focused on mothers, it is also a factor for fathers. Dads tend to be low in numbers when it comes to connecting and receiving resources for themselves. We hope to address that issue as well.

**MHS:** *What is the role of the PSI Coordinator? How does the PSI Coordinator work with families?*

**TEM:** A Postpartum Support International (PSI) Coordinator’s primary role is simple: - to serve as a resource to anyone in need, provide support and information. We connect parents in need with available resources in their area. PSI is the leading organization dedicated to supporting women who experience perinatal mood disorder. PSI is global, with more than 200 coordinators in U.S. and 40 countries. We are trained to offer resources, including support groups and referrals to mental health providers. PSI is designed to serve as a “bridge” to quickly help moms find the treatment and support they need to be well.

**MHS:** *If you could give one piece of advice to share with expectant mothers and fathers, what would that be?*

**TEM:** Recognize that postpartum depression is a common experience for parents in the first year of their new baby’s life. Know this and be prepared to seek help if needed. Think of us as an available resource at your fingertips, similar to an emergency number you would give to a babysitter. Just knowing where to turn will be in your best interest.

There’s help and PMAD is treatable. Some signs to look for are mood swings, lack of interest in things that previously interested you, panic attacks, and difficulty accepting motherhood.

PSI wants all new moms and dads to know, “You’re not alone. You are not to blame. With help, you will be better. You are the perfect parent for your child. And you matter. Be kind to each other and know you both are doing the best you can with the tools you have got.”

**MHS:** *How do you think the community could reduce the stigma of mothers and fathers experiencing postpartum depression in seeking help?*

**TEM:** We need to work together to educate our community to this potential health crisis and the fact there are resources available. We need to present clear messages about recovery, which will be essential for crisis prevention. We need to reach new parents and grandparents to watch for the signs at home, but we also need our healthcare providers to continue their work in addressing risk factors, symptoms, treatment options, and resources. Health care providers can greatly lower the risk of crisis by providing reliable information and resources.

I am happy to say that I have observed a recent positive trend in medical professionals and their ability to recognize and refer Moms and Dads dealing with PMAD to available resources in our community. However, we still lack professionals who specialize in PMAD or severe postpartum depression.

**MHS:** *Any other thoughts or comments you would like to share regarding the topic of postpartum depression.*

**TEM:** For more information on this topic and resources please connect via [www.postpartum.net](http://www.postpartum.net) or call 1-800-944-4PDD. For our Dignity Health PMAD program please call 702-616-4377. For those interested, both Dignity Health offers training for professionals through our PMAD program. PSI also offers training. Learn more by contacting us at those same numbers.

**\*Tawanda Evans-McIntosh has a bachelor’s in Social Work, Master’s in Education, and over 20 years’ experience in Family Development and Early Childhood Education.**

#### REFERENCE:

<sup>1</sup> Thiel, Freya et al. “The Relationship Between Paternal and Maternal Depression During the Perinatal Period: A Systematic Review and Meta-Analysis.” *Frontiers in Psychiatry* vol. 11 563287. 29 Oct. 2020, doi:10.3389/fpsy.2020.563287. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7658470/>

*Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.*

MOTHER TERESA



## NATIONAL ORGANIZATIONS

Active Minds	activeminds.org
Addiction Policy Forum	addictionpolicy.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
Black Mental Health Alliance	blackmentalhealth.com
Black Mental Wellness	blackmentalwellness.com
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
Center for Loss & Life Transition	centerforloss.com
Chadd (National Resource Center for ADHD)	chadd.org
Child Mind Institute	childmind.org
Children's Safety Network	childrensafetynetwork.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)	emdria.org
Faces and Voices of Recovery	facesandvoicesofrecovery.org
Families Against Narcotics	familiesagainstnarcotics.org
Families for Depression Awareness	familyaware.org
Hope Squad	hopesquad.com
How Right Now	howrightnow.org
International OCD Foundation	iocdf.org
International Society for Traumatic Stress Studies	istss.org
Mental Health America (MHA)	mhanational.org

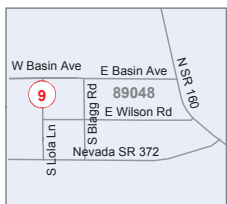
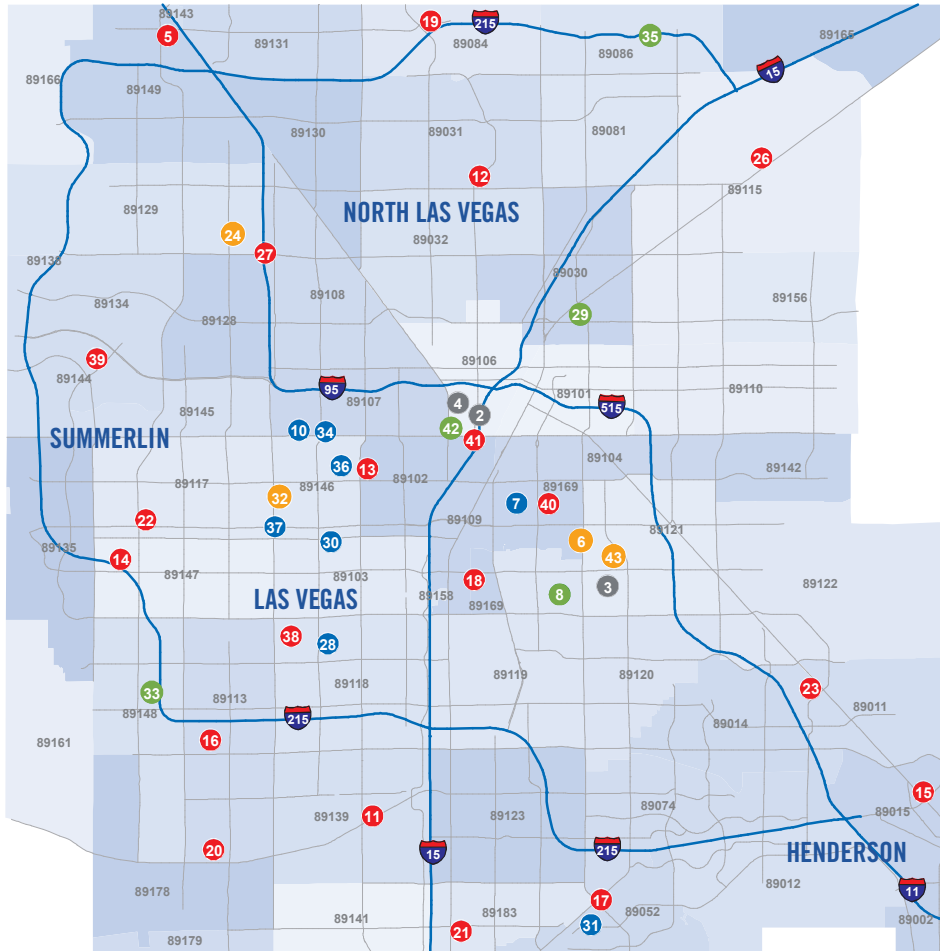
## NATIONAL ORGANIZATIONS

National Action Alliance for Suicide Prevention	theactionalliance.org
National Academy of Medicine, Clinician Resilience + Well-Being	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 School Psychologists	nasponline.org
National Association of Social Workers (NASW)	socialworkers.org
National Center on Domestic Violence, Trauma, Mental Health	nationalcenterdvtraumamh.org
National Center for PTSD	ptsd.va.gov
National Center for School Crisis and Bereavement	schoolcrisiscenter.org
National Coalition Against Domestic Violence (NCADV)	ncadv.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
National Latino Behavioral Health Association	nlbha.org
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 & Related Disorders Alliance of America	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 Sanctuary National Grief Support Network	thesanctuaryforgrief.org
The Steve Fund	stevefund.org
The Trevor Project	thetrevorproject.org
The TLC Foundation for Body-Focused Repetitive Behaviors	bfrb.org
Therapy for Black Girls	therapyforblackgirls.com
Thursday's Child (Children, Teen and Young Adults)	thursdayschild.org
United States Department of Veterans Affairs – Mental Health	mentalhealth.va.gov
World Federation for Mental Health (WFMH)	wfmh.global
World Health Organization (WHO)	who.int/westernpacific/health-topics/mental-health
Zero Suicide	zerosuicide.edc.org

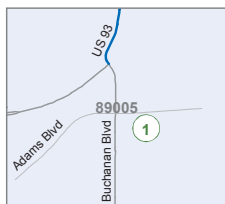
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



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, LV, 89106 702-474-6450

**3. Bridge Counseling Associates**  
4221 McLeod Drive, LV, 89121 702-474-6450

**4. Building Hope Nevada**  
FirstMed Health + Wellness  
400 Shadow Ln, Suite 106, LV, 89106 702-731-0909

**5. Centennial Hills Hospital**  
6900 N Durango Drive, NLV, 89149 702-835-9700

**6. Desert Hope Treatment Center**  
2465 E Twain Ave, LV, 89121 702-848-6223

**7. Desert Parkway Behavioral Healthcare Hospital**  
3247 S Maryland Parkway, LV, 89109 1-877-663-7976

**8. Desert Springs Hospital Medical Center Geropsychiatric Unit**  
2075 E Flamingo Rd, LV, 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, LV, 89146 702-486-8900

**11. Dignity Health St Rose, Blue Diamond**  
4855 Blue Diamond Rd, LV, 89139 702-216-7305

**12. Dignity Health St Rose, North LV**  
1550 W Craig Rd, NLV, 89032 702-777-3615

**13. Dignity Health St Rose, Sahara**  
4980 W Sahara Avenue, LV, 89102 702-216-7365

**14. Dignity Health St Rose, West Flamingo**  
9880 W Flamingo Rd., LV, 89147 702-216-7335

**15. Dignity Health St Rose, Rose de Lima**  
102 E Lake Mead Parkway, Henderson, 89015 702-564-2622

**16. Dignity Health St Rose, San Martin**  
8280 W Warm Springs Road, LV, 89113 702-616-4666

**17. Dignity Health St Rose, Siena**  
3001 St Rose Parkway, Henderson, 89052 702-616-5000

**18. Elite Medical Center**  
150 E Harmon Avenue, LV, 89109 702-546-0911

**19. ER at Aliante**  
7207 Aliante Pkwy., NLV, 89084 702-962-5100

**20. ER at Blue Diamond**  
9217 S Cimarron Rd, LV, 89178 702-776-4800

**\*21. ER at S LV Blvd**  
10770 S LV Blvd., LV, 89183 702-962-0800

**22. ER at The Lakes**  
3325 S Fort Apache Road, LV, 89117 702-962-0500

**23. Henderson Hospital**  
1050 W Galleria Drive, Henderson, 89011 702-963-7000

**24. Landmark Recovery**  
3371 N Buffalo Drive, LV, 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 LV Blvd., Nellis AFB, 89191 702-653-2273

**27. MountainView Hospital**  
3100 N Tenaya Way, LV, 89128 702-962-5000

**28. Nevada State Triage Center**  
5530 S Jones Blvd, LV, 89118 702-909-3440

**29. North Vista Hospital, Senior Behavioral Health**  
1409 E Lake Mead Blvd, NLV, 89030 702-649-7711

**30. Sana Behavioral Health Hospital**  
5975 W Twain Avenue, Suite B, LV, 89103 725-605-0310

**31. Seven Hills Behavioral Health Hospital**  
3021 W Horizon Ridge Pkwy., LV, 89052 866-598-6327

**32. Solutions Recovery, American Addiction Centers**  
2975 S Rainbow Blvd, LV, 89146 702-800-2682

**33. Southern Hills Hospital & Medical Center The Pavilion**  
9300 W Sunset Road, LV, 89148 702-916-5100

**34. Southern Nevada Adult Mental Health/Rawson Neal Hospital**  
6161 W Charleston Blvd, LV, 89146 702-486-6000

**35. Southern Nevada Veterans Medical Center**  
6900 N Pecos Rd., NLV, 89086 702-791-9000

**36. Spring Mountain Sahara**  
5460 W Sahara Avenue, LV, 89146 702-216-8900

**37. Spring Mountain Treatment Center**  
7000 W Spring Mountain Rd., LV, 89117 702-873-2400

**38. Spring Valley Hospital**  
5400 S Rainbow Blvd., LV, 89118 702-853-3000

**39. Summerlin Hospital Medical Center**  
657 N Town Center Drive, LV, 89144 702-233-7000

**40. Sunrise Hospital and Medical Center**  
3186 S Maryland Pkwy, LV, 89109 702-961-5000

**41. University Medical Center of Southern Nevada (UMC)**  
1800 W Charleston Blvd, LV, 89102 702-383-2000

**42. Valley Hospital Medical Center Behavioral Health Unit**  
620 Shadow Lane, LV, 89106 702-388-4000

**43. Vogue Recovery Center Nevada**  
4011 McLeod Drive, LV, 89121 866-458-5010

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

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.

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

**GRIEF SPECIALIST**

**Broussard, Cecelia (CGRS)**  
 702-980-8303  
 www.griefrecoverymethod.com/grms/cecilia-broussard  
 Location: 89032 (N,V)  
 Age Group: 18+  
 Specialties: Assisted Living, Faith Based  
 Payment: Cash, Sliding scale  
 Language: English

**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:**  
 COUNTRY

Example: Turn on the Lights – Wade Bowen

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

**SUGGESTED SHOW:**  
 DOCUMENTARY

Example: The National Parks

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



WATCHING

**SUGGESTED ACTION:**  
 JOURNALING

Practice daily writing, exploring thoughts and feelings surrounding the events of your life.

Consider participating in the Pandemic Journaling Project ([pandemic-journaling-project.chip.uconn.edu](http://pandemic-journaling-project.chip.uconn.edu)).



DOING

**SUGGESTED READING:**  
 SELF-HELP



Example: The Four Agreements: A Practical Guide to Personal Freedom – Miguel Ruiz

Free reading materials available at public libraries.

**READING**

# PSYCH MEDS 101

BY JACQUI RAGIN, MS, MPH, PHD

Psychiatric medications play a significant role in treating symptoms of certain mental disorders and conditions. These medications are sometimes referred to as psychotropic or psychotherapeutic medications, and fall under a classification. Medications may have multiple uses and may be used across classifications. Some medications work in a few hours, others take weeks or even months to become effective; many have side effects that may be of concern, especially if taken with other medications.

Psychiatric medications can only be prescribed by a qualified mental health professional such as a psychiatrist or psychiatric nurse practitioner. It is not advisable for an individual to start taking any medication without a qualified professional's care, or to stop taking his or her prescribed medication without talking to the prescribing professional, even if he or she is feeling better. Some examples of medications and classifications are provided below. Please note this is just for reference purposes. Individuals must always consult a qualified provider (such as a doctor or pharmacist) about any questions or concerns regarding prescribed or over the counter (OTC) medications.

## EXAMPLES<sup>1</sup>- GENERIC NAME (BRAND NAME IN COLOR)

### Anti-Anxiety or Anxiolytics

Medications can treat but are not limited to: Post-Traumatic Stress Disorder (PTSD), Anxiety Disorders, Obsessive Compulsive Disorders, Panic Attacks and Phobia. Several related symptoms include: anxiety out of proportion to the stressor, anxiety related to a specific object or situation, behavior that has to continually be repeated to satisfy the individual, anxiety related to a past event. These drugs tend to work rather quickly and may be habit-forming (addictive).

**EXAMPLES:** Clonazepam (**Klonopin**), Alprazolam (**Xanax**), Lorazepam (**Ativan**), Buspirone (**Buspar**), Chlordiazepoxide (**Librium**), Diazepam (**Valium**)

### Antidepressants

Medications can treat but are not limited to: Depressive Disorders, Bi-Polar (Manic-Depressive), and features including Catatonic, and Atypical. Several related symptoms include: sad mood, diminished interest, weight change, increase or decrease in sleep needed, loss of energy, problems concentrating, thoughts of death.

**EXAMPLES:** Citalopram (**Celexa**), Trazodone (**Desyrel**), Duloxetine (**Cymbalta**), Mirtazapine (**Remeron**), Sertraline (**Zoloft**), Fluoxetine (**Prozac**), Paroxetine (**Paxil**)

### Antimanic

Medications can treat but are not limited to: Bi-Polar Disorder, manic episodes. Several related symptoms include: unusually cheerful, irritable mood, inflated self-esteem, decreased need for sleep, talkative, flight of ideas, distractibility, and excessive involvement in pleasurable activities with high negative consequences.

**EXAMPLES:** Divalproex Sodium, Valproic Acid (**Depakote**), Lamotrigine (**Lamictal**), Carbamazepine (**Tegretol**), Topiramate (**Topamax**)

### Antipsychotics

Medications can treat psychotic conditions like schizophrenia. They help to restore the brain's chemical balance. Symptoms of conditions that affect the mind, in which there has been some loss of contact with reality, often include delusions or hallucinations.

**EXAMPLES:** Aripiprazole (**Abilify**), Ziprasidone (**Geodon**), Haloperidol (**Haldol**), Thiothixene (**Navane**), Risperidone (**Risperdal**), Quetiapine (**Seroquel**), Olanzapine (**Zyprexa**)

\*For more information on mental health medications visit the National Institute of Mental Health: [nimh.nih.gov](http://nimh.nih.gov)

#### REFERENCE:

1 National Institute of Mental Health (NIMH). "Mental Health Medications." U.S. Department of Health and Human Services. NIH publication no. 12-3929. 2012. <https://www.psyrehab.ca/files/documents/NIH%2012-3929.pdf>

## THE FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is responsible for protecting the public health by ensuring the safety, efficacy and security of drugs (medications), biological products, medical devices, the nation's food supply, cosmetics, and products that emit radiation. Information about medication is frequently updated.

Check FDA website ([fda.gov](http://fda.gov)) for the latest information or warnings, patient medication guides, or newly approved medications.

### FDA MEDWATCH

To report a serious problem with a serious adverse effect, product quality problem, product use error or product failure that you suspect is associated with the use of an FDA regulated drug.

**Call: 1-800-332-1088 or report Online:**  
[www.accessdata.fda.gov/scripts/medwatch](http://www.accessdata.fda.gov/scripts/medwatch)

### FDA BLACK BOX WARNING

A black box warning is a black box on the product packaging with text inside describing the serious side effect.

Medicines with black box warnings are still FDA approved, but their use required particular attention and caution regarding potentially dangerous or life-threatening side effects.

## DISPOSE MEDICATION SAFELY

- Turn in UNUSED or EXPIRED (OUTDATED) medication for safe disposal. Do NOT flush medication down the drain or toilet.
- Dispose in the lobbies of Metro Area Commands or other drop off locations (to find location near you go to [www.paininthedrain.com](http://www.paininthedrain.com)).
- Request a safe disposal bag from PACT Coalition at 702-582-7228 or CARE Coalition at 702-463-1415.
- If you are unable to drop off your medication, consider throwing them away by following these suggested steps from the FDA (<https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>):
  1. Remove the medication from their original containers and mix them with something undesirable such as used coffee grounds, dirt or cat litter.
  2. Put the mixture in something you can close (a re-sealable zipper storage bag, empty can, or other container) to prevent the drug from leaking or spilling out.
  3. Throw the container in the garbage.
  4. Scratch out all your personal information on the empty medicine packaging to protect identity and privacy. Throw the packaging away.

### Acceptable Items for Drop Off:

- Unneeded prescription drugs (in original containers with patient name marked out)
  - Pet medications

### Unacceptable Items:

- Aerosols
- Liquids
- Needles (dispose of at Trac-B on 6114 West Charleston or check [paininthedrain.com](http://paininthedrain.com) for nearest location)

**ALWAYS ENSURE ALL MEDICATIONS ARE SAFELY STORED AND OUT OF REACH OF CHILDREN, TEENS, PETS and OLDER ADULTS.**

For more information on medication safety contact PACT or CARE Coalitions.  
Poison Prevention Information: **1-800-222-1222**

### ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

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

# ELECTRONIC CESSATION REFERRALS



As a health care provider, you can give your patients the power to quit smoking and vaping with the help of **The Nevada Tobacco Quitline**. It's the only statewide phone-based and online resource to which health care providers can refer patients for tobacco cessation.

**Electronic, Fax or Web-based Cessation Referrals.**  
**It's FREE. It's easy. It works.**

Let us help you set up your office, clinic or hospital.  
**Contact us at [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org)**  
**or call 702-759-1270 for more information.**



[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  
GET MOVING, EAT BETTER, LIVE TOBACCO-FREE.

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# 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. **Below is the legend for the focus/specialty.**

## FOCUS / SPECIALTY

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

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 Psychiary <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.blsolutionsaba.org">www.blsolutionsaba.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	
Changing Minds Psychiatry <a href="http://changing-minds-psychiatry.business.site">changing-minds-psychiatry.business.site</a>	702-405-8088	89128	
Changing Minds Psychiatry, Henderson <a href="http://changing-minds-psychiatry.business.site">changing-minds-psychiatry.business.site</a>	702-405-8088	89074	
Clarity Wellness Center <a href="http://claritywclv.com">claritywclv.com</a>	702-348-9654	89121	Military, Minorities

# OUTPATIENT LISTING

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>cbc Autism.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, North	702-486-5610	89032	
DCFS-Neighborhood Care, South	702-486-6726	89015	
DCFS-Neighborhood Care, 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-Occuring Disorders
Elements of Motivation <i>elementslv.com</i>	702-331-4874	89117	

Empowerment Center of Southern Nevada <i>empowermentcenterof southernnevada.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	
Higher Ground Counseling Services <i>highergroundcounselingservicesllc.com</i>	702-525-8402	89117	
Human Behavior Institute (HBI) <i>hbnetwork.com</i>	702-248-8866	89146	Insurance Provider
ICAN Family Services by TrueCare <i>icanfamilyservices.com</i>	702-431-3626	89128	
Ignite Teen Treatment <i>igniteteentreatment.com</i>	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions <i>drsandragray.com</i>	702-900-2784	89146	
Insight Therapy Solutions <i>insightnvhealth.com</i>	702-685-0877	89120	
Integrated Psychiatric Solution <i>lvpsych.com</i>	888-320-2271	89146	
Jewish Family Services (JFS), Counseling and Adoption <i>jfsalv.org</i>	702-732-0304	89119	Anxiety, MOOD, Lifestyle Transitioning
Kayenta Therapy <i>kayentatherapy.com</i>	702-438-7800	89134	
Landmark Recovery <i>landmarkrecovery.com/locations/las- vegas</i>	725-217-9910	89129	SAT

# OUTPATIENT LISTING

Las Vegas Counseling Center <i>lasvegascounselingcenter.com</i>	702-466-3750	89117	
Las Vegas Grief and Loss Counseling Center <i>griefcounselinglv.com</i>	702-580-4912	89117	Grief
Las Vegas Indian Center <i>lvindiancenter.org</i>	702-647-5842	89106	SAT
Legacy Health and Wellness <i>legacyhealthlasvegas.com</i>	702-749-4951	89128	
Life Bridge Psychiatry <i>lifebridgekids.com</i>	702-765-4965	89134	Youth
LifeQuest <i>lifequestnv.com</i>	702-830-9740	89145	
Matters of the Mind <i>mmbehavior.org</i>	702-647-6433	89032	ABA, ADD, MFT, PSR, SAT, Testing
Matters of the Mind, Laughlin	702-647-6433	89029	
Mbrace Counseling and Behavioral Services <i>mbraceco.com</i>	702-749-6926	89146	
Midtown Psychiatry	702-854-5000	89102	
Mingo Health Solutions <i>mhsbehavioralservices.com</i>	702-848-1696	89120	
Mission Treatment Center <i>missiontreatment.com</i>	702-747-7075	89109	ADD, Methadone and Suboxone
Mojave Counseling	702-253-0818	89146	Children/Adolescents
Mojave Counseling <i>unlvmedicine.org/clinic/mojave-counseling</i>	702-968-4000	89014	Adults
Neubauer Mental Health Services <i>nmhslv.com</i>	702-806-5268	89108	
Nevada Behavioral Health Systems <i>nvbhs.com</i>	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Behavioral Solutions, Pahrump	775-727-6000	89060	
Nevada Behavioral Solutions <i>nevadabehavioralsolutions.com</i>	702-434-1200	89119	
Nevada Family Psychiatry <i>psychiatry.vegas</i>	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 <i>nevadamentalhealth.com</i>	702-440-8430	89106	

Nevada Mental Health Associates <i>nevadamha.com</i>	702-530-5344	89104	
Nevada Mercy and Care Inc <i>nevadamercyandcare.org</i>	702-444-0599	89119	Refugee
Nevada State Behavioral Health <i>nvstatebehavioralhealth.com</i>	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center <i>nevergiveupbhs.com</i>	702-951-9751	89146	
Nueva Vida Mental Health <i>nvms.com</i>	702-659-8827	89103	
Open Arms Counseling <i>openarmscounseling.org</i>	702-823-4300	89015	ADD, EMDR, MM
Our Little World Treatment Center <i>olwtreatment.com</i>	702-742-3093	89012	ASD
Overton Psychological Services <i>facebook.com/Overtonpsych</i>	702-563-1000	89074	
Pathways Therapy & Wellness Center <i>pathwaystherapynv.com</i>	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Pro-Health Therapeutic & Empowerment Services <i>phtes.com</i>	702-490-9009	89169	
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>reflectionstherapyvlv.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>sfstx.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



# OUTPATIENT LISTING

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



## PASTORAL COUNSELING AND LIFE COACHING

People get hurt, frustrated and discouraged for a number of reasons. Some people create their own troubles through wrong decisions and actions. Many people suffer at the hands of others or simply because of circumstances beyond their control. This is especially true for those who are facing tough times through no fault of their own. I would like to take you on a personal journey. A journey during which you're going to have to be brutally honest with yourself. No matter how difficult, hold onto hope, because there is healing in this journey that we will take together!

**My reflection:** "By understanding the process and path of brokenness, you begin to heal. If you can understand the why of your wounds, then the how of coming out of your pain will begin to make sense." Call me for a **FREE** consultation!

### Areas Of Practice:

Addiction, Alcohol Abuse, Anger Management, Anxiety, Behavioral Issues, Career Counseling, Coping Skills, Depression, Divorce, Domestic Abuse, Drug Abuse, Trauma – PTSD, Suicide Ideation

Certified Interfaith Counselor And Ordained Minister & Ordained Chaplain

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# DEPRESSION *and...*

## Children<sup>1</sup>

1. Depression is more difficult to recognize in children because they go through stages of childhood that also affect their behavior and thinking as they grow.
2. Depression is not just being moody, it affects a child's life in everything; especially social behavior, relationships, and academic performance.
3. Some particular signs are: being excessively clingy, sulky, or irritable; faking sickness to avoid school; having excessive fears or worries; often complaining about headaches or stomach aches; throwing tantrums or picking fights at home or at school; becoming very hyper, cannot sit quietly; losing interest in previously enjoyable daily activities.
4. Certain mental disorders can begin in childhood if signs are left untreated.

## Teens / Young Adults<sup>2,3</sup>

1. In teens, it is also difficult to distinguish between behavior and mood changes related to normal adolescent maturing stages and depression.
2. Fatigue, loss of appetite and interest in activities, and sleep problems (especially too much sleep) are more evident in this group than younger children. Some particular signs in teens are: risky behavior, substance abuse and promiscuity; being restless, irritable, or angry all the time; picking fights; having low self-esteem; self-harm; thoughts of suicide.
3. Older teens may develop increased appetite or eating disorders, and sleep excessively.
4. Young adults often have other disorders (e.g. Anxiety, panic disorder, social phobia, and substance use disorder)
5. Young adults are more likely to be pessimistic and negative about their life and future.

## Men<sup>3,4</sup>

1. Are less likely than women to recognize, talk about and seek treatment for depression.
2. Are more likely to see their doctor about physical symptoms than emotional symptoms.
3. Tend to hide emotions and sadness, instead, may appear to be angry, irritable or aggressive (making it difficult to determine if one is experiencing depression)
4. Are more likely than women to feel tired, have difficulty sleeping, and show physical symptoms also (e.g. Digestive problems, headaches and tight chest or fast heart rate).
5. Tend to behave in extremes: withdraw socially and become isolated; become violent/controlling; engage in very high-risk activities.
6. Are at higher risk of suicide: more likely than women to attempt suicide using lethal methods, thus more likely to die by suicide.

## Women<sup>5,6,7</sup>

1. Depression is not part of being a woman, it is not normal.
2. Are almost twice as likely as men to have symptoms of depression.
3. Certain experiences increase risk for depression in women (e.g. divorce, widowhood, low social support, difficulty getting pregnant, being a teen mom, pregnancy and delivery complications).
4. Postpartum depression is more serious than baby blues, lasting months or years after giving birth, it affects a mother's ability to bond with and care for her baby.

## Older Adults / Seniors / Geriatric<sup>8</sup>

1. Aging involves a lot of life changes, but depression is not normally part of this.
2. Seniors may not always show sadness as a symptom, so depression can sometimes be undiagnosed or misdiagnosed.
3. Grief after the loss of a loved one is a normal reaction, however grief that lasts a very long time or is unusually severe following a loss may require treatment.
4. Other medical conditions or pain are more likely to trigger or worsen depression.
5. Pseudodementia (problems with thinking and memory) may also be evident in severe cases of geriatric depression.
6. Chronic medical conditions or disability increase risk for depression in seniors.

## Opportunities

1. Healthcare providers should routinely ask women about symptoms of depression during prenatal and postpartum visits.
2. Primary care physicians should look beyond physical symptoms and open dialog with men about their emotions.
3. Primary care physicians should consider a monitoring system along with a licensed mental health provider for those with chronic health conditions.
4. Pediatricians and primary care physicians should routinely ask children and teens about symptoms of depression during office visits and wellness checkups.
5. School counselors may benefit with more training on how to identify signs of depression in children and how to work with parents.

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- 5 Office on Women's Health. "Depression". U.S. Department of Health and Human Services. May 14, 2019. <https://www.womenshealth.gov/mental-health/mental-health-conditions/depression>
- 6 Centers for Disease Control and Prevention (CDC). "Depression Among Women." May 14, 2020. <https://www.cdc.gov/reproductivehealth/depression/>
- 7 CDC. "Identifying Maternal Health." May 14, 2020. <https://www.cdc.gov/reproductivehealth/vital-signs/identifying-maternal-depression/index.html>
- 8 NIMH. "Older Adults and Depression." U.S. Department of Health and Human Services. NIH Publication No. 19-MH-8080 (N.D.). <https://www.nimh.nih.gov/health/publications/older-adults-and-depression/index.shtml#pub1>

## IN THE SPOTLIGHT

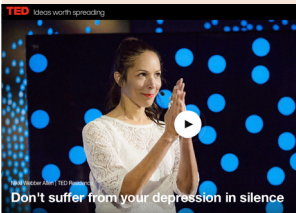


### *Brother, You're On My Mind*

Is a partnership between NIMHD and the Omega Psi Phi Fraternity, Inc. The initiative is intended to raise awareness of the mental health challenges associated with depression and stress that affect African American men and their families.

**Online:** [nimhd.nih.gov/programs/edu-training/byomm](http://nimhd.nih.gov/programs/edu-training/byomm)

Photo Credit: Brooke Cagle from Unsplash



### **TED TALK: NIKKI WEBBER ALLEN "DON'T SUFFER FROM YOUR DEPRESSION IN SILENCE"**

Having feelings isn't a sign of weakness – they mean we're human, says producer and activist Nikki Webber Allen. Even after being diagnosed with anxiety and depression, Webber Allen felt too ashamed to tell anybody, keeping her condition a secret until a family tragedy revealed how others close to her were also suffering. In this important talk about mental health, she speaks openly about her struggle – and why communities of color must undo the stigma that misreads depression as a weakness and keeps sufferers from getting help.

REFERENCE:  
[https://www.ted.com/talks/nikki\\_webber\\_allen\\_don\\_t\\_suffer\\_from\\_your\\_depression\\_in\\_silence?language=en](https://www.ted.com/talks/nikki_webber_allen_don_t_suffer_from_your_depression_in_silence?language=en)

## LOCAL SHELTER AND TRANSITIONAL HOUSING

Please contact the agency for more information

### FAMILIES

#### **FAMILY PROMISE**

**702-638-8806**  
1410 S Maryland Parkway, LV 89104  
Provides short term transitional shelter, bridge housing, case management and essential needs to displaced families.  
[familypromiselv.com](http://familypromiselv.com)

#### **SAFE FAMILIES FOR CHILDREN, OLIVE CREST**

**702-960-1436**  
4285 North Rancho Drive, Suite 160, LV 89130  
Parents with children ages birth to 18 experiencing a temporary crisis, can arrange for their children to stay with host family while focusing on resolving crisis situations and work to bring stability back to their home. Alternative to the state welfare system.  
[lasvegas.safe-families.org](http://lasvegas.safe-families.org)

#### **S.A.F.E. HOUSE**

**702-564-3227**  
Emergency shelter for those seeking refuge from interpersonal violence/domestic violence. Services are available for singles, individuals from the LGBTQIA2+ community, women, men and their children.  
[safehousenv.org](http://safehousenv.org)

### MEN

#### **CATHOLIC CHARITIES SHELTER FOR MEN**

**702-387-2282**  
1511 Las Vegas Blvd North, Las Vegas 89101  
Provides year-round emergency night shelter for adult homeless men from 3:00pm to 7:00am daily.  
[catholiccharities.com](http://catholiccharities.com)

#### **LAS VEGAS RESCUE MISSION**

**702-382-1766 • 480 W Bonanza Rd., LV 89106**  
Single men and fathers with children. Shelter intake is located off D Street.  
[vegasrescue.org/emergencysHELTER](http://vegasrescue.org/emergencysHELTER)

#### **SALVATION ARMY**

**702-701-5347 • 35 W Owens, NLV 89030**  
Day resource center and emergency lodging.  
[salvationarmyusa.org](http://salvationarmyusa.org)

### WOMEN

#### **DESTINY HOUSE (HOOKERS FOR JESUS)**

**702-623-0958 | Hotline: 702-883-5155**  
A nine to twenty-four month, no charge, transitional estate for sex trafficking victims and commercially exploited women.  
[hookersforjesus.net](http://hookersforjesus.net)

#### **REFUGE FOR WOMEN**

National faith-based organization providing a residential healing and recovery program for survivors of trafficking and sexual exploitation. Non-emergency housing must apply online.  
[rfwlasvegas.org](http://rfwlasvegas.org)

#### **SAFENEST**

**702-877-0133 | Hotline: 702-646-4981**  
Confidential domestic violence shelter. Provides legal services, safe housing and long-term counseling.  
[safenest.org](http://safenest.org)

#### **SHELTER OF HOPE (LV RESCUE MISSION)**

**702-382-1766**  
Single women and mothers with children. Shelter intake is located off D Street.  
[vegasrescue.org/emergencysHELTER](http://vegasrescue.org/emergencysHELTER)

#### **THE SHADE TREE FOR WOMEN**

**702-385-0072 | Hotline: 1-855-385-0072**  
Provides safe shelter to homeless and abused women & children in crisis.  
[theshadetree.org](http://theshadetree.org)

### YOUTH

#### **NEVADA PARTNERSHIP FOR HOMELESS YOUTH**

**702-383-1332 • 4981 Shirley Street, LV 89119**  
Serves young persons, ages 12-20 with nowhere to sleep, unstable housing situations, couch surfing with friends or feeling unsafe. Offers emergency shelter, drop in center and independent living.  
[nphy.org](http://nphy.org)

#### **SHANNON WEST HOMELESS YOUTH CENTER**

**702-526-4990 • 1650 E Flamingo Rd., LV 89119**  
Provides services for homeless and at-risk youth, onsite emergency shelter. Certified to provide residential substance abuse treatment and Level I outpatient substance abuse and co-occurring treatment.  
[helpsonv.org/programs-youth.php](http://helpsonv.org/programs-youth.php)

#### **ST JUDE'S RANCH (SJRC)**

**702-294-7100 • 200 Wilson Cir., Boulder City 89005**  
Provides transitional housing and services for homeless 18-24 year olds.  
[stjudesranch.org](http://stjudesranch.org)

# DEPRESSION AND CHRONIC ILLNESS

BY ANJUM KHAN, MA, PMP, PMI-ACP

*“Once you choose hope, anything is possible.” — Christopher Reeve*

Depression and chronic illnesses are not only very common, but they are also interrelated and the leading causes of disability worldwide<sup>1,2</sup>. The Centers for Disease Control and Prevention (CDC) defines chronic diseases as “conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living [ADL] or both.”<sup>1</sup> According to the CDC, about 60 percent of Americans suffer from at least one chronic condition, while 40 percent suffer from two or more<sup>1</sup>. In the US, the leading cause of death and disability are heart disease, cancer, and diabetes<sup>1</sup>. Some other common chronic illnesses are: Alzheimer’s, stroke, arthritis, asthma, lupus, kidney disease, and mood disorders (e.g. bipolar and depression)<sup>1,3</sup>. Most such chronic illnesses have no cure and are debilitating, taking a toll both physically and mentally, and often triggering depression. In fact, depression is high risk for people with chronic illnesses, making it both a common complication of chronic illness and a trigger to exacerbate the illness<sup>3,4</sup>.

Being diagnosed with a chronic health condition that has no cure (and especially if it is potentially fatal), often brings on a hurricane of emotions as you try to cope with your new reality. It feels like the essence of what was once you is stripped away. Feelings of grief, fear, sadness, anxiety, confusion, loss of interest in doing things or appetite, sleep troubles, and even embarrassment, are normal on hearing such news<sup>4,5,6</sup>. But as life continues with this new chronic partner and new limits, these feelings can increase in intensity and duration—kindling depression. Yet, it may be difficult to diagnose because symptoms of other medical issues may mask those of depression<sup>2,6</sup>. Whatever the changes may be—regular trips to the hospital, medications several times a day, maybe even other combinations of treatment and therapy—they all also involve a complete adjustment to lifestyle, diet and exercise habits. But more impactful is the actual physical symptoms that your body goes through. Oftentimes, the physical changes in the body (e.g. chronic pain and fatigue) affect one’s ability to engage in ADLs, and even necessitate help from others<sup>4,5</sup>. Many side effects of these treatments and medications also impact you (e.g. hair loss, nausea, vomiting, diarrhea, feeling foggy, dizziness, weight gain or loss). This can be too much to cope with, affecting mental health, which in turn, affects the condition even more. It is an intricate cycle that needs careful monitoring and management in order to achieve some quality of life<sup>6</sup>.

## REFERENCES:

- 1 CDC. “About Chronic Diseases.” National Center for Chronic Disease Prevention and Health Promotion. March 30, 2021. <https://www.cdc.gov/chronicdisease/about/index.htm>
- 2 World Health Organization (WHO). “Depression.” 30 January 2020. <https://www.who.int/en/news-room/fact-sheets/detail/depression>
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- 4 NIMH. “Chronic Illness and Mental Health: Recognizing and Treating Depression.” U.S. Department of Health and Human Services. NIH Publication No. 21-MH-8015. Revised 2021. <https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health/index.shtml>
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- 6 WebMD. “Dealing with chronic illnesses and depression.” Reviewed by Jennifer Casarella. September 27, 2020. <https://www.webmd.com/depression/guide/chronic-illnesses-depression>

## SOME TIPS TO HELP IMPROVE QUALITY OF LIFE:

*Remember, there is a correlation; so reducing the burden of depression may ease the burden of the chronic illness, and vice versa. The following tips<sup>3,4,5,6</sup> may help:*

1. **Talk to your health care provider.** Share all your symptoms and be open to making changes, including changing doctors if you need to, or trying alternative medicine.
2. **Ask for help.** There is no shame in admitting you need help. Reach out to family and friends if you can, or a support group. They won’t understand what’s wrong with you if you don’t explain.
3. **Accept your new limits.** Set schedules with priorities – do what you can, when you can.
4. **Follow treatments.** You can still have a quality life with careful management.
5. **Do research.** Empower yourself with knowledge about your illness and how to manage it. It’s your body, your mind, your life—and there is help and hope.

## SPECIAL FEATURE: SHARING EXPERIENCES

### Living with lupus and struggles with depression (Ann’s story).

I was diagnosed with lupus in my mid-twenties, and my life has since been a roller coaster of ups and downs. I was 6 months married and just pregnant. I still vividly recall my doctor telling me that I now had a high-risk pregnancy, and that either my baby or myself, or both, could die during childbirth. I struggled with a sense of fear and hopelessness throughout my pregnancy, and months after delivery. The doctors said never get pregnant again, that it was a miracle both my baby and I survived. By now, I was struggling physically and mentally. I could also feel my husband withdrawing as he couldn’t handle the changes to our life. I could no longer work or do things the way I used to (and as a couple) because it took all my energy just taking care of our little one. I could barely take care of myself. I had to literally plan my day by the hour in order to get things done.

In the years that followed, my struggles continued. I was never able to work full-time again, and my marriage fell apart. I started counselling to save my marriage, but I was diagnosed with depression instead. Due to lupus, I wasn’t able to take certain medications. I tried meditative exercises, which helped a little. Living with lupus is having constant pain, stiffness, and fatigue. Each flare randomly adds on other symptoms: painful rashes, mouth ulcers, hair loss, headaches, anemia, difficulty breathing, sensitivity to sun, breaking out into hives, developing blood clots, dental issues, getting fibromyalgia and Raynaud’s; the side effects of medications, like weight gain, feeling foggy, nausea, diarrhea, make things worse.

After 10 years, I got divorced—and relapsed with depression. Let’s just say I was a mess. My saving grace through all this was my child. I learned to focus on him, I put him first, and let everything else fall as they may. I slowly learned to reprioritize and adjust so that I could raise my child with some normalcy. I also learned to put aside my pride and ask for help whenever I was unable to cope. For 25 years now, I continue to struggle to manage my lupus. But I have learned to stave off depression. The key is to find something to focus on, be willing to change, believe you deserve a quality life, and have hope.

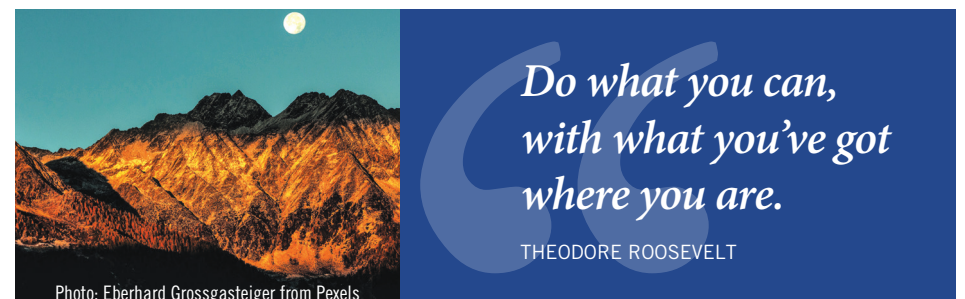
## HELPLINES

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 ( <a href="http://al-anon.org">al-anon.org</a> )	1-800-344-2666
Alcohol and Drug Treatment Referral (Spencer Recovery)	800-454-8966
Alcoholics Anonymous (AA) ( <a href="http://aa.org">aa.org</a> )	702-598-1888
Alzheimer's Association Helpline	1-800-272-3900
American Chronic Pain Association (ACPA)	1-800-533-3231
American Addiction Centers Resource ( <a href="http://centers.org">centers.org</a> )	1-866-892-4547
Cocaine Anonymous ( <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a> )	702-941-0950
Codependents Anonymous ( <a href="http://coda.org">coda.org</a> )	602-277-7991
Crystal Meth Anonymous ( <a href="http://crystalmeth.org">crystalmeth.org</a> )	855-638-4373
Debtors Anonymous ( <a href="http://debtorsanonymous.org">debtorsanonymous.org</a> )	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 ( <a href="http://gasn.info">gasn.info</a> )	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 ( <a href="http://marijuan-anonymous.org">marijuan-anonymous.org</a> )	1-800-766-6779
National Alliance on Mental Illness (NAMI) Helpline	1-800-950-6264
National Allience on Mental Illness (NAMI) Warmline	775-241-4212
Narcotics Anonymous ( <a href="http://na.org">na.org</a> )	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 ( <a href="http://nicotine-anonymous.org">nicotine-anonymous.org</a> )	415-908-6702
Nevada Health Connection	1-800-450-9530, TEXT 839863
Office on Women's Health (Resource line)	1-800-994-9662

## HELPLINES

Overeaters Anonymous ( <a href="http://oa.org">oa.org</a> )	505-891-2664
Partnership to End Addiction (Parents concerned about child's substance use)	Text CONNECT to 55753
Physican Support Line (Psychiatrists supporting physicans 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 ( <a href="http://selfinjury.com">selfinjury.com</a> )	1-800-366-8288
Sex Addicts Anonymous ( <a href="http://saa-recovery.org">saa-recovery.org</a> )	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 ( <a href="http://siawso.org">siawso.org</a> )	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.



*Do what you can,  
with what you've got  
where you are.*

THEODORE ROOSEVELT

Photo: Eberhard Grossgasteiger from Pexels

## 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.

### ADDICTION

Al-Anon for Families/Alateen ( <i>al-anon.org</i> )	702-615-9494
Alcoholics Anonymous (AA) ( <i>aa.org</i> )	702-598-1888
Cocaine Anonymous (CA) ( <i>snvca.org</i> or <i>ca.org</i> )	702-941-0950
Compulsive Eaters Anonymous (CEA) ( <i>ceahow.org</i> )	702-389-9077
Crystal Meth Anonymous (CMA) ( <i>crystalmeth.org</i> )	855-638-4373
Gambler's Anonymous (Gam-Anon) ( <i>gasn.info</i> )	702-529-0202
Heroin Anonymous ( <i>heroinanonymous.org</i> )	702-324-7383
Marijuana Anonymous ( <i>marijuana-anonymous.org</i> )	1-800-766-6779
Narcotics Anonymous (NA) ( <i>na.org</i> )	702-369-3362
Overeaters Anonymous (OA) ( <i>oa.org</i> )	702-593-2945
Sex Addictions Anonymous ( <i>saa-recovery.org</i> )	1-800-477-8191
SMART Recovery ( <i>smartrecovery.org</i> ) Thursdays 6:30pm - 7:30pm	smartrecovery.zoom.us/j/2229029094
Sex and Love Addicts Anonymous (S.L.A.A.) ( <i>slaafws.org</i> )	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) ( <i>concernsofpolicesurvivors.org</i> )	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	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 ( <i>pomc.com</i> )	513-721-5683
Give Me a Break (GAB) - Respite	702-219-0394

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).

## IN THE SPOTLIGHT

### *The National Institute of Mental Health (NIMH)*

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH offers brochures and fact sheets on mental health disorders and related topics for patients and their families, health professionals, and the public. Printed materials can be ordered free of charge. Brochures and fact sheets are also offered in digital formats and are available in English and Spanish. Order by:

**Phone:** 1-866-615-6464 or TTY: 1-866-415-8051 **Email:** [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

**Online:** [nimh.nih.gov/health/publications/index.shtml](http://nimh.nih.gov/health/publications/index.shtml)

Photo Credit: Helena Lopes from Pexels





# A MATTER OF WORDS

*“The smallest act of kindness is worth more than  
the greatest intention.” - KHALIL GIBRAN*

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 CHALLENGE IS NOT TO BE PERFECT  
–IT IS TO BE WHOLE.

JANE FONDA

.....

Photo Credit: Pixabay from Pexels

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