

FREE

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POST-TRAUMATIC STRESS DISORDER (PTSD):
Civilians – Veterans

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NOTE FROM: *The Editor*

Our focus this issue is on PTSD. Much thanks to our guest contributors.

For a long time, PTSD was thought of as something that was only caused by war experiences—because as the name suggests, PTSD is a result of trauma. Only in recent decades was it acknowledged that PTSD is not limited to veterans, but could also develop in civilians. Because from natural disasters to accidents and violent assaults, trauma could happen to anyone, at any age.

An earthquake or wildfire destroying homes— affecting entire communities.

A family driving home after a school game is in a car accident.

A female student is assaulted within the college boundaries.

A home invasion where a family is attacked and left injured.

A family under toxic stress due to domestic violence.

A person isolated for months due to COVID.

A person beaten up in a subway.

A child bullied in school.

We've all heard of such incidents and many more indescribable ones. They are real and do happen. And they all are traumatic. The trauma from such experiences can be very difficult to recover from because they take away one's sense of safety, control, and in some cases, self-worth. Because trauma isn't just a physical blow, it is an emotional, psychological and spiritual blow also. Indeed, many people do not recover normally—the impact so profound as to literally cause mental health problems such as depression, PTSD, and even changes in the brain or personality for some. In fact, the impact can be life-long for many survivors.

Life today with COVID is full of stress for everyone. The burden of understanding mental health issues is increasing. Understanding that trauma can lead to PTSD is an important part in helping people reach out for treatment to start their healing journey. Life with PTSD is like a streaming movie that keeps pausing because it needs buffering—it needs a good strong bandwidth of support and help to process recovery more smoothly. It is our hope that this issue will help in that journey and in reducing the stigma attached to PTSD. Everyone deserves a quality life.

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

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A MATTER OF WORDS

PTSD: Know the Symptoms

Typically, symptoms of PTSD appear within 3 months of the traumatic incident, but can also come and go for many years or emerge later.^{1,2} To meet the diagnostic criteria for PTSD, symptoms (below) must: last more than 1 month, interfere with parts of daily life, and not be related to medication, substance use, or other illness.^{1,2} Many signs and symptoms are similar for veterans and civilians; however, they are some differences for children and adolescents. In adults (civilians and veterans), the following 4 categories of symptoms must be evident at the same time^{1,2}:

CATEGORY OF SYMPTOM ^{1,2}	TYPE OF SYMPTOM ^{1,2}
1. At least one re-experiencing symptom (usually triggered by thoughts and feelings; or reminders caused by words, objects, senses, or situations)	<ul style="list-style-type: none"> Flashbacks—reliving the traumatic event, including physical symptoms such as a racing heart or sweating Nightmares—reoccurring memories or dreams about the event Distressing thoughts Physical signs of stress
2. At least one avoidance symptom (that causes people to change routine)	<ul style="list-style-type: none"> Avoiding places, events, or objects that are reminders of what happened (e.g., avoid driving a car if involved in a military convoy bombing or serious civilian car accident; avoiding movies with extreme violence if involved in military combat or experience civilian life-threatening crime) Avoiding situations, thoughts or feelings related to the traumatic event (e.g., keeping excessively busy or not seeking help; or not going out at night anymore)
3. At least two arousal and reactivity symptoms (often present, causing feelings of stress, anger and hyper vigilance)	<ul style="list-style-type: none"> Easily startled Feeling tense, on guard/alert, or “on edge” Difficulty concentrating Difficulty falling asleep or staying asleep Feeling irritable and having angry or aggressive outbursts Engaging in unhealthy, risky, reckless, or destructive behaviors
4. At least two cognition and mood symptoms (which can begin or worsen after the traumatic event)	<ul style="list-style-type: none"> Trouble remembering or talking about certain parts of the traumatic event Negative thoughts about oneself or the world (e.g., feeling numb or unable to feel positive or caring or trusting towards others; think the world is too dangerous) Distorted thoughts about the event, leading to feelings of blame or negative emotions (e.g., fear, anger, guilt, or shame) Loss of interest in previous hobbies or activities Feelings of social isolation or detachment from friends and family Difficulty feeling positive emotions (e.g., happiness or satisfaction)

CHILDREN AND ADOLESCENTS ARE LIKELY TO EXPERIENCE THE FOLLOWING SYMPTOMS^{1,2}:

AGES 6 AND UNDER	Become over-clingy with parent or get upset if parent leaves; have trouble sleeping; forget how/ unable to talk; act out the trauma in their play; or start bed-wetting.
AGES 7–11	May also act out the trauma through play, drawings, or stories; have nightmares; become more irritable or aggressive; avoid school; have trouble with friends or difficulty with schoolwork.
AGES 12–18 (similar to adults)	Depression, anxiety, fear, guilt, shame, withdrawal, or reckless behaviors like substance abuse or running away. Teens are more likely than younger children or adults to show impulsive and aggressive behaviors, or even thoughts of revenge.

It is important to note that symptoms may not be exactly the same for everyone, and a person may not experience all of the types of symptoms per category.

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HOTLINES (24/7)

EMERGENCIES	911
American Pregnancy Association	1-800-672-2296
Boys Town National Hotline yourlifeyourvoice.org	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
Combat Trauma	877-717-7873
COPLINE (Officer's Lifeline)	800-267-5463
Crisis Support Services of Nevada	1-800-273-8255
Crisis Text Line (Text TALK or CARE to)	741741 (TALK) or 839863 (CARE)
Disaster Distress Helpline	1-800-985-5990
DOD Safe Helpline (Department of Defense)	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
Fire/EMS (First Responders) nvfc.org/help	1-888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Info & Referral Hotline	1-888-373-7888
Military Helpline	888-457-4838
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
Runaway Hotline	1-800-786-2929
SafeVoice safevoicenv.org	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
Signs of Hope (Formerly Rape Crisis Center)	702-366-1640
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

AN OVERVIEW OF POST-TRAUMATIC STRESS DISORDER (PTSD)

BY ANJUM KHAN, MA, PMP, PMI-ACP

In today's world, stress is part of daily life. Ironically, the more advancements we make to "improve" our lives, the more stressed we get. The human brain is inherently conditioned to have—in split seconds—a fight or flight response to any perceived or imminent stress or threat. Stress reactions such as feeling fearful during or after any stressful or threatening situation are common and normal.^{1,2} It is also normal for such stress reactions to result in physical, psychological, and behavioral responses, e.g., headaches or changes in sleeping habits.² However, if the resulting symptoms do not subside naturally, then a person may be diagnosed with PTSD.^{1,2,3}

What is PTSD?

PTSD is a mental health problem that can develop after personally experiencing or witnessing a traumatic event.^{1,2,3} Going through a shock and recovery period after experiencing trauma is usual; for some people, however, recovery is a struggle. Stress reactions tend to persist, or thoughts and feelings about the event linger—causing significant long-term problems (some form of physical, psychological, and/or social health impairment) that impact a person's ability to function normally and have a quality life.^{2,3,4}

What are Traumatic Events and Trauma?

According to the Centers for Disease Control and Prevention (CDC), "An event ...that causes ... severe stress reactions, is called a traumatic event...[and is] marked by a sense of horror, helplessness, serious injury, or the threat of serious injury or death."² A traumatic event (or situation) affects anyone who has been directly or indirectly involved: victims/survivors, rescue workers, witnesses, friends and family. Indirect exposure may be through hearing specific details about someone close who was directly affected, or even just watching a gruesome movie.

Traumatic events or situations cause trauma. The Substance Abuse and Mental Health Services Administration (SAMHSA) defines trauma as a result of "...an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being."⁵ Trauma is not limited to combat/war experiences; both veterans and civilians can experience trauma. There are two main types of trauma: (1) naturally caused trauma, e.g., earthquakes, epidemics, wildfires, illness, etc.; and (2) human-caused trauma, e.g., warfare, assault, terrorism, home invasion, bullying, accidents, etc.⁵

Who develops PTSD?

Regardless of age, gender, or classification (veteran or civilian), anyone—but not everyone—who has experienced or witnessed a traumatic event may develop PTSD.^{1,2,3} Although symptoms may vary in individuals, some common ones are nightmares, flashbacks, being on edge, feeling shame or guilt, and avoiding anything that may remind you of the trauma.^{1,2,3} In general, these symptoms do not go away in a normal manner and time frame. Some symptoms may be more severe in intensity or last for more than a month, and disrupt normal life functioning. Children who have experienced a traumatic event, including adverse childhood experiences (ACEs), may show some different signs, e.g., being restless, attention difficulties, and poor grades;⁶ (for more on: symptoms and diagnostic criteria, see page 1; and ACEs, see page 26).

The risk factor for developing PTSD is often dependent on age, gender, any previous trauma, and type of trauma. The risk is much higher if the trauma is life-threatening, early in life, unexpected, violent, and long-lasting.^{1,2,3} Some examples include, rape, combat, bullying, terrorist attack, domestic violence, and physical abuse.^{1,2,4} Other existing life stressors or toxic stress, lack of family/social support, and repeated media coverage are also risk factors.^{2,3,5} Men are more likely to experience traumatic events in their lifetime (e.g., combat and physical assault); however, women are at least twice more likely to develop PTSD due to the nature of trauma (e.g., rape, sexual assault, and domestic violence).^{1,4,6} Domestic violence, in particular, has a significantly higher influence on the development of PTSD (in both children and spouse) due to the duration and intensity of the violence, as well as the (repeated) perceived threat and trauma.⁴

SOME FACTS AND FIGURES ABOUT PTSD IN THE US^{1,4,5,6}

70% of adults experience at least one traumatic event in their lifetime.	49% of rape victims develop PTSD.
20% of people who experience a traumatic event develop PTSD.	Depression, suicidal thoughts, anxiety or substance use may often co-occur with PTSD.
3.6% (about 8 million adults) suffer from PTSD in a given year.	People with PTSD are up to 5 times more likely to have a depressive disorder, increasing the risk for suicide.
1 in 13 people develop PTSD at some point in their life.	Children are more vulnerable than adults as very stressful events affect how they think and feel.
PTSD is 2 times more common in women than men.	Childhood abuse gives highest risk for developing PTSD as an adult for both women and men.
About 36% of people with PTSD have serious impairments affecting normal life.	

Treatments and Protective Factors

Treatment for PTSD exists through psychotherapy, medications, or a combination of both (for more on treatment options, see page 12). Support from family and friends also plays an important (protective) role in recovery. Early and successful recovery from PTSD is possible if one: (1) seeks treatment immediately, (2) engages in stress-reducing activities such as exercise and meditation, (3) maintains routine for daily activities such as meals and sleep, (4) seeks social support from friends, family, and community, (5) avoids using alcohol or drugs, and (6) learns more about PTSD.^{1,2,3,4,5,6}

While there is increasing research evidence that the above methods work in aiding full recovery,^{1,3,4} it is important to remember that although PTSD is common, not everyone has the same symptoms or causes; therefore, treatment plans do vary for people. Always seek the help of a mental health professional who specializes or has had experience in treating PTSD. Making a list of all your symptoms and concerns to discuss with your doctor also helps a great deal in reaching the correct diagnosis and treatment plan. Recovery is possible.

"Trauma creates change you don't choose. Healing creates change you do choose."—Michele Rosenthal

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2. CDC. *Coping with a Traumatic Event*. From <https://www.cdc.gov/masstrauma/factsheets/public/coping.pdf>
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5. "Behind the Term: Trauma." NREPP SAMHSA's National Registry of Evidence-based Programs and Practices. 2016. ref. no. 283–12–3702 from https://calswec.berkeley.edu/sites/default/files/4-3_behind_the_term_trauma.pdf
6. U.S. Department of Veteran Affairs. *PTSD in Children and Teens*. National Center for PTSD. March 2022. From https://www.ptsd.va.gov/understand/what/teens_ptsd.asp



If you are going through hell, keep going.

WINSTON CHURCHILL

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STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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

Active Minds – University of Las Vegas Chapter
Raises awareness, promotes positive mental health, educates peers, and encourages students to reach out for help.
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.
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.
afsp.org/chapter/nevada

Autism Coalition of Nevada (775-329-2268)
Unites all affected by Autism, advocacy organizations, political affiliates/legislators, and service providers across the country.
aconv.org

Avery Burton Foundation (702-558-9202)
Serves as an educational and community development public charity. Initiated from a challenge faced in many communities of having loved ones who may be silently suffering with issues that are too great for them to handle on their own which in some cases lead to unfortunate outcomes.
averyburtonfoundation.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.
carecoalitionnv.org
Meetings: 2nd Tuesday monthly

Center for Autism Spectrum Disorders (CASD)
Conducts community-focused research and educational training on individuals with autism spectrum disorders (ASD), their families, and community services providers.
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.
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.
cccmhc.org

Crisis Support Services of Nevada (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.
cssnv.org

Depression Bipolar Support Alliance (DBSA) Southern Nevada (702-750-5919)
Independent affiliate of the National DBSA devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.
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.
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.
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.
featsonv.org

Foundation for Recovery (FFR) (702-257-8199)
A peer-led, grassroots statewide Recovery Community Organization (RCO). Dedicated to providing peer recovery support services, advocacy, education and training.
forrecovery.org

Harm Reduction Center/Trac B Exchange (702-840-6693, tracbexchange@gmail.com)
Focused on ensuring the health of everyone in Southern Nevada. Trac-B Exchange is the storefront site committed to providing on-site consulting to the community for infectious disease prevention and harm reduction surrounding syringe use and disposal.
harmreductioncenterlv.com

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.
lvhsc.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.
hendersonequalitycenter.org

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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. hookersforjesus.net

Hope Means Nevada

Raises awareness around mental health and teen suicide. Provides access to mental health resources and a community of hope. hopemeansnevada.org

Jean Nidetch Care Center (702-895-4475)

Aims to end various forms of power-based personal violence, serving members of the UNLV, NSC, and CSN communities impacted by sexual violence, relationship violence, family violence, and/or stalking. unlv.edu/carecenter

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

A leadership-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. 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. 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. namisouthernnevada.org

National Association of Social Workers (NASW) Nevada Chapter

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

Nevada Action Coalition (702-522-7034)

Serves as the driving force for transforming health care through nursing in Nevada. nvactioncoalition.org

Nevada Caregivers Coalition

A statewide group dedicated to supporting and recognizing the efforts of caregivers. nvcaregiverscoalition.com

Nevada Care Connection

Partners with community organizations to provide one on one assistance to older adults, people with disabilities, caregivers and families. *Jewish Family Services Agency* serves southeast Clark county (Henderson, Boulder City, and Laughlin). *Nevada Senior Services* serves the greater Clark county region (Las Vegas, North Las Vegas, and Mesquite). nevadaadrc.com

Nevada Coalition to END Domestic and Sexual Violence (NCEDSV)

A statewide voice advocating for the prevention and elimination of violence. 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. dcfs.nv.gov/Programs/CWS/CSEC/CSEC

Nevada Coalition for Suicide Prevention (NCSPP)

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. nvsuicideprevention.org
Meetings: 3rd Friday monthly

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

Information and referral agency whose efforts are focused on addressing the impact of problem gambling. 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. nevadacouncil.org

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. 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. ndalc.org

Nevada Division of Public and Behavioral Health (DPBH) Office of Suicide Prevention (702-486-8225)

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. suicideprevention.nv.gov

Nevada Hospital Association (775-827-0184)

Advocates for Nevada's hospitals, health systems, communities and patients before legislative and regulatory bodies. 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. 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. 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. 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. nphaonline.org

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. 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. healthiernv.org

Nevada Statewide Maternal and Child Health Coalition

Provides leadership in partnership with public and private organizations to improve the physical and mental health, safety and well-being of the maternal and child population in Nevada including children with special healthcare needs. nmchc.org

Nevada Tobacco Prevention Coalition

Improves the health of all Nevadans by reducing the burden of tobacco use and nicotine addiction. tobaccofreenv.org

New Zeal (702-366-0558)

Live in Christian homes for men and women with drug related problems. newzeal-iv.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. drugfreelasvegas.org
Meetings: 3rd Wednesday monthly at 11:30am

Prevent Child Abuse Nevada (702-895-1040)

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

reQ therapy bbq for mental health

Provides education on mental health to the community, Service Members, Veterans and Families (SMVF). Works with local and national agencies to provide accurate mental health resources. Brings the community together through BBQ events. reqtherapybbq.com

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

Advocates peace and healing for youth survivors of violence, sexual exploitation, and trafficking, through the development of specialized programs, trauma-informed care and unconditional support. 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. ritetrainings.org

S.H.E.R.O Foundation

Provides resources needed to support, sustain and empower young girls and women under the age of 25 who have been abused, abandoned, and exploited. Brings other agencies with similar missions together. sherofoundation.org

Signs of Hope (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. sohlv.org

Solutions of Change (702-848-1696)

Provides free counseling/therapy and crisis intervention services to youth ages up to 18 and their families. Individual, family and group sessions for those who have experienced trauma or other mental health challenges. solutionsofchange.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.

STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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.

[facebook.com/SoNVHarmReductionAlliance](https://www.facebook.com/SoNVHarmReductionAlliance)

Southern Nevada Health District (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.

[gethealthyclarkcounty.org](https://www.gethealthyclarkcounty.org)

Southern Nevada Opioid Advisory Council

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 or Katarina Pulver at pulver@snhd.org.

Meetings: Once every quarter

State of Nevada Association of Addiction Professionals (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.

[naadac.org/nevada](https://www.naadac.org/nevada) and [snaap.net](https://www.snaap.net)

Meetings: First Friday monthly

The Cupcake Girls (702-879-8195, info@thecupcakegirls.org)

Provides confidential support to those involved in the sex industry, as well as those affected by domestic sex trafficking through resources, advocacy, and aftercare.

[thecupcakegirls.org](https://www.thecupcakegirls.org)

The Harbor (@Charleston (89146): 702-486-5331; @Flamingo (89119): 702-455-7912; @Henderson: 702-455-0112; @MLK (89032): 702-455-7914; @Mojave (89101): 702-455-6912)

Provides a safe place for the Clark County community by providing services to youth and families to address their immediate needs.

[theharborlv.com](https://www.theharborlv.com)

The LGBTQ Center of Southern Nevada

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.

[thecenterlv.org](https://www.thecenterlv.org)

The Phoenix

Is an innovative nonprofit organization that helps people recover from substance use disorder and heal by leveraging the intrinsic transformative power of social connection and activity.

[thephoenix.org](https://www.thephoenix.org)

The Pride Tree

Creates safe environments where LGBTQ+ youth and allies can explore their own identity. All people have the freedom to be whoever they want and to express their own identity openly and without fear.

[thepridetreelv.com](https://www.thepridetreelv.com)

There is No Hero in Heroin Foundation (TINHIIH)

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.

[tinhiihlasvegas.info](https://www.tinhiihlasvegas.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.

[vegasstrongrc.org](https://www.vegasstrongrc.org)

Vegas Stronger (702-234-1356)

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.

[vegasstronger.org](https://www.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.

[westcare.com](https://www.westcare.com)

Young: Equal (contact@youngequal.org)

Creates environments (through creative arts, recreation & social media) that promote self-acceptance, community, and love for the LGBTQ+ community.

[youngequal.org](https://www.youngequal.org)

Youth MOVE Nevada (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.

[facebook.com/youthmovenv](https://www.facebook.com/youthmovenv)

If we have incorrect or missing information, please contact us via email at publisher@mhrmedia.com or via our website at www.mentalhealthspectrum.com.

Maybe you are searching among the branches for what only appears in the roots. RUMI



**Find Help. Find Hope.
You are not alone.**



NAMI Southern Nevada is a mental health nonprofit with a network of over 600 affiliates across the nation. As a peer-led organization, our programs are led by families and individuals with lived experience at no cost to the community.

We offer:

- 6-8 Week education classes
- Weekly support groups
- Mental health presentations



For more information, visit
www.NAMISouthernNevada.org
HelpLine 702-890-9729



New Innovative Peer Support App

24/7 Peer Support
Live Peer Support Groups
Wellness Master Classes
Connection To Local Resources



www.ReachInNow.com

THE ART OF OVERCOMING PTSD: BUILDING RESILIENCY VIA MUSIC THERAPY

BY JUDITH PINKERTON*, LPMT, MT-BC FOUNDER/CEO, MUSIC 4 LIFE, INC.

The art of resiliency is symbolized in the Chinese proverb: "The bamboo that bends is stronger than the oak that resists." Even though the bamboo's tensile strength resembles steel, and its toughness is similar to oak, bamboo is highly elastic and desired in earthquake-prone areas. Focused on full life support, Asians build houses with bamboo, believing it encourages living with consistent, flexible endurance.¹ When dealing with the strong emotions of trauma and PTSD, there is a certain rigidity (resembling the toughness of oak) that interferes with the art of flexibility, aka emotional fluidity (as desired in bamboo's elasticity). Practicing emotional fluidity strengthens resiliency by allowing appropriate full-strength, healthy expression of the broad continuum of emotion; not becoming intensely stuck or repressing any emotion.

Among the many coping techniques taught, active and receptive music therapy approaches (including psychoeducation) can support the development of emotional fluidity. When practiced regularly it can improve resiliency. Coping strategies can be paired within music therapy interventions to facilitate cathartic experiences utilizing:²

- **Deep breathing to calm physiology.**
- **Progressive muscle relaxation modified to release physical and emotional tension.**
- **Mindfulness training to improve in-the-moment focus.**
- **Mood sequence meditation to create a cathartic experience.**

In-person music therapy sessions are always preferred, and the recent escalation of telehealth services have established another ideal access. However, the problem is that only 9,600 music therapists are available to work in the USA, with just 23% focused on mental health.³ This access problem has created demand for music-therapy-informed strategies scaled through DIY [do-it-yourself] digitized formats to support emotional fluidity and build resiliency with long-term benefit for civilians and veterans challenged with PTSD.

In an effort to respond to this demand, I am one of the creators of digitized music therapy-informed strategies. In my earlier research, I reported that "during my work as a music therapist, I recognized certain mood inflexibilities that manifested as emotion dysregulation in more than 11,000 clients over a period of seven years. This results in their poor ability to cope with unsettled moods including anger, anxiety, depression and sadness, thereby disrupting positive mental health."⁴ Through a specific music therapy technique that modulates moods, I noted the effects of one mood sequence meditation formulated with mood music representing 11 genres, otherwise known as a Music Medicine Pill™,⁵ for 603 clients (many of whom experienced trauma or PTSD). Ninety-four percent reported improvements in a survey of 12 habits related to emotional intelligence, with 91% yielding positive mood changes.⁶

The following two examples provide testimonials towards the healing benefits of music therapy:

1. Client Madison considers his customized Music Medicine Pill essential to his addiction treatment for PTSD.⁷ Prior to treatment, he only listened to metal music to justify his feelings of rage after witnessing his best friend's suicide. "Music therapy finally helped me deal with the emotional triggers of that trauma breaking me down daily. I opened up to different kinds of music, beyond metal, to feel different emotions," shares Madison. "It helped me get in tune with feeling sad and happy, and not just rage, with key ways to feel it, accept it, and not deny it or push it down or get violent towards myself. Because of music therapy I can think about Chandler now with the emotional trigger gone, no longer sparking the rage about half my world being ripped away from me. Three years later, I still use a variety of music for sobriety and healing my PTSD."
2. A female Army veteran experienced PTSD from childhood trauma and active shooter incidents, reporting feelings of frustration, depression, anxiety, anger, and stress which accentuated extreme imbalance and led to extreme social phobias. During her initial assessment, the veteran reported taking Propranolol, an anti-anxiety medication. After completing the listening regimen required for her customized mood sequence meditation, she reported that her doctors were pleased with her progress and discontinued her anxiety medication. Another astonishing effect: her social phobias significantly reduced after the first week, with her attendance at a job fair speaking with possible employers without hesitation and even agreed to be interviewed on television – all because music therapy instilled fun, reduced getting sweaty or hot with no fear of people touching her. She reported having greater ability to "put things into perspective."⁸

Music therapy can help build resiliency and diminish PTSD with specific interventions that process past memories, eliminate flashback and nightmares, regain motivation and optimism, and transform anxiety into confidence. It is a valid option to consider including in PTSD coping treatment strategies.

For more information about the unique music therapy mood sequence meditation, visit [THEmusic4Life.com](https://www.themusic4life.com) and [PowerUpYourLife/ResilienceBuilding](https://www.PowerUpYourLife.com/ResilienceBuilding).

*Judith Pinkerton is a clinician and internship director, author, TEDx speaker, and recording artist. She is the first to receive state-issued music therapy licenses in the US. She developed the Music4Life® wellness system of Music Medicine training programs and products that teach and support this medical protocol through telemedicine, continuing education courses, podcast subscriptions, and digital product downloads benefiting anyone concerned about mental health. (visit [judithpinkerton.com](https://www.judithpinkerton.com))

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2. Dougherty, V. et al. "Music therapy with military service members and veterans." *American Music Therapy Association*. 2021. From https://www.musictherapy.org/assets/1/7/FactSheet_Music_Therapy_with_Military_Service_Members_and_Veterans_2021.pdf
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8. Wellman, R., & Pinkerton, J. "The development of a music therapy protocol: A Music 4 Life® case report of a veteran with PTSD." *Music and Medicine Journal*. 2015; VII(3): 24-39. doi.org/10.47513/mmd.v7i3.408

TYPES OF PTSD TREATMENTS* (by MHS staff writers)

Below are some known and emerging treatments. Always seek a mental health professional with experience in treating PTSD to help find an appropriate plan based on diagnosed symptoms, cause (e.g., on-going trauma), and co-occurring conditions (e.g., substance use).^{1,2,3}

TRAUMA-FOCUSED PSYCHOTHERAPY (*directly targets memories, thoughts or feelings about the traumatic event*)^{1,2,3}

Strong Evidence-Based

- **Cognitive Behavioral Therapy (CBT):** focuses on changing the patterns of behaviors, thoughts and feelings that lead to difficulties in functioning (also a good option for children).
- **Cognitive Processing Therapy (CPT):** focuses on building skills that help you to understand the trauma, and to modify and challenge disturbing/disruptive beliefs and thoughts about the trauma.
- **Prolonged Exposure (PE):** focuses on building resistance to avoidance by gradually approaching trauma-related memories, feelings and situations through repetitive talking or doing activities related to the trauma, or visiting the place; thus, gaining control over thoughts and feelings.

Others

- **Eye Movement Desensitization & Reprocessing (EMDR):** focuses on stimulating eye movements to help the brain work through the traumatic memories while talking about them.
- **Cognitive Therapy (CT):** focuses on modifying memories of the trauma that induce disturbing behavioral and/or thought patterns that interfere in daily life.
- **Brief Eclectic Psychotherapy (BEP):** focuses on changing emotions of shame and guilt; stresses patient-therapist relationship by combining CBT with a psychodynamic approach.

NON-TRAUMA FOCUSED TREATMENT (*reduce symptoms without directly targeting trauma-related thoughts, memories and feelings*)³

- **Present-Centered Therapy (PCT):** teaches problem-solving strategies that focus on current life issues and improving relationships.
- **Stress Inoculation Training (SIT):** teaches coping skills to build confidence to manage trauma related fear and anxiety (by exposing to milder stress).

PHARMACOTHERAPY / MEDICATION (*restores balance of naturally occurring brain chemicals using antidepressants*)^{1,2}

- **Serotonin Reuptake Inhibitors (SSRIs):** currently only Paxil & Zoloft are FDA approved for PTSD treatment.
- **Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs):** Effexor

EMERGING TREATMENTS (*still in experimental stages*)⁴

- **MDMA-Assisted Therapy:** combination of "talk therapy" (as primary) + MDMA medication (administered a few times)
- **Repeated Ketamine Infusions:** may help inhibit development of PTSD or lead to rapid reduction in symptoms (effective for limited-time).
- **Theta Burst Stimulation:** a new type of Transcranial Magnetic Stimulation that showed improvement in depressive disorders in some veterans with PTSD.
- **Meditation-Based Interventions:** various meditations that have been valuable to add onto more established PTSD treatments (similar to non-trauma focused).

*Sources: developed from (1) U.S. Department of Veterans Affairs at https://www.ptsd.va.gov/understand_tx/basics.aspx; (2) American Psychological Association (APA) at <https://www.apa.org/ptsd-guideline/treatments>; (3) Willison, S. K. at <https://www.anxiety.org/trauma-focused-treatments-for-post-traumatic-stress-disorder-ptsd>; & (4) Jain, Shaili at <https://www.psychologytoday.com/us/blog/the-aftermath-trauma/202107/the-latest-in-ptsd-treatment>

NATIONAL ORGANIZATIONS

AAKOMA Project	aakomaproject.org
Academy for Eating Disorders	aedweb.org
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 Academy of Experts in Traumatic Stress	aaets.org
American Association of Suicidology (AAS)	suicidology.org
American Autism Association	myautism.org
American Foundation for Suicide Prevention (AFSP)	afsp.org
Anxiety and Depression Association of America (ADAA)	adaa.org
Association for Behavioral and Cognitive Therapies	abct.org
Association for Death Education and Counseling	adec.org
Black Mental Health Alliance	blackmentalhealth.com
Black Mental Wellness	blackmentalwellness.com
Bring Change to Mind	bringchange2mind.org
Born This Way Foundation	bornthisway.foundation
Centers for Disease Control and Prevention (CDC)	cdc.gov/Mentalhealth/Index.htm
Center for Loss & Life Transition	centerforloss.com
Center for the Study of Traumatic Stress	cstsonline.org
CHADD (National Resource Center for ADHD)	chadd.org
Child Mind Institute	childmind.org
Child Trauma Academy	childtrauma.org
Community Anti-Drug Coalitions of America (CADCA)	cadca.org
Depression and Bipolar Support Alliance (DBSA)	dbsalliance.org
Dougy Center	dougy.org
Eye Movement Desensitization & Reprocessing (EMDR)	emdria.org
Families Against Narcotics	familiesagainstnarcotics.org
John Heintzelman	johneintzelman.com
Heal Grief	healgrief.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
Mental Illness Research, Education, Clinical Center (MIRECC)	mirecc.va.gov
National Action Alliance for Suicide Prevention	theactionalliance.org
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 ORGANIZATIONS

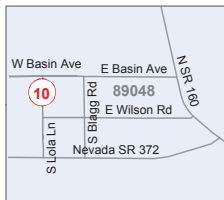
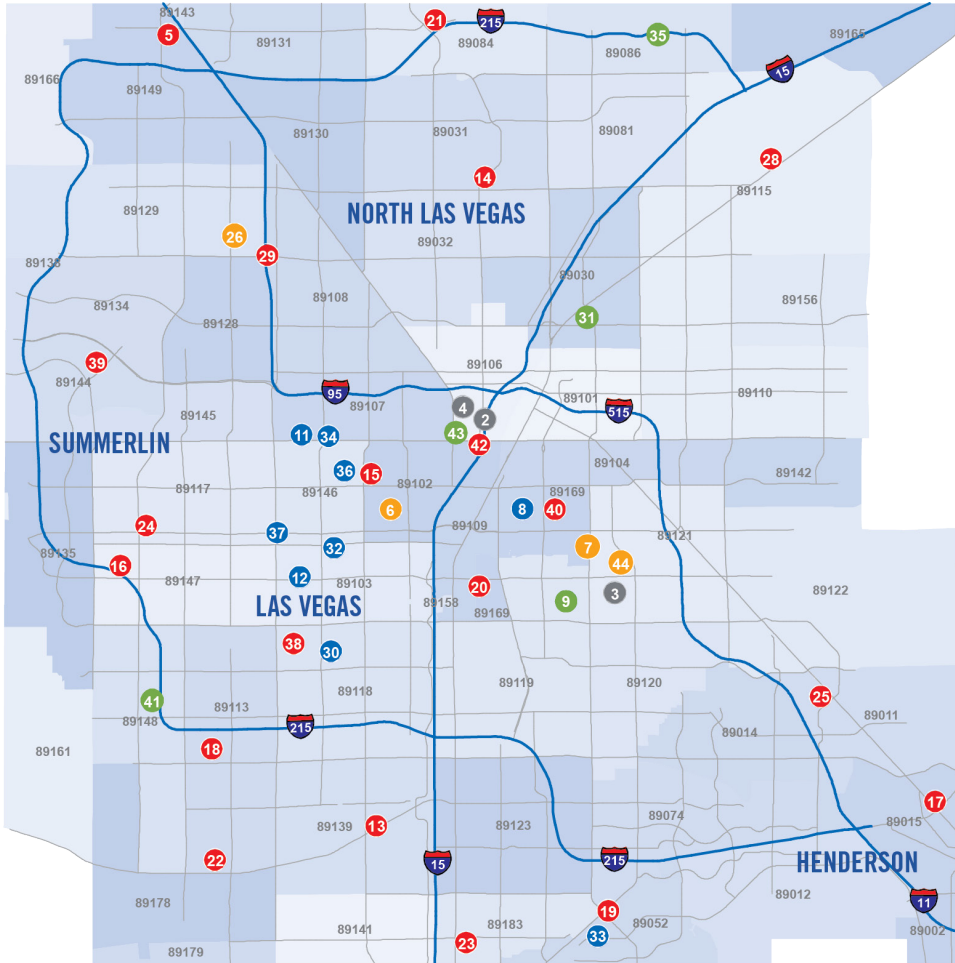
National Association of School Psychologists	nasponline.org
National Association of Social Workers (NASW)	socialworkers.org
National Center for PTSD	ptsd.va.gov
National Center for School Crisis and Bereavement	schoolcrisiscenter.org
National Center for School Mental Health	schoolmentalhealth.org
National Center on Domestic Violence, Trauma & Mental Health	nationalcenterdvtraumamh.org
National Coalition Against Domestic Violence (NCADV)	ncadv.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
PTSD Alliance	ptsdalliance.org
PTSD Foundation of America	ptsdusa.org
R.E.A.C.H.	reach.gov
Sidran Institute: Traumatic Stress Education and Advocacy	sidran.org
S.A.F.E Alternatives (Self Abuse Finally Ends)	selfinjury.com
Schizophrenia & Related Disorders Alliance of America	sardaa.org
Shared Hope International	sharedhope.org
Substance Abuse and Mental Health Services Administration	samhsa.gov
Suicide Awareness Voices of Education	save.org
Suicide Prevention Resource Center	sprc.org
The Jason Foundation	jasonfoundation.com
The Jed Foundation	jedfoundation.org
The Mental Health Coalition	thementalhealthcoalition.org
The National Child Traumatic Stress Network	nctsn.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
Therapy for Black Girls	therapyforblackgirls.com
World Federation for Mental Health (WFMH)	wfmh.global
Wounded Warrior Project	woundedwarriorproject.org
United States Department of Veterans Affairs – Mental Health	mentalhealth.va.gov
Youth.Gov	youth.gov
Zero Suicide	zerosuicide.edc.org

HOSPITAL LISTING

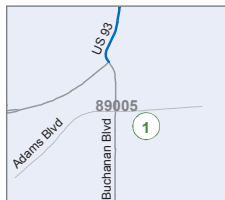
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

- Boulder City Hospital, Geriatric Behavioral Medicine Center** 901 Adams Blvd., Boulder City, 89005 **702-293-4111**
- Bridge Counseling Associates** 1640 Alta Drive, Suite 4, LV, 89106 **702-474-6450**
- Bridge Counseling Associates** 4221 McLeod Drive, LV, 89121 **702-474-6450**
- Building Hope Nevada** FirstMed Health + Wellness 400 Shadow Ln., Suite 106, LV, 89106 **702-731-0909**
- Centennial Hills Hospital** 6900 N Durango Drive, NLV, 89149 **702-835-9700**
- Crossroads of Southern Nevada** 2121 W Charleston Blvd., LV, 89102 **702-382-7746**
- Desert Hope Treatment Center** 2465 E Twain Ave, LV, 89121 **702-848-6223**
- Desert Parkway Behavioral Healthcare Hospital** 3247 S Maryland Parkway, LV, 89109 **1-877-663-7976**
- Desert Springs Hospital Geropsychiatric Unit** 2075 E Flamingo Rd, LV, 89119 **702-894-5508**
- Desert View Hospital** 360 S Lola Lane, Pahrump, 89048 **775-751-7500**
- Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 **702-486-8900**
- Desert Winds Hospital** 5900 W Rochelle Ave, LV, 89103 **702-522-7922**
- Dignity Health St Rose, Blue Diamond** 4855 Blue Diamond Rd, LV, 89139 **702-216-7305**
- Dignity Health St Rose, North LV** 1550 W Craig Rd, NLV, 89032 **702-777-3615**
- Dignity Health St Rose, Sahara** 4980 W Sahara Avenue, LV, 89102 **702-216-7365**
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Road, LV, 89147 **702-216-7335**
- Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Parkway, Henderson, 89015 **702-564-2622**
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Road, LV, 89113 **702-616-4666**
- Dignity Health St Rose, Siena** 3001 St Rose Parkway, Henderson, 89052 **702-616-5000**
- Elite Medical Center** 150 E Harmon Avenue, LV, 89109 **702-546-0911**
- ER at Aliante** 7207 Aliante Pkwy., NLV, 89084 **702-962-5100**
- ER at Blue Diamond** 9217 S Cimarron Rd, LV, 89178 **702-776-4800**
- ER at S LV Blvd.** 10770 S LV Blvd., LV, 89183 **702-962-0800**
- ER at The Lakes** 3325 S Fort Apache Road, LV, 89117 **702-962-0500**
- Henderson Hospital** 1050 W Galleria Drive, Henderson, 89011 **702-963-7000**
- Landmark Recovery** 3371 N Buffalo Drive, LV, 89129 **1-844-332-2076**
- Mesa View Regional Hospital** 1299 Bertha Howe Avenue, Mesquite, 89027 **702-346-8040**
- Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd., Nellis AFB, 89191 **702-653-2273**
- MountainView Hospital** 3100 N Tenaya Way, LV, 89128 **702-962-5000**
- Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 **702-909-3440**
- North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 **702-649-7711**
- Sana Behavioral Health Hospital** 5975 W Twain Ave., Suite B, LV, 89103 **725-605-0310**
- Seven Hills Behavioral Health Hospital** 3021 W Horizon Ridge Parkway, LV, 89052 **866-598-6327**
- Southern Nevada Adult Mental Health/Rawson Neal Hospital** 6161 W Charleston Blvd, LV, 89146 **702-486-6000**
- Southern Nevada Veterans Medical Center** 6900 N Pecos Rd., NLV, 89086 **702-791-9000**
- Spring Mountain Sahara** 5460 W Sahara Avenue, LV, 89146 **702-216-8900**
- Spring Mountain Treatment Center** 7000 W Spring Mountain Rd., LV, 89117 **702-873-2400**
- Spring Valley Hospital** 5400 S Rainbow Blvd., LV, 89118 **702-853-3000**
- Summerlin Hospital Medical Center** 657 N Town Center Drive, LV, 89144 **702-233-7000**
- Sunrise Hospital and Medical Center** 3186 S Maryland Pkwy, LV, 89109 **702-961-5000**
- The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd., LV, 89148 **702-916-5100**
- University Medical Center of Southern Nevada (UMC)** 1800 W Charleston Blvd, LV, 89102 **702-383-2000**
- Valley Hospital Medical Center Behavioral Health Unit** 620 Shadow Lane, LV, 89106 **702-388-4000**
- Vogue Recovery Center Nevada** 4011 McLeod Drive, LV, 89121 **866-458-5010**

It's All About Self-Care

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow'. - MARY ANNE RADMACHER

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:
FOLK



Example: Things We Hang On To - Daniel Scarsella
Free songs available on stations like spotify.com

SUGGESTED SHOW:
COMEDY

Example: Mr. Bean
Free shows available on Pluto TV (pluto.tv)



WATCHING

SUGGESTED ACTION:
STRENGTH TRAINING



A fundamental part of most exercise programs, it provides many benefits such as: improved strength, range of motion, mobility, protection of joints, and better balance. Physical exercises are proven mood boosters.
Free workouts on fitonapp.com

SUGGESTED READING:
COMICS



Example: Calvin and Hobbes
Free reading materials available at public libraries (lvccld.org or hendersonlibraries.com)

READING

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

1. behavioralhealthnv.org
2. [betterhelp.com](https://www.betterhelp.com)
3. [brightside.com](https://www.brightside.com)
4. [emdr.com](https://www.emdr.com)
5. [faithfulcounseling.com](https://www.faithfulcounseling.com)
6. [findatherapist.com](https://www.findatherapist.com)
7. [findtreatment.gov](https://www.findtreatment.gov)
8. [findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov)
9. [musictherapy.org/about/find](https://www.musictherapy.org/about/find)
10. [nvpsychology.org](https://www.nvpsychology.org) (Find a Psychologist)
11. [onlinetherapy.com](https://www.onlinetherapy.com)
12. [openpathcollective.org](https://www.openpathcollective.org)
13. Perinatal: [psidirectory.com](https://www.psidirectory.com)
14. [pridecounseling.com](https://www.pridecounseling.com)
15. [psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)
16. [regain.us](https://www.regain.us)
17. [talkspace.com](https://www.talkspace.com)
18. [teencounseling.com](https://www.teencounseling.com)
19. [therapistlocator.net](https://www.therapistlocator.net)
20. [therapyden.com](https://www.therapyden.com)
21. [therapyforblackgirls.com](https://www.therapyforblackgirls.com)
22. [treatmentconnection.com](https://www.treatmentconnection.com)
23. Veterans – Make the Connection: [maketheconnection.net/resources](https://www.maketheconnection.net/resources)

TREATMENTCONNECTION.COM

Treatment Connection is a free online portal that allows patients and providers to look for mental health and substance use treatment programs and availability across the State in near real time. Users take a survey to help determine treatment needs and/or anonymously search for mental health and substance use treatment providers based on their own timeline and requirements (e.g., zip code). Provided through the Nevada Department of Health and Human Services, Division of Public and Behavioral Health, the Nevada Health Connection is supported by the OpenBeds platform—a tool used by providers to find appropriate level of care and make or accept digital referrals.

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

ABA Applied Behavioral Analysis	ED Eating Disorders	ODD Oppositional Defiant Disorder
ADDICT Addiction	EMDR Eye Movement Desensitization and Reprocessing	OUD Opioid Use Disorder
ADHD Attention Deficit Disorder	IOP Intensive Outpatient Treatment	PHP Partial Hospitalization Program
ASD Autism Spectrum Disorder	LGBTQ Lesbian, Gay, Bisexual, Transgender, Queer	PSR Psychosocial Rehabilitation
BST Basic Skills Training	MAT Medication Assisted Treatment	PTSD Post Traumatic Stress Disorder
CBT Cognitive Behavioral Therapy	MFT Marriage and Family Therapy	REBT Rational Emotive Behavioral Therapy
CC Christian Counseling	MM Medication Management	SAT Substance Abuse Treatment
CM Case Management	MOOD Mood Disorders (i.e.depression)	
DBT Dialectical Behavioral Therapy	OCD Obsessive Compulsive Disorder	
DD Developmental Disabilities		
EAP Employee Assistance Program		

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
Aaron Williams Therapy aaronwilliamstherapy.com	702-480-7960	89106	Anxiety, Coaching, Pre-martial
ABC Therapy abctherapy.net	702-598-2020	89101	General
Achievable Behavior Strategies bxtherapy.com	702-565-1894	89147	ABA, ASD
Adelson Clinic for Drug Abuse Treatment adelsoncliniclasvegas.com	702-735-7900	89169	OUD, MAT
Adonai Counseling & Consulting adonaicounseling-consulting.com	725-208-1960	89146	EMDR, Grief/Loss, Relationships
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatric Inc. advancedpsychiatryinc.com	702-763-7811	89032	ADHD, CM, PHP, SAT
Agape Behavioral Center agapebehavioral.org	702-656-5683	89130	BST, PSR
All About You Counseling allaboutyoucounseling.org	702-754-0807	89123	General
Alliance Mental Health Specialists alliancemhs.com	702-485-2100	89103	Telepsychiatry
Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma
Apple Grove Treatment Center applegrovetreatmentcenter.com	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute abainstitute.us	702-502-8021	89107	ABA, ASD

OUTPATIENT LISTING

Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services
Aroma Functional Nutrition Psychiatry <i>afnpsych.com</i>	702-907-7924	89144	Women/Maternal Mental Health
Autism & Behavioral Consulting Services <i>abcservices.co</i>	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being <i>bamboocenter.us</i>	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise <i>bamboosunrise.net</i>	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling <i>bbsforensic.com</i>	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavioral Healthcare Options <i>bhoptions.com</i>	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Health Solutions <i>bhs.health</i>	702-589-4871	89052	Family, MOOD, SAT
Behavioral Learning Solutions <i>www.blsolutionsaba.org</i>	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada <i>behavioralservicesnv.com</i>	702-816-3400	89121	BST, PSR
Beyond Expectation <i>bepsyc.com</i>	702-779-3956	89141	Neurofeedback
Beyond Therapy <i>beyondtherapylv.com</i>	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health <i>bcbhv.com</i>	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic <i>boystown.org</i>	702-888-1340	89148 89113	Ages 0-22, ASD
Bridge Counseling Associates <i>bridgecounseling.org</i>	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services <i>bridgehs.com</i>	702-843-0551	89106	Co-occurring, ODD, PTSD
Browning Neurobehavioral Associates <i>browningnba.com</i>	702-305-0234	89145	Psychotherapy
Cal Psychiatric Services <i>calpsychservices.com</i>	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry <i>calmclinic.vegas</i>	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism <i>campbellcenterforautism.com</i>	702-260-2360	89117	ABA, ASD
Center for Behavioral Health <i>centerforbehavioralhealth.com</i>	702-796-0660	89121	ADDICT, SAT
Center for Compassionate Care <i>nah.org/what-we-do/center-for-compassionate-care</i>	702-733-0320	89119	Bereavement Services, Spiritual Care
Center for Individual, Couple and Family Counseling <i>unlv.edu/cicfc</i>	702-895-3106	89154	Teletherapy
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry <i>changingmindspsych.com</i>	702-405-8088	89074	Psychotherapy, Psychopharmacology
Choices Group <i>choiceslasvegas.com</i>	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center <i>claritywclv.com</i>	702-578-4505	89121	Military, Minorities
Clear View Counseling <i>clearviewcounseling.com</i>	702-254-4883	89101	ADHD, Crisis, MFT, MOOD, PTSD
Clinical Solutions <i>clinicalsolutionslv.com</i>	702-212-3008	89117	CBT, DBT, MOOD

Collier Counseling and Life Coaching <i>colliercounseling.org</i>	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center <i>cccfn.org</i>	702-369-8700	89104	General
Connexions Mental Health Services <i>connexionsmentalhealthservices.com</i>	725-696-2204	89121	Telehealth, Military, Veterans, First Responders
Cornwall Counseling <i>cornwallcounseling.com</i>	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting <i>corridorofhopelv.com</i>	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections <i>cbcautism.com</i>	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada <i>crossroadsofsonv.com</i>	702-382-7746	89102	ADDICT, SAT
DCFS-Neighborhood Care, North <i>dcfs.nv.gov/Programs/CMH/Contact_CMHS</i>	702-486-5610	89032	Children Mental Health Services
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	ADDICT, SAT
Desert Psychiatry <i>desertpsychiatry.com</i>	702-685-3300	89146	Psychiatric Services
Desert Psychological <i>desertpsychological.com</i>	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) <i>adsd.nv.gov</i>	702-486-7850	89103	DD
Desert Rose Counseling <i>desertroselv.com</i>	702-843-6500	89102	Trauma Recovery
Desert Treatment Clinic <i>deserttreatment.com</i>	702-248-0000	89014	ADDICT, Methadone and Suboxone
Diamond Mental Health <i>diamondmentalhealth.net</i>	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
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	ED, Co-Occurring Disorders
Elements of Motivation <i>elementslv.com</i>	702-331-4874	89117	Home Based Services
Elevating to New Heights	702-485-5838	89120	BST, Crisis, PSR
Empowerment Center of NV <i>facebook.com/empowermentcenterofsouthernnevada</i>	702-636-8729	89032	Crisis Intervention, General
Evergreen Counseling <i>evergreencounselinglv.com</i>	702-248-6290	89146	ODD, Sexual Problems, Trauma
Focus Mental Health Solutions <i>focusmentalhealth.com</i>	702-790-2701	89102 89052	Psychiatric Services
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, ED
Frontier Medical & Behavioral Center <i>frontiermhc.com</i>	702-750-2438	89031	Psychiatric Services
Glass House Counseling <i>ghca-lv.com</i>	702-586-8693	89104	PSR, Support Groups
Grand Desert Psychiatric Services <i>brainsway.com/find-a-provider</i>	702-202-0099	89146	Deep Transcranial Magnetic Stimulation

OUTPATIENT LISTING

Guevara Counseling Center <i>guevaracounselingcenter.com</i>	702-366-0251	89106	Grief, PTSD, Refugee, Spanish
H.O.P.E. Counseling Services <i>hopecounselingservices.net</i>	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Harmony Healthcare <i>harmonyhc.com</i>	702-251-8000	89102	Insurance Provider
Heads Up Guidance and Wellness Centers <i>headsupnevada.org</i>	702-922-7015	89102	
Healing with Grace Counseling Center <i>hwgcounseling.com</i>	702-716-0908	89052	
Healthy Minds <i>healthymindsnv.com</i>	702-622-2491	89106	Co-occurring, SAT
Hello Therapy <i>hellotherapylv.com</i>	702-381-2192	89074	Grief, Trauma, Teletherapy
HELP of Southern Nevada <i>helpsonv.org/behavioral-health-services</i>	702-369-4357		Teletherapy
Higher Ground Counseling Services <i>highergroundcounselingservicesllc.com</i>	702-525-8402	89117	MFT, Teletherapy
High Risk Pregnancy Center <i>hrpregnancy.com</i>	702-664-8279	89106	OUD, MAT (must be pregnant)
Human Behavior Institute (HBI) <i>hbnetwork.com</i>	702-248-8866	89146	Insurance Provider, CM, Mobile Services
Ignite Teen Treatment <i>igniteteentreatment.com</i>	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions <i>drsandrgray.com</i>	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Insight Therapy Solutions <i>insighttherapysolutions.com</i>	702-685-0877	89120	Teletherapy
Integrated Psychological Solutions <i>lvpsych.com</i>	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling <i>integritycounselinglv.com</i>	702-499-4922	89117	BST, CM, Life Coaching, PSR, SAT
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	Teletherapy
Landmark Recovery <i>landmarkrecovery.com/locations/las-vegas</i>	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Las Vegas Comprehensive Treatment Center <i>ctcprograms.com/location</i>	844-682-0316	89109	ADDICT, Methadone and Suboxone
Las Vegas Counseling Center <i>lasvegascounselingcenter.com</i>	702-466-3750	89117	Teletherapy
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
Las Vegas Therapy <i>lvmentalhealth.com</i>	702-659-4825	89129	Postpartum, Sexual Issues
Legacy Counseling & Workforce Connections <i>legacycounselingandworkforceconnections</i>	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness <i>legacyhealthlasvegas.com</i>	702-749-4951	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry <i>lifebridgekids.com</i>	702-765-4965	89117	Youth

Life Spring Counseling Center <i>lifespringcounselingcenter.org</i>	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest <i>lifequestnv.com</i>	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free <i>livingfreehealth.org</i>	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services <i>lotusbehavioralhealthservices.com</i>	725-215-0359	89128	MOOD, PTSD, Trauma
Mbrace Counseling and Behavioral Services <i>mbraceco.com</i>	702-749-6926	89146	BST, PSR, Family Therapy
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling <i>mindfulluminationcounseling.com</i>	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions <i>mhsbehavioralservices.com</i>	702-848-1696	89120	
Mobile Mental Health Support Services <i>mmhssnv.com</i>	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Mojave Counseling <i>unlvhealth.org/psychiatry-mental-health</i>	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Music 4 Life Inc. <i>themusic4life.com</i>	702-889-2881	89146	ADDICT, Anxiety, PTSD
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 Health Centers, Cambridge <i>nevadahealthcenters.org</i>	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health <i>nevadamentalhealth.com</i>	702-440-8430	89106	
Nevada Mental Health Associates <i>nevadamha.com</i>	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
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	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic <i>nipponclinic.vegas</i>	702-994-7267	89119	MOOD, ED, PTSD
Nueva Vida Mental Health <i>nvms.com</i>	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling <i>oasiscounselingtoday.com</i>	702-294-0433	89113	
Open Arms Counseling <i>openarmscounseling.org</i>	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center <i>olwtreatment.com</i>	702-742-3093	89012	ASD

OUTPATIENT LISTING

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
Perceptions Counseling Center of Southern Nevada <i>pccofsn.com</i>	702-850-8700	89120	Child Therapy, Teletherapy
Pro-Health Therapeutic & Empowerment Services <i>phtes.com</i>	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, Teletherapy
Puzzle Pieces Autism and Behavioral Services LLC <i>puzzlepiecesnv.com</i>	702-704-5112	89131	ASD
Red Rock Counseling <i>redrockcounseling.com</i>	702-389-4500		
Red Rock Psychological Health <i>redrockph.com</i>	702-898-5311	89119	
Reflections Therapy <i>reflectionstherapylv.com</i>	702-553-2364	89128	Non-Verbal Treatment
Renewing Life Center <i>renewinglife.net</i>	702-434-7290	89120	ADDICT, CC, CBT, EAP, EMDR, MFT, MOOD, PTSD
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	Couples, Family Therapy
Restorative Behavioral Health LLC <i>facebook.com/RestorativeBH</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 Services <i>serenitysupportservices.com</i>	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health <i>serenitymentalhealth.org</i>	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies <i>sfstx.com</i>	702-979-4268	89128	Speech Therapy
Shining Star Community Services <i>shiningstarlv.com</i>	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services <i>sierratreatment.com</i>	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center <i>sohlv.org/counseling</i>	702-366-1640	89106	Trauma, PTSD
Silver State Health <i>silverstatehealth.org</i>	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids <i>facebook.com/skills4kidLLC</i>	702-538-9476	89117	
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center <i>snchc.org</i>	702-759-1700	89107	
Southern Nevada Pediatric Center <i>southernnevadapediaticcenter.com</i>	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services <i>snvpsyc.com</i>	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
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	Telehealth
Tancell Care <i>tancell-care.business.site</i>	702-476-0262	89119	DD
Tandem Therapy Services <i>tandemtherapysservices.com</i>	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development <i>thecenterforchildandfamilydevelopment.com</i>	702-912-5848	89120	Pediatric Neuropsychology
The CEO Within <i>theceowithin.me</i>	702-518-9539		ADHD, Change Management
The Evidence Based Practice of Nevada <i>theebpnv.com</i>	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group <i>hamiltongrouplv.com</i>	702-289-4883	Virtual	MM
The Healthy Foundations Center <i>healthyfoundations.center</i>	702-489-2117	89117	BST, PSR
The Lovaas Center <i>thelovaascenter.com</i>	702-877-2520	89103	ABA, ASD
The Parkey Group <i>theparkeygroup.com</i>	725-230-8526	89145	CBT, Couples, Teletherapy
The Practice, UNLV <i>unlv.edu/thepractice</i>	702-895-1532	89154	CBT, DBT, Psychological & Psychoeducational Testing
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	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health <i>theravadawellness.com</i>	702-757-8720	89130 89052	DBT, EMDR
There is Hope <i>thereishopenv.com</i>	702-684-7757	89146	Anger Management, IOP
Thrive Behavioral Health & Trauma Centers <i>tbandtc.com</i>	702-740-0188	89102	LGBTQ, Trauma
Thrive Solutions <i>thrivesolutionslv.com</i>	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling <i>thriveworks.com</i>	702-820-3061	89146	ADDICT, ED
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 <i>transitionalwellnesscenter.com</i>	702-339-0346	89120	
TUFF Services Ministries <i>tuffservices.org</i>	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation <i>ucfoundation.com</i>	702-888-6300	89147	School-based, Telehealth
U.S. VETS <i>usvets.org/locations/las-vegas</i>	702-947-4446	89101	Eligible Veterans, SAT
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	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic <i>thewellcaregroup.com</i>	702-291-7121	89122	BST, CM, PSR
Westcare <i>westcare.com</i>	702-385-3330	89101	SAT
Zia Counseling <i>ziacounseling.com</i>	702-823-9043	89102	Couples, EMDR, MFT



PASTORAL COUNSELING AND LIFE COACH

Rev. Bryan Ostaszewski
(Certified Interfaith Counselor, Ordained Minister & Chaplain)

"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 1.800.649.0925 for a free consultation • www.tuffservices.org

Addiction, Alcohol and Drug Abuse, Anger Management, Anxiety, Behavioral issues, Career Counseling, Coping Skills, Depression, Divorce, Domestic Abuse, Trauma, PTSD, Suicidal Ideation.



Outreach. Referrals. Advocacy. Mentorship.

Our Mission

The Cupcake Girls provide confidential support to those involved in the sex industry, as well as those affected by domestic sex trafficking through holistic resources, case management, and after care.

We provide nonjudgmental support to empower our clients in their pursuits through respect, resources, and relationships.

Core Values

- LOVE WITHOUT AGENDA
- ACT WITH INTEGRITY
- ENGAGE WITH HUMILITY
- PURSUE HOLISTIC BALANCE
- INVITE INNOVATION
- COMMUNICATE COURAGEOUSLY

✉ info@thecupcakegirls.org
 🌐 www.thecupcakegirls.org






AMERICA'S FIRST 3-DIGIT MENTAL HEALTH CRISIS LINE

What is 988?

988 is a safety net for people experiencing a mental health emergency.

Going Live July 16, 2022.

Who Should Use It?

Once 988 goes live, if you or someone you know is having suicidal thoughts, experiencing delusions, or displaying severe symptoms of mental illness, you should call 988 instead of 911.

Adverse Childhood Experiences* (ACEs)

ACEs are (potentially) traumatic incidents that occur during childhood and/or adolescence which result in toxic stress and directly threaten healthy development. They have a life-long, harmful impact on a person's well-being. ACEs can affect individuals at all income and social levels.

TYPES of ACEs

ABUSE	HOUSEHOLD DYSFUNCTION	OTHER
Physical Emotional Sexual	Mental Illness Incarcerated Relative Abuse Toward Parent	Bullying Community Violence Natural Disasters Refugee Or Wartime Experiences
NEGLECT	Substance Abuse Divorce	Witnessing Or Experiencing Terrorism

ABUSE NEGLECT HOUSEHOLD DYSFUNCTION OTHER

IMPACT of ACEs

ACEs have a cumulative effect: as the number of ACEs increases, so does the risk of lifelong negative outcomes.

▶▶ **RISK INCREASES**

1 ACEs ▲▲▲▲▲▲▲▲

2 ACEs ▲▲▲▲▲▲▲▲

3 ACEs ▲▲▲▲▲▲▲▲

4 ACEs ▲▲▲▲▲▲▲▲

OUTCOMES of ACEs

ACEs increase risk of poor behavioral, emotional, physical, social, and mental health outcomes across a lifespan, including death.

01 HEALTH CONDITIONS
Coronary Heart Disease, Stroke, Asthma, Cancer, Diabetes, Obesity.

02 HEALTH RISK BEHAVIORS
Smoking, Heavy Drinking, Substance Misuse, Physical Inactivity, Risky Sexual Behavior.

03 SOCIAL
Lack Of Health Insurance, Unemployment, Poor Academic Performance (Often Not Completing High School Or College).

04 MENTAL HEALTH CONDITIONS
Depression, Suicide Or Attempted Suicide.

PREVENTION & OPPORTUNITY

We can reduce childhood adversity now to improve the health and well-being of the next generation. Advocate for policies and programs that:

PREVENT + SCREEN + TREAT ACEs

BUILD RESILIENCY

IMPROVE ACCESS TO HIGH-QUALITY CHILDCARE

RAISE AWARENESS

ENHANCE COMMUNITY, HEALTHCARE, AND FAMILY CONNECTIONS

*Sources: developed from (1) Robert Wood Johnson Foundation at <https://www.rwjf.org/en/library/infographics/the-truth-about-aces.html>; (2) Harvard University at <https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>; & (3) Centers for Disease Control and Prevention at <https://www.cdc.gov/violenceprevention/aces/resources.html>

REPORTING AND MESSAGING ON SUICIDE: MIND YOUR LANGUAGE

BY ANJUM KHAN, MA, PMP, PMI-ACP

“Hope is a necessity for a normal life and the major weapon against the suicide impulse.” – Karl A. Menninger

Suicide is very often preventable, yet it ranks as the 10th leading cause of death in the US.¹ This is a major growing public health concern as it can affect any person, regardless of age, gender, race, or socio-economic status.² Like a major earthquake, the impact of suicide is profound and widespread. The after-effects are devastating and long-lasting for family, friends, and the community.

Suicide is a complex behavior triggered not just by one single cause, but by several factors that increase the risk of suicide.² Trauma and PTSD further increase that risk, particularly for combat veterans and survivors of childhood abuse and sexual trauma.³ Negative, incorrect, misguided, and misunderstood language used during communication and reporting of mental health issues (especially regarding the aforementioned) is another major contributing risk factor for suicide. Many studies show that the risk of contagion from media reporting is a fact,⁴ a legitimately valid concern—and the research evidence shows “responsible reporting can reduce the risk of additional suicides.”⁵ As a result, leading government^{1,2,6} and non-profit health agencies^{4,5,7} are advocating and promoting the need for appropriate mental health language and recommendations for reporting and messaging on suicide. The following is a compilation of notes and excerpts of their key recommendations:

AVOID...X	INSTEAD...✓
X Sensationalizing, glamorizing, or romanticizing suicide news.	✓ Provide a supportive voice by being accurate, fair, and sensitive in order to counter misperceptions.
X Sharing contents of suicide note, description of method of suicide, and personal details of the deceased.	✓ Keep information general; report only that a note was found. ✓ Highlight recovery. Emphasize help and hope: include credible support resources and positive messages/shared stories of hope and recovery, which can encourage, motivate, and enable someone in need to seek help.
X Speculating, generalizing, or linking unusual behaviors to mental health.	✓ Ask an expert. Verify relevancy and confirm source for diagnosis; describe warning signs and risk factors that can give some context.
X Using inappropriate, biased language that perpetuates myths, stigma, and misconceptions.	✓ Use accurate, careful, and responsible language as positive words can change misconceptions, dispel stigma induced myths and prejudice, and correctly inform the public about suicide and mental health issues.
X Using words like “mentally ill, lunatic, psycho, schizophrenic”	✓ Say, “a person with _____ (give the diagnosis, e.g., depression)”
X Using words like “mad, crazy, nuts, wacko”	✓ Say, “a person is _____ (e.g., disoriented)”
X Using words like “addict, abuser, alcoholic, dirty”	✓ Say, “a person with a substance use disorder”
X Saying “committed suicide” or Referring to suicide as “successful”, “unsuccessful”, or “failed attempt”	✓ Say, “died by suicide” or “killed him/herself”

Sources: Holliday et al.⁴, *Reporting on Suicide*⁵ & *The Carter Center*⁷

These recommendations underscore one single fact: that **word connotations can make a life-changing impact**. It is of the utmost importance that words used in reporting and messaging on suicide give hope, relay positivity, encourage self-worth, and bolster courage to seek help for recovery. A safe and effective communication regarding mental health issues entails a conscious and concerted effort to **mind your language** and use words responsibly—**because you could very likely save a life by doing so**. Suicide can be prevented.

“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.” – Dalai Lama

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SELF-HELP APPS

The following mobile apps were developed by the Department of Veterans Affairs (VA) to help provide support and guidance in living with PTSD.

The apps are free and may be downloaded through iTunes, Google Play or Android.

NOTE: These apps are not meant to replace professional care.



PTSD Coach

Is a convenient way to learn about & manage symptoms of PTSD. It provides research-based facts on treatments, and self-help/coping skills that can reduce PTSD symptoms, especially when used as part of therapy. The app may also help with symptoms of depression.



PTSD Family Coach

Can help family members and partners of people with PTSD. The app is an easy way to learn about how PTSD can affect loved ones, provides facts and tools for family members to understand & manage stress & relationships. It also provides families with information on how to help the affected person get treatment.



Beyond MST

Is a private self-help tool for healing from the effects of military sexual trauma (MST). This app can help survivors manage distress, improve quality of life, and move forward. Beyond MST does not replace professional care, but it can help find hope, & connect to resources. Remember - you are not alone.

ptsd.va.gov/appvid/mobile/index.asp

SPECIAL FEATURE

SHARED EXPERIENCES

"You are not broken and in need of fixing. You are wounded and in need of healing." - DANU MORRIGAN

THE MENTAL HEALTH CHALLENGES THAT MANY INDIVIDUALS EXPERIENCE AT SOME POINT IN THEIR LIVES IMPACTS THEIR LIFE JOURNEY IN VARIOUS WAYS. OFTENTIMES, PEOPLE ATTEST THAT SHARING PERSONAL STORIES HELPED THEIR HEALING PROCESS, OR BY READING SOMEONE ELSE'S, THEY GAINED HOPE THAT THERE IS A PATHWAY TOWARDS HEALING. SHARING STORIES ALSO HELPS BREAK MENTAL HEALTH STIGMA AND ENCOURAGES OTHERS TO DO THE SAME. AS SUCH, WE SHARE ANOTHER PERSONAL STORY BELOW.

A PASTOR'S JOURNEY THROUGH TRAUMA AND CHAOS

(SR. CHAPLAIN, REV. BRYAN OSTASZEWSKI, BCMHC, TECC)

My day at the hospital is mapped out, and I have patients to see, a meeting to attend. Suddenly, my phone goes off: "Code Blue in the ED." A patient is in cardiopulmonary arrest and requires immediate resuscitative efforts.

As a crisis and trauma chaplain, I immediately re-route myself to the Emergency Department (ED), my day's priorities now shifted to providing spiritual support to the patient and possibly family in crisis. While Code Blues can occur anywhere in the hospital, the majority I have responded to have been in the ED, where often little is known about the newly arrived patient. They are true crisis situations, and, in my experience, the patient usually does not survive. While the medical team strives to resuscitate the patient, I focus on supporting any gathered family and friends, responding to their varying spiritual needs during a difficult and often surreal time.

During ED Code Blues, meeting people where they are generally involves meeting people who are in shock, mentally reeling, attempting to gain some sort of footing. I also try to help people in crisis stay focused on the present moment, not on the regrettable past or the terrifying future. When patients do not survive, families and friends generally have strong feelings about whether or not to view their loved one's body. Other families, however, require permission and even encouragement to leave the deceased's bedside.

After a Code Blue, I look to focus immediately on the spiritual needs of the ED staff. They, too, have experienced the crisis, and yet they usually have to "keep calm and carry on" to meet the needs of other patients. I remember complimenting a nurse after a Code Blue about how she handled the patient's family. She immediately teared up and said, "I just felt so bad for the patient. I heard he just lost his wife, and he had a tattoo that said, 'I love you forever.' I bet he had that done in honor of her when she was alive. I felt so sorry for him." While this nurse had already moved on to the next patient, her feelings were still fresh and raw, and I was glad she was able to voice them.

To meet people in crisis where they are, I must be where I need to be, physically, emotionally, and certainly spiritually. To this end, I have sought to establish and maintain disciplines of prayer, spiritual direction, self-care, self-reflection, supervision, peer support and more. I seek both to hear and honor the wind of the Holy Spirit within the crisis, and I seek then to guide others into whatever relief, wisdom, and solace the Spirit may be offering. It is my prayer that the Holy Spirit, in partnership with my efforts and disciplines, will enable my service as a chaplain to be truly a ministry of presence — presence to the Spirit, presence to others, presence to myself.

Reverend Bryan Ostaszewski is currently an active member on the NAMI (National Alliance on Mental Illness) Board of Directors Southern Nevada. He is an Ordained Interfaith (non-denominational) Christian Minister, Sr. Chaplain and Certified Counselor, Board Certified Mental Health Life Coach, and founder of Tuff Services Ministries.

LOCAL SHELTER AND TRANSITIONAL HOUSING

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

HELP OF SOUTHERN NEVADA

702-369-4357 • 1640 E Flamingo Rd., LV 89119

Provides housing and intensive case management to formally homeless and chronically homeless individuals and families who have a documented disability.

helpsonv.org

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

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

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

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/emergencysshelter

SALVATION ARMY

702-701-5347 • 35 W Owens, NLV 89030

Day resource center and emergency lodging.

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

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

SAFE NEST

702-877-0133 | Hotline: 702-646-4981

Confidential domestic violence shelter. Provides legal services, safe housing and long-term counseling.

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/emergencysshelter

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

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

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

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



Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood, and untreated cause of human suffering.

PETER LEVINE

Photo Credit: Engin Akyurt from Pexels

TRAUMA *and...*

CIVILIANS

Children

- Trauma early in life has more impact as it can affect normal brain and personality development.¹
- Trauma experienced in early childhood may not result in PTSD immediately, but manifest only after the brain has further developed in early adulthood.²
- Traumatic stress affects different areas of the brain at different ages for boys and girls;³ thus, a child's gender and level of development affects how trauma impacts them and how they express their lingering distress.¹
- Are at higher risk for ongoing/repeated trauma and more likely to develop long-term PTSD.⁴
- Symptoms such as trouble paying attention, being fidgety or restless may be confused with ADHD, making it difficult to diagnose PTSD correctly.¹

Adolescents

- 5% of adolescents experience PTSD, with 1.5% of teens experiencing severe impairment.^{2,4}
- Girls had almost 4x higher prevalence (8%) of PTSD than boys (2.3%).⁴
- PTSD is more common in the later teen years (17-18 years).^{2,4}

Females

- Women are more likely than men to experience less multiple traumatic events in their lifetime, but have a higher past year (5.2%) and lifetime (10%) prevalence of PTSD because of more severe and on-going trauma.^{2,3}
- Whites have higher risk than blacks to develop PTSD³ (most likely due to lack of social support).
- 50% of women experience at least one trauma in their lives and earlier in life (more likely high-impact trauma, e.g., sexual assault and childhood abuse).^{3,5}

Males

- Are more likely than women to experience multiple traumatic events in their lifetime, but have a lower past year (1.8%) and lifetime (5%) prevalence of PTSD.^{2,3}
- Are least likely to seek treatment.³
- 60% of men experience at least one trauma in their lives; with accidents, physical assault, combat, disaster, or to witness death or injury as more likely.^{3,5}

Occupation

- Professions such as ambulance emergency personnel, firefighters, police officers, rescue workers, and healthcare professionals experience frequent/daily exposure to work-related trauma, resulting in high-risk for developing PTSD.⁶

Transgenerational/Historical/Familial

- Trauma experienced by a specific cultural, racial or ethnic group (or family) in the past (e.g., Holocaust, slavery, violent colonization of Native Americans, parent death by violent attack) that results in a cumulative, lingering (often indirect) impact across subsequent generations/children—and often results in a damaged (cultural) identity.⁷
- New generations/children can exhibit signs and symptoms such as depression, fixation on original direct trauma on ancestors/parents, low self-esteem, anger, and self-destructive behavior.⁷

Refugees and Migrants

- Immigration detention and confinement is injurious to mental health: prolonged confinement causes feelings of being trapped, helpless and hopeless.⁸
- Detained refugees and migrants have increased likelihood of developing symptoms of depression, PTSD or anxiety.⁸
- Detained children have higher risk of adverse mental health effects due to the detention and confinement, exposure to associated traumatic events during this period, and lack of parental support and protection as their parents also are distressed.⁸

VETERANS

- 1 in 3 combat veteran suffers from PTSD.³
- Are more likely than civilians to experience at least one traumatic event.³

Females

- Have the highest prevalence of both lifetime and past-year PTSD.³
- Have the highest levels of sexual and physical assault.³
- 71% (of only 17 percent of female combat troops) develop PTSD due to sexual assault within ranks, and not due to warfare.²

Males

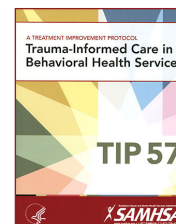
- Have the highest levels of war zone exposure, making combat exposure the highest risk factor for developing PTSD.³
- Blacks have higher risk than whites to develop PTSD.³
- Tend to delay seeking treatment, but are more likely than civilians to use a variety of treatment sources.³

OPPORTUNITIES

1. **Provide and promote education and training on trauma-informed care to:** health care professionals, school counselors and educators to improve recognition, validation, and understanding of survivors' traumatic experiences and varied responses (including physical distress).^{1,2,3}
2. **Create safe and protective environments to:** (1) improve treatment effectiveness for children through increased support from parents, friends, and school;¹ (2) encourage use of alternative measures to host refugees and migrants instead of using immigration detention approach;⁸ and (3) minimize distress from repeated images of the traumatic event and aftermath by limiting media exposure.^{1,7}
3. **Improve access to and delivery of trauma-informed care to facilitate:** (1) treatment options; and (2) targeted interventions, e.g., to address stigma-related barriers to care (especially for men with PTSD)³ and to prevent risk for trauma and PTSD in children and women (including veteran females), especially from maltreatment, domestic violence, & school bullying.¹
4. **Increase awareness of and education of PTSD:** important to understand risks, causes, triggers, and reducing treatment barriers.
5. **Increase training, education, and awareness of trauma-focused psychological treatments to:** (1) encourage patient-centered approaches; and (2) include building resilience and understanding link between symptoms and situations to improve coping skills through supportive therapies.^{2,3,6,7}

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TIP 57 – Trauma-Informed Care in Behavioral Health Services

This manual helps behavioral health professionals understand the impact of trauma on those who experience it. The manual discusses patient assessment and treatment planning strategies. These strategies support recovery and the development of a trauma-informed care workforce.

*Substance Abuse and Mental Health Services Administration. Trauma-Informed Care in Behavioral Health Services. Treatment Improvement Protocol (TIP) Series 57. HHS Publication No. (SMA) 13-4801. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014. <https://www.samhsa.gov/resource/ebp/tip-57-trauma-informed-care-behavioral-health-services>

HELPLINES

Nevada 211 - Connect to Services (nevada211.org)	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
AARP Friendly Voice (aarpcommunityconnections.org/friendly-voices)	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS)	702-486-6930
Al-Anon (al-anon.org)	1-800-344-2666
Alcoholics Anonymous (AA) (aa.org)	702-598-1888
Alzheimer's Association Helpline (alz.org)	1-800-272-3900
American Addiction Centers Resource (centers.org)	1-866-892-4547
American Chronic Pain Association (ACPA) (theacpa.org)	1-800-533-3231
Care Solace (CCSD students) (caresolace.com/ccsd)	888-515-0595
Cocaine Anonymous (snvca.org or ca.org)	702-941-0950
Codependents Anonymous (coda.org)	602-277-7991
Crystal Meth Anonymous (crystalmeth.org)	855-638-4373
Debtors Anonymous (debtorsanonymous.org)	800-421-2383
Depression & Bipolar Support Alliance (DBSA) (dbsalliance.org)	1-800-826-3632
Eating Disorders (anad.org)	1-888-375-7767
Eldercare Locator (eldercare.acl.gov)	1-800-677-1116
Empower Work (Work issues) (empowerwork.org) TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous (gasn.info)	855-222-5542
GriefShare (griefshare.org)	1-800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation (iocdf.org)	617-973-5801
Lap of Love - Pet loss resource line (lapoflove.com)	855-352-5683
LGBT Helpline	888-340-4528
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
LGBT Peer Listening	800-399-7337
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous (marijuana-anonymous.org)	1-800-766-6779
Military OneSource (Military Community) (militaryOneSource.mil)	800-342-9647
Narcotics Anonymous (na.org)	888-495-3222
National Alliance on Mental Illness (NAMI) Helpline (nami.org/help)	1-800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	1-800-931-2237

HELPLINES

National Resource Center on ADHD	1-866-200-8098
National Teen Dating Violence Abuse Helpline	1-866-331-9474
Nicotine Anonymous (nicotine-anonymous.org)	415-908-6702
Nevada Health Connection (treatmentConnection.com)	1-800-450-9530, TXT 839863
Office on Women's Health (Resource line)	1-800-994-9662
Overeaters Anonymous (oa.org)	505-891-2664
Partnership to End Addiction (Concerned Parents) (drugfree.org)	TXT CONNECT to 55753
Physician Support Line (physiciansupportline.com)	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) (postpartum.net)	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's National Helpline (samhsa.gov/find-help/national-helpline)	1-800-662-4357
Schizophrenia & Pyschosis Action Alliance (sczaction.org)	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives (selfinjury.com)	1-800-366-8288
Sex Addicts Anonymous (saa-recovery.org)	1-800-477-8191
Sidran Institute - Trauma or Dissociation (sidran.com)	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous (siawso.org)	877-742-9761
TARA for Borderline Personality Disorder (tara4bpd.org)	888-482-7227
Teen Help Inc	1-800-400-0900
Teen Line (TXT 839863)	1-800-852-8336
The StrongHearts Native Helpline (strongheartshelpline.org)	1-844-762-8483
Tobacco (Nevada) Quit Line (nevada.quitlogix.org)	800-784-8669
Tragedy Assistance Program for Survivors (Military) (taps.org)	800-959-8277
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211 (211.org)	1-800-233-4357
Vet Center Call Center (vetcenter.va.gov/media/Call-Center-PSA.asp)	1-877-927-8387
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.

There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds.

LAURELL K. HAMILTON

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 al-anon.org	702-615-9494
Alcoholics Anonymous (AA) aa.org	702-598-1888
Cocaine Anonymous (CA) snvca.org or ca.org	702-941-0950
Compulsive Eaters Anonymous (CEA) ceahow.org	702-389-9077
Crystal Meth Anonymous (CMA) crystalmeth.org	855-638-4373
Gambler's Anonymous (Gam-Anon) gasn.info	702-529-0202
Heroin Anonymous heroinanonymous.org	702-324-7383
Marijuana Anonymous marijuana-anonymous.org	1-800-766-6779
Narcotics Anonymous (NA) na.org	702-369-3362
Overeaters Anonymous (OA) oa.org	702-593-2945
Pills Anonymous pillsanonymous.org	
Sex Addictions Anonymous saa-recovery.org	1-800-477-8191
Sex and Love Addicts Anonymous (S.L.A.A.) slaafws.org	1-800-477-8191
SMART Recovery smartrecovery.org or smartinhenderson@gmail.com	
The Meeting Space/The Recovery Store themeetingspace.com	702-726-9218

CHILDREN AND YOUTH

Alternative Peer Group (Drop-in center for teens) apglv.org	725-206-5204
Parenting Project (free parenting classes)	702-455-5295
Solutions of Change solutionsofchange.org	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) hookersforjesus.net	702-623-0958
Signs of Hope Groups sohlv.org	702-366-1640

GRIEF AND LOSS

Adams Place adamspacelv.org	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) concernsofpolicesurvivors.org	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare griefshare.org	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 nah.org	702-796-3157

SUPPORT GROUPS

Nevada Senior Services aduldaycarelv.org	702-648-3425
Pet Loss Family Support Group	702-735-5544
Southern Hills and Medical Center / Compassionate Care and Grief Support - Tuesday 5:30-6:30	702-916-7776
Suicide and Murder Victims Support Group	702-735-5544
The Compassionate Friends compassionatefriends.org	877-969-0010
Tragedy Assistance Program for Survivors (TAPS) Military Survivor	800-959-8277

LGBTQ

Henderson Equality Center hendersonequalitycenter.org	855-955-5428
The Center thecenterlv.org	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

ADHDOutLoud	702-518-9539 ext 7
Alzheimer's Associaton alz.org	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) dignityhealth.org	702-616-4900
Give Me a Break (GAB) - Respite	702-219-0394
National Organization Parents of Murdered Children pomc.com	513-721-5683

If we have omitted your group or have incorrect or missing information listed, please contact us by email at publisher@mhrmedia.com or via our website at mentalhealthspectrum.com.



TRY (Trauma Recovery Yoga) is a healing method which combines specific yoga poses combined with self-affirmations, visualization, and self-regulation tools for resilience (SRR), which are Orientation, Grounding, Centering and Breathing.



Photo Credit: Lucas-Pezeta from Pexels

- TRY sequences are easily adapted to be accessible for all abilities, young and old, including chair- or bed-bound individuals.
- The SRR tools can be used anywhere, anytime, even if you never step foot on a yoga mat.
- The SRR tools help bring you back to the present moment. They are designed to help you regulate your nervous system. The more you use these tools, the more resilience you develop for future anxious or traumatic moments.
- The use of music and incense is strictly prohibited during our practices to avoid unintentional triggering.
- Our method has been carefully researched and utilizes proven techniques in a very specific yoga sequence that inspires a feeling of safety and connection.

Please visit thetrymethod.com for further information and to find teachers, classes, and how to bring a TRY class to your organization or group.



A MATTER OF WORDS

“Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.” - YASMIN MOGAHED

Much of the stigmatization attached to mental health problems is due to the negative connotations in the words and language being used when dealing with this topic. In each MHS issue, we will highlight certain word definitions, 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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STIGMA IS NOT JUST A MATTER OF USING THE WRONG WORD OR ACTION. STIGMA IS ABOUT DISRESPECT. IT IS THE USE OF NEGATIVE LABELS TO IDENTIFY A PERSON LIVING WITH MENTAL ILLNESS. STIGMA IS A BARRIER. FEAR OF STIGMA AND THE RESULTING DISCRIMINATION DISCOURAGES INDIVIDUALS AND THEIR FAMILIES FROM GETTING THE HELP THEY NEED.

SAMHSA, 2004

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Photo Credit: Peter Fazekas from Pexels

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