



FREE

FEBRUARY 2025 • VOLUME 5 • ISSUE 1



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A resource for psychological wellness



**PROMOTING HEALTHY BEHAVIORS**  
*For Mental Health*

**SERVING LAS VEGAS AND SURROUNDING AREAS**



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## NOTE FROM: *The Editor*

Welcome to Volume 5 of *Mental Health Spectrum (MHS)*! 2024 was a year filled with a lot of uncertainty and anxiety for many . . . including here at MHS. And so it is with much gratitude to our sponsors and contributors that we are able to start our fifth year – special thanks to CARE Coalition!

We begin this volume with an Issue on **Promoting Healthy Behaviors** for Health. In today's fast-paced world, where convenience often eclipses well-being, promoting healthy behaviors has never been more crucial. A healthy lifestyle is the foundation of a longer, more fulfilling life. Yet, many people struggle on a daily basis with habits that negatively impact their health, such as poor diet, lack of physical activity, and lack of quality sleep. As individuals, it's important to recognize that good health is *both* physical and mental health – they work in tandem for a better overall health.

Encouraging healthy behaviors begins with education and awareness. Educating people about the signs of mental health challenges and the importance of seeking help is critical. People must also be informed about the benefits of exercise, balanced nutrition, stress management, and regular check-ups. It is imperative that everyone, starting with family and home to communities, schools, and workplaces, aims to foster environments that prioritize overall health—whether through physical wellness programs, healthy meals, or stress-relief initiatives. Families and communities can support this by creating spaces for physical activity, making healthier food choices, and promoting mental well-being programs. Social connections and a strong support system are powerful motivators for change. Legislative support is also vital to ensure equitable health resources and programs for all.

Promoting healthy behaviors for mental health is a journey of small, consistent steps. By prioritizing healthy behaviors, we don't just improve our own individual health but create a culture of well-being that can resonate through communities. Let's all take steps, however small, to build a more balanced and healthier life. Healthy habits aren't just a trend—they're a lasting investment in ourselves and our future. And so with the start of 2025, we extend our warmest wishes for a year filled with success, joy, positivity, and new opportunities to all. May this Issue of MHS inspire and support you in achieving your goals throughout the year ahead.

ANJUM KHAN | MA, PMP, PMI-ACP  
Chief Editor / Writer

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Take care of  
your body. It's  
the only place  
you have to live.

JIM ROHN

Photo Credit: Nathan Cowley from Pexels

## SIGNS AND SYMPTOMS OF *Mental Health Issues*

### My Mental Health: **Do I Need Help?**

**First, determine how much your symptoms interfere with your daily life.**



#### **Do I have mild symptoms that have lasted for less than 2 weeks?**

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



#### **If so, here are some self-care activities that can help:**

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Taking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

**If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.**



#### **Do I have severe symptoms that have lasted 2 weeks or more?**

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thought of death or self-harm



#### **Seek professional help:**

- Psychotherapy (talk therapy)--virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies

**For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).  
Also see page 17 for Online Therapy and Therapist Locators.**

Source: Adapted from National Institute of Mental Health. *My Mental Health: Do I Need Help?* Retrieved from <https://bit.ly/4iKLyZu> (a public domain source)

## HOTLINES (24/7)

EMERGENCIES	911
SUICIDE AND CRISIS LIFELINE <a href="https://988lifeline.org">988lifeline.org</a>	988
Ayuda en Espanol (Spanish National Suicide Prevention Lifeline)	888-628-9454
Boys Town National Hotline <a href="https://yourlifeyourvoice.org">yourlifeyourvoice.org</a>	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline <a href="https://childhelphotline.org">childhelphotline.org</a>	800-422-4453
Children's Mobile Crisis Response Team <a href="https://knowcrisis.com">knowcrisis.com</a>	702-486-7865
Children of the Night (Street Rescue) <a href="https://childrenofthenight.org">childrenofthenight.org</a>	800-551-1300
Combat Trauma <a href="https://ptsdusa.org">ptsdusa.org</a>	877-717-7873
COPLINE (Officer's Lifeline) <a href="https://copline.org">copline.org</a>	800-267-5463
Crisis Support Services of Nevada <a href="https://cssnv.org">cssnv.org</a>	800-273-8255
Crisis Text Line (Text TALK or CARE to)	741741 (TALK) or 839863 (CARE)
Crisis Text Line EN ESPANOL (442-AYUDAME in WhatsApp or texto)	741741 (AYUDA)
Disaster Distress Helpline (Natural or human-caused disaster)	800-985-5990
DOD Safe Helpline (Dept. Of Defense/affected by sexual assault)	877-995-5247
Domestic Violence (National Hotline) <a href="https://thehotline.org">thehotline.org</a>	800-799-7233
Domestic Violence (SafeNest) <a href="https://safenest.org">safenest.org</a>	702-646-4981
Domestic Violence (S.A.F.E House) <a href="https://safehousenv.org">safehousenv.org</a>	702-564-3227
Fire/EMS (First Responders) <a href="https://nvfc.org/help">nvfc.org/help</a>	888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Hotline <a href="https://humantraffickinghotline.org">humantraffickinghotline.org</a>	888-373-7888
Human Trafficking Hotline <a href="https://sohiv.org/rise">sohiv.org/rise</a>	702-936-4004
Maternal Mental Health Hotline (pregnant and new moms)	833-852-6262
Military Helpline <a href="https://militaryhelpline.org">militaryhelpline.org</a>	888-457-4838
National Center Missing & Exploited Children <a href="https://missingkids.org">missingkids.org</a>	800-843-5678
Poison Control <a href="https://poison.org">poison.org</a>	800-222-1222
Rape, Abuse, & Incest National Network (RAINN) <a href="https://rainn.org">rainn.org</a>	800-656-4673
Runaway Hotline <a href="https://1800runaway.org">1800runaway.org</a>	800-786-2929
SafeVoice Nevada (Students, parents, faculty) <a href="https://safevoicenv.org">safevoicenv.org</a>	833-216-7233
Safe Place Hotline (Youth) <a href="https://nationalsafeplace.org">nationalsafeplace.org</a>	866-827-3723
SAGE Hotline (LGBT Elders) <a href="https://sageusa.org">sageusa.org</a>	877-360-5428
Sexual Assault Hotline <a href="https://rainn.org">rainn.org</a>	800-656-4673
Sexual Assault Hotline <a href="https://sohiv.org">sohiv.org</a>	702-366-1640
Teen Dating Abuse <a href="https://loveisrespect.org">loveisrespect.org</a>	866-331-9474
The Network La-Red (LGBTQ Abuso de Pareja) <a href="https://tnlr.org/es">tnlr.org/es</a> <b>ESPANOL</b>	800-832-1901
The Network La-Red (LGBTQ Domestic Partner Violence) <a href="https://tnlr.org/en">tnlr.org/en</a>	800-832-1901
Trans Lifeline <a href="https://translifeline.org">translifeline.org</a>	877-565-8860
Trevor Project Crisis Line (LGBTQ < 25) <a href="https://thetrevorproject.org/get-help">thetrevorproject.org/get-help</a>	866-488-7386
Veteran Crisis Line <a href="https://veteranscrisisline.net">veteranscrisisline.net</a>	800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	800-799-4889
WestCare Nevada Crisis Hotline	702-385-3330

### **YOUR HEALTHY SELF: Wellness Toolkits from the National Institutes of Health** ([nih.gov/health-information/your-healthiest-self-wellness-toolkits](https://nih.gov/health-information/your-healthiest-self-wellness-toolkits))

Disease Prevention: <https://bit.ly/4eUtU23>

Emotional Wellness: <https://bit.ly/4g9BZ42>

Environmental Wellness: <https://bit.ly/3VhAtoF>

Physical Wellness: <https://bit.ly/418TiOj>

Social Connection: <https://bit.ly/49gHmw6>

## Promoting Healthy Behaviors: A Path to Better Well-Being

BY ANJUM KHAN | MA, PMP, PMI-ACP

"Good habits are the key to all success. Bad habits are the unlocked door to failure."— OG MANDINO

In a world increasingly characterized by fast-paced lifestyles, relentless demands, and digital overexposure, promoting healthy behaviors is more important than ever. While genetics play a role in health, the habits we adopt—such as our diet, physical activity, and stress management—have a profound impact on our well-being. Research has shown that healthy behaviors play a key role in our overall health, which encompasses both physical and mental health well-being.<sup>1,2</sup> In recent years, the World Health Organization (WHO) has emphasized that the most effective way to achieve good health is to promote healthy behaviors that impact both mental and physical health across all ages.<sup>2</sup> For this to work, it is crucial to provide accessible information and resources that empower people to make informed choices. To this effect, this article aims to help understand healthy behaviors and some strategies to promote them.

### The Importance of Healthy Behaviors

Living a healthy life entails more than just preventing sickness and disability, it requires focusing on building personal wellness, resilience, and endurance. And this involves adopting behaviors that enhance physical, mental, and social well-being. **Healthy behaviors such as doing regular physical activity, eating a balanced nutrient-rich diet, getting adequate sleep, and stress management are essential to maintaining good overall health.**<sup>1,2,3</sup> According to WHO and CDC, adopting a healthy lifestyle reduces the risk of chronic diseases like heart disease, diabetes, and obesity, while also improving mental health and longevity, and reducing the cost of healthcare.<sup>2,3</sup>

### What are Unhealthy Behaviors and their Consequences?

People may not always be aware that they are engaging in unhealthy behaviors. Here are the most common behaviors that pose significant risk to human health today: insufficient sleep, smoking/vaping, excessive alcohol consumption, drug use, unprotected sex, gambling, extreme social media use, and a lack of exercise.<sup>2,3,4</sup> These activities can increase the risk of diseases like hypertension, heart disease, cancer, sexually transmitted diseases (STDs), diabetes, and obesity.<sup>4</sup> **Substance use, sedentary lifestyle, and inadequate sleep are the top three behaviors that impact mental health.**<sup>5</sup> **Extreme digital screen time/social media use is increasingly becoming a leading cause of poor brain development and mental health issues in children, adolescents, and young adults.**<sup>1,2,3,6</sup> Data shows that 53% of deaths are related to unhealthy behaviors and hazardous lifestyles.<sup>7</sup>

### Overcoming Barriers to Healthy Behaviors<sup>1,2,5,7,9</sup>

Despite the benefits, adopting healthy behaviors can be challenging. Common barriers include time constraints, lack of access to resources, financial limitations, stigma related to mental health issues, and even cultural norms that foster unhealthy habits. Lack of health literacy is also a major barrier to achieving good health, especially in children and young adults. To address these obstacles, it is important to raise awareness and make healthy choices more accessible and affordable. Policies that reduce the cost of nutritious foods, improve access to healthcare and resources, and invest in public spaces for exercise can help individuals overcome these barriers. Community and government initiatives like building safe walking paths, offering affordable access to fresh produce, and organizing wellness programs encourage individuals to make healthier choices.

Moreover, addressing stress management and stigma associated with mental health is crucial in promoting overall well-being. For many, stress can contribute to unhealthy eating habits, sedentary behavior, and poor sleep—**77% of Americans report using at least one addictive or unhealthy behavior as a coping mechanism to manage mental health issues.**<sup>6</sup> Initiatives that provide mental health resources, mindfulness programs, and stress-relief activities can help individuals cope with life's pressures in healthier ways. Healthcare providers should be proactive in discussing lifestyle changes with patients during routine check-ups and supporting long-term behavior change. The following are other strategies that can further help overcome barriers for people in all age groups.

## Strategies for Promoting Healthy Behaviors for Overall Well-Being<sup>1,2,3,5,8,9</sup>

<b>Education and Awareness:</b> The first step in promoting well-being is fostering awareness. Public health campaigns and school curricula can educate individuals about the importance of exercise, nutrition, and mental health, and ways to maintain it through building resilience and coping skills. Educating people about the signs of mental health challenges and the importance of seeking help is critical as it also helps reduce stigma.	<b>Promoting Physical Activity:</b> Physical activity is an effective way to combat stress, anxiety, depression, and obesity, as well as maintain healthy body functions. Initiatives that encourage physical movement, such as walking clubs, outdoor fitness programs, workplace wellness challenges, or school health curricula can make a significant impact on overall well-being. Furthermore, limiting screen time and encouraging outdoor activities can help combat sedentary lifestyles, which are linked to obesity and other health concerns.
<b>Creating Supportive Environments:</b> Creating an environment that supports healthy behaviors is crucial. Workplaces can promote and provide resources for physical activity and mental health support. Schools are particularly influential in fostering healthy habits in children through physical education programs, access to healthy meals, and health education curricula.	<b>Encouraging Social Connections:</b> Social support is essential for mental well-being. Encouraging people to build and maintain relationships with family, friends, and peers can reduce loneliness, which is a key risk factor for mental health challenges. Activities such as group sports, volunteering, or attending support groups can foster these connections.
<b>Practicing Mindfulness and Stress Management:</b> Mindfulness practices such as meditation, yoga, and tai chi can significantly reduce stress and improve overall mental health. Providing easy access to mindfulness programs in schools, workplaces, and community centers can help individuals learn how to incorporate these practices into their daily lives.	<b>Improving Sleep Hygiene:</b> Educating individuals about the importance of good sleep hygiene can improve mental health. This includes encouraging regular sleep patterns, reducing screen time before bed, and creating a relaxing nighttime routine. Parents have an important role here to help children learn and manage this.

### The Impact of Promoting Healthy Behaviors

The long-term benefits of promoting healthy behaviors extend far beyond individual health. Communities that prioritize wellness experience greater social cohesion, higher productivity, and improved quality of life. By shifting societal norms toward healthier lifestyles, we create an environment where well-being is the standard, not the exception. Healthier individuals lead to healthier families, which in turn can reduce the burden on public health systems and improve economic outcomes.

### Conclusion

Promoting overall well-being requires a proactive approach centered on healthy behaviors. Regular physical activity, balanced nutrition, quality sleep, stress management, and strong social connections form the foundation of good health. It is imperative that we all aspire to adopt these healthy behaviors into our daily routine so that we can enhance our emotional resilience, reduce stress, and improve overall quality of life. It is also important to understand that this agenda requires a collective effort; policymakers, healthcare providers, and community leaders must also work together to create supportive environments that enable everyone—including children and adolescents—to lead healthier lives. By encouraging healthier choices at an individual, community, and societal level, we can pave the way for a healthier future for everyone.

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## STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

### Active Minds

Raises awareness, promotes positive mental health, educates peers, and encourages students to reach out for help.  
[activeminds.org/programs/chapter-network](https://activeminds.org/programs/chapter-network)

### Alzheimer's Association — Desert Southwest Chapter

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](https://alz.org/dsw) (702-248-2770)

### 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](https://afsp.org/chapter/nevada)

### Autism Coalition of Nevada

Unites all affected by Autism, advocacy organizations, political affiliates/legislators, and service providers across the country.  
[aconv.org](https://aconv.org) (775-329-2268)

### Avery Burton Foundation

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](https://averyburtonfoundation.org) (702-558-9202)

### Bamboo Bridges

Bridges the multi-ethnic, multilingual, and multi-generational Asian Pacific American community by developing collaborations and building awareness of the issues that APA women confront in their lives, families, and communities.  
[bamboobridges.org](https://bamboobridges.org) (725-222-0041)

### Behavioral Health Association of Nevada (BHAVN)

Works with any individual who works in or supports behavioral health to overcome the behavioral health and addiction challenges throughout Nevada.  
[bhanv.org](https://bhanv.org)

### CARE Coalition

Increases public awareness of the effects of drug and alcohol abuse by education and supporting youth, adults, the community and drug prevention agencies in Clark County; thus, identifying and promoting healthy behaviors and reducing abuse in our community.  
[carecoalitionnv.org](https://carecoalitionnv.org) (702-463-1415)  
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](https://unlv.edu/education/centers/casd)

### Center for the Application of Substance Abuse Technologies (CASAT)

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](https://casat.org) (775-784-6265)

### Child Mental Health Action Coalition

A group of leaders, professionals and community members dedicated to creating strategies that meet the urgent needs in Nevada for mental and behavioral health services for children.  
[tara.raines@caanv.org](mailto:tara.raines@caanv.org)

### Children's Advocacy Alliance

Builds consensus around priorities and leverages our collective strength toward real changes in policy and practice to ensure that every child has a chance to thrive. Advocating in the areas of Health, Child Welfare and Equitable Access, School Readiness and Early Childhood System, and Economic Well-Being.  
[caanv.org](https://caanv.org) (702-228-1869)

### 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.  
[cccchc.org](https://cccchc.org)

### Community Counseling Center

The mission of the center is keeping families together, preventing homelessness, and helping clients lead sober lives. Provides professional, compassionate, culturally competent, affordable, and linguistically appropriate mental health care.  
[cccfsn.org](https://cccfsn.org)

### Community Partners for Better Health

An organization that exists to empower individuals, organizations, and the entire community by imparting knowledge and providing the essential tools to enhance health and enrich lives. Committed to dismantling health disparities, fostering an equitable health landscape where everyone has the chance to thrive.  
[communitypartnersforbetterhealth.com](https://communitypartnersforbetterhealth.com)

### Creative Solutions for Positive Youth Development

A mental health multidisciplinary team providing services at the Boys and Girls Club. Members, families, teachers, mentors, outside therapists, and clubhouse staff members can refer members to services as needed.  
[bgcsnv.org/services/mental-health](https://bgcsnv.org/services/mental-health)

### 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](https://cssnv.org)

### Dancesafe

A harm reduction nonprofit that promotes health and safety with music and nightlife communities.  
[dancesafe.org](https://dancesafe.org)

### Depression Bipolar Support Alliance (DBSA) Southern Nevada

Independent affiliate of the National DBSA devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.  
[dbsasouthernnv.org](https://dbsasouthernnv.org) (702-750-5919)

### Emma's House, Inc

Our goal is to empower girls and women through leadership programs that promote healthy self-esteem-building for elementary, middle, and high school girls.  
[emmashouseinc.org](https://emmashouseinc.org)

### Family and Child Treatment Center of Southern Nevada (FACT)

Dedicated to helping Nevadans heal from the traumas and cycle of abuse, neglect, & violence.  
[factsnv.org](https://factsnv.org) (702-258-5855)

### Family TIES of Nevada

Serves people with disabilities throughout their lifespan, and supports their families and professional who work on their behalf.  
[familytiesnv.net](https://familytiesnv.net) (775-823-9500)

### FEAT of Southern Nevada

Provides information on therapies, support services, and resources for families and individuals impacted with Autism Spectrum Disorder (ASD) and related disorders.  
[featsonv.org](https://featsonv.org) (702-368-3328)

## STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

### Find Your Anchor

Is a grassroots movement aimed at suicide prevention, awareness, and education. Supports those who may be struggling and de-stigmatizes conversations surrounding suicide and mental health.  
[findyouranchor.us](http://findyouranchor.us)

### Foundation for Recovery (FFR)

A peer-led, grassroots statewide Recovery Community Organization (RCO). Dedicated to providing peer recovery support services, advocacy, education and training.  
[forrecovery.org](http://forrecovery.org) (702-257-8199)

### Harm Reduction Center/Trac B Exchange

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](http://harmreductioncenterlv.com) (702-840-6693)  
[tracbexchange@gmail.com](mailto:tracbexchange@gmail.com)

### Health Services Coalition

Focuses on purchasing high-quality, cost-effective health care services for its members by working with health care providers and community leaders.  
[lvhsc.org](http://lvhsc.org) (702-474-4418)

### Heart 2 Give

Non profit that raises awareness for mental health and suicide prevention. Provides emotional support for those in need.  
[heart2give.us](http://heart2give.us)

### Henderson Equality Center

Provides gay, lesbian, bisexual and transgender (LGBT) individuals, their families and supporters with resources.  
[hendersonequalitycenter.org](http://hendersonequalitycenter.org) (855-955-5428)

### Hope Means Nevada

Raises awareness around mental health and teen suicide. Provides access to mental health resources and a community of hope.  
[hopemeansnevada.org](http://hopemeansnevada.org)

### Jean Nidetch Care Center

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](http://unlv.edu/carecenter) (702-895-4475)

### Las Vegas HEALS (Health, Education, Advocacy, Leadership in Southern Nevada)

A membership-based association for healthcare professionals. Fosters strategic alliances in the healthcare community, collaborating on workforce issues, and being a proactive force for legislative initiatives to improve the quality of healthcare.  
[lasvegasheals.org](http://lasvegasheals.org) (702-952-2477)

### Lou Ruvo Center for Brain Health

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](http://my.clevelandclinic.org/locations/nevada) (702-483-6000)

### Mental Health Coalition

Focused on driving mental health improvements across Southern Nevada. The mission is to advance mental health services through advocacy, support for providers, and the enforcement of fair policies, ensuring accessible and effective care grounded in equity and justice.

Meetings: 4th Friday 10:00am to 11:30am at NAMI Southern Nevada offices at 2820 W Charleston Blvd, Unit 19

### National Alliance on Mental Illness (NAMI)

#### Southern Nevada Chapter

The nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental illness.  
[namisouthernnevada.org](http://namisouthernnevada.org) (775-470-5600)

### 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](http://naswnv.socialworkers.org)

### Nevada Action Coalition

Serves as the driving force for transforming health care through nursing in Nevada.  
[nvactioncoalition.org](http://nvactioncoalition.org) (702-522-7034)

### Nevada Caregivers Coalition

A statewide group dedicated to supporting and recognizing the efforts of caregivers.  
[nvcaregiverscoalition.com](http://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](http://nevadaadrc.com)

### Nevada Coalition to END Domestic and Sexual Violence

A statewide voice advocating for the prevention and elimination of violence.  
[ncedsv.org](http://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](http://dcfs.nv.gov/Programs/CWS/CSEC/CSEC)

### Nevada Coalition for Suicide Prevention (NCSP)

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](http://nvsuicideprevention.org)

### Nevada Council on Problem Gambling

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](http://nevadacouncil.org) (702-369-9740)

### Nevada Counseling Association

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](http://nvcounseling.org) (702-638-0772)

### Nevada Crisis Intervention Team (CIT)

Mission to decrease stigma and increase understanding of mental illness and substance use issues by supporting and expanding CIT programs in Nevada.  
[nvcit.org](http://nvcit.org)

### Nevada Disability Advocacy & Law Center

Provides services statewide to promote and advocate for the human and legal rights, interests and welfare of Nevadans with disabilities.  
[ndalc.org](http://ndalc.org) (702-257-8150)

### Nevada Division of Public and Behavioral Health (DPBH) Office of Suicide Prevention

Mission is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaboration efforts. 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](http://suicideprevention.nv.gov) (702-486-8225)

### Nevada Hospital Association

Advocates for Nevada's hospitals, health systems, communities and patients before legislative and regulatory bodies.  
[nvha.net](http://nvha.net) (775-827-0184)

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

Committed to advancing minority health outcomes in Nevada and to "moving the needle" on poor health that contributes to significant health disparities among underserved groups in Nevada.  
[nmhec.org](http://nmhec.org)

### Nevada Outreach Training Organization

Provide several programs such as "No to Abuse" (psycho-social and prevention education programs and services to victims of domestic violence and sexual abuse) and Pahrump Family Resource Center.  
[nevadaoutreach.org](http://nevadaoutreach.org) (775-751-1118)

### Nevada PEP

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](http://nvpep.org) (702-388-8899)

### Nevada Primary Care Association

Federally designated Primary Care Association for the State of Nevada. NVPACA is dedicated to assisting health centers and other community health providers with the implementation of solid business practices and community-responsive programs in an effort to improve service delivery effectiveness and efficiency.  
[nvpcapca.org](http://nvpcapca.org) (775-887-0417)

### Nevada Psychiatric Association (NPA)

NPA is a member-based organization and a district branch of the American Psychiatric Association. Committed to promoting mental health, the NPA works tirelessly to advance the field of psychiatry, improve patient access to mental health services, and foster collaboration among professionals in the industry. With a strong emphasis on advocacy, education, and community outreach, the NPA strives to enhance mental well-being for all Nevadans and create a brighter future for the state's mental health landscape.  
[nvpsychiatry.org](http://nvpsychiatry.org) (702-623-4319)

### Nevada Psychological Association (NPA)

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](http://nvpsychology.org) (888-654-0050)

### Nevada Public Health Association

Serves as the voice for public health in Nevada in order to improve health and achieve equity in health status.  
[nphaonline.org](http://nphaonline.org) (775-996-3908)

### 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.  
[nvscapca.org](http://nvscapca.org)

### Nevada State Opioid Response

Nevada STR complements other collaborative efforts by expanding Medication Assisted Treatment (MAT) and reducing opioid deaths.  
[nvopioidresponse.org](http://nvopioidresponse.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](http://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.  
[nvnmch.org](http://nvnmch.org)

### Nevada Tobacco Control & Smoke-Free Coalition

Mission is to improve the health of all Nevadans by advocating to eliminate exposure to secondhand smoke and vape emissions, expand access to cessation, and reduce commercial tobacco use.  
[nvtobaccopreventioncoalition.org](http://nvtobaccopreventioncoalition.org)

### Nevada Voluntary Organizations Active in Disaster (VOAD)

Brings together non-profit organizations, private sector, and government agencies in the state of Nevada to foster more effective preparation for and response to disasters, for the benefit of residents throughout the state.  
[nvvoad@gmail.com](mailto:nvvoad@gmail.com) (702-370-5736)

### New Zeal

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry.  
[newzeal-lv.org](http://newzeal-lv.org) (702-366-0558)

### PACT Coalition

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.  
[drugfreeasvegas.org](http://drugfreeasvegas.org) (702-582-7228)  
Meetings: 3rd Wednesday monthly at 11:30am

### Parkinson's Place Las Vegas

Connecting, empowering, and inspiring the Southern Nevada Parkinson's community.  
[parkinsonsplacelv.org](http://parkinsonsplacelv.org)

### Pink Chair (formerly Hookers for Jesus)

Offers transitional support to at-risk women who want to escape the commercial sex industry. Faith-based program that offers counseling, education, job assistance, case work, advocacy, resources and referrals.  
[pinkchair.org](http://pinkchair.org) (702-623-0958)

### Prevent Child Abuse Nevada

Ensures that Nevada's children thrive in safe, stable, and nurturing environments. Through providing education, advocacy, and awareness, it aims to inspire communities to prevent all forms of child maltreatment.  
[preventchildabusenevada.org](http://preventchildabusenevada.org) (702-895-1040)

### Real Autism Difference

The mission of the organization is to make a positive impact in the lives of children with autism and families by building a community, sharing resources and knowledge, and offering programs.  
[radlv.org](http://radlv.org) (702-463-6723)

### 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](http://reqtherapybbq.com)

### Rite of Passage/The Embracing Project (ROP/TEP)

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](http://theembracingproject.org)

## STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

### RITE Renew Interactive Training & Education

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](http://ritetrainings.org) (702-882-0752)

### RubiesLV

Faith-based, sex-industry-survivor-led nonprofit committed to addressing and preventing sex trafficking in Las Vegas—and helping its victims and their families heal together. [rubieslv.com](http://rubieslv.com) (725-251-0258)

### 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](http://sherofoundation.org)

### Shine A Light Foundation

Non profit that provides homeless outreach and placement services with a focus on individuals who live in the underground flood channels of Las Vegas. Providing instant Placement with Access to Treatment and Housing (IPATH). [shinealightlv.com](http://shinealightlv.com) (725-258-5222)

### Signs of Hope

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](http://sohlv.org) (702-385-2153)

### Solutions of Change

Free counseling/therapy and crisis intervention services to youth ages up to 18 and their families. Individual, family and group sessions available. [solutionsofchange.org](http://solutionsofchange.org) (702-848-1696)

### 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. (Capt. Nita Schmidt 702-671-3955)

### Southern Nevada Harm Reduction Alliance (SNHRA)

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) (702-840-6693)

### Southern Nevada Health District

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. Advocates for policies that support healthy communities. [gethealthyclarkcounty.org](http://gethealthyclarkcounty.org) (702-759-1270)

### Southern Nevada Human Trafficking Taskforce (SNHTTF)

Ensure the protection of victims, prosecution of offenders, and prevention of all forms of human trafficking through effective coordinated partnership through a trauma informed and victim centered lens. To leave non-emergent tips or concerns, leave voicemail/email on Vice Tip line at 702-828-3455 or VICE@LVMPD.com. [facebook.com/LVMPDHumantrafficking](https://www.facebook.com/LVMPDHumantrafficking) SNHTTF@LVMPD.com

### 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@snehd.org](mailto:johnsonjes@snehd.org) or Katarina Pulver at [pulver@snehd.org](mailto:pulver@snehd.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](http://naadac.org/nevada) and [snaap.net](http://snaap.net) Meetings: First Friday monthly

### The Cupcake Girls

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](http://thecupcakegirls.org) (702-879-8195, [info@thecupcakegirls.org](mailto:info@thecupcakegirls.org))

### The Garden Foundation

Non-profit serving those with disabilities. Supporting and enhancing the lives of people with disabilities by providing a place of education, inspiration, independence and inclusion. [thegardenfoundationlv.org](http://thegardenfoundationlv.org)

### The Harbor

Provides a safe place for the Clark County community by providing services to youth and families to address their immediate needs. [theharborlv.com](http://theharborlv.com) [@Charleston (89146): 702-486-5331; @Flamingo (89119): 702-455-7912; @Henderson: 702-455-0112; @MLK (89032): 702-455-7914; @Mojave (89101): 702-455-6912]

### The J&J Foundation

Created to reduce the stigma around mental health and substance abuse disorders, and to help people in need get the support they would otherwise not be able to receive. [thejnjfoundation.org](http://thejnjfoundation.org)

### 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. [thecenterlv.org](http://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](http://thephoenix.org)

### The Pride Tree

Creates safe environments where LGBTQ+ youth and allies can explore their own identity. [thepridetree.lv.com](http://thepridetree.lv.com)

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

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. [tinhihlasvegas.info](http://tinhihlasvegas.info)

### UNSHAKEABLE

Mission is guiding women recovering from trauma to return to the workforce and achieve financial independence. [unshakeable.org](http://unshakeable.org)

### Vegas Strong Resiliency Center

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](http://vegasstrongrc.org) (702-455-2433)

### Vegas Stronger

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](http://vegasstronger.org) (702-234-1356)

### Veterans & Community Resource Center

Provides supportive services to Veterans and the North Las Vegas community. Helping individuals achieve economic success, housing stability, and emotional health and well-being. (702-633-1640)

### WestCare Nevada

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](http://westcare.com) (702-385-3330)

### Women's Sustainable Recovery Coalition

Advocates through a network of providers and resources to help women to sustain recovery and restore their lives. [wsrcoalition.org](http://wsrcoalition.org) / [admin@wsrcoalition.org](mailto:admin@wsrcoalition.org) Meetings: Quarterly: Feb, May, Aug, Nov

### 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](http://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)

*A single conversation  
can sometimes be the  
beginning of healing.*

UNKNOWN

If we have incorrect or missing information, please contact us via email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com) or via our website at [mentalhealthspectrum.com](http://mentalhealthspectrum.com).

## Connectedness - Awareness - Resources - Education



## A substance misuse and behavioral health awareness coalition.

### WE OFFER:

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Visit our website for more info:

[www.carecoalitionnv.org](http://www.carecoalitionnv.org)

P: 702-463-1415



Sponsored (in part) by SAMHSA and/or the Substance Abuse Prevention Treatment Agency of Nevada (SAPTA)

## The Conscientious Choice: Professional Empathy and Civic Engagement

BY TREY DELAP\* | M.A., E.M.B.A

It's 2 p.m., and you sit down with a freshly brewed cup of tea. Between clients, you've committed to taking mindful breaks this year—a resolution to bolster professional resilience. You open a magazine and read:

“Chances are that half of everyone reading this has diametrically opposed political views.”

“Horse hockey!” you exclaim—louder than you realized. Surely my colleagues agree on the problem—it's [insert favorite unsolvable complaint here]. But the author presses on: “That's confirmation bias.” The words linger. Confirmation bias—the tendency to favor information that aligns with our worldview<sup>1</sup>—doesn't just shape how we interpret facts. It also colors our interactions with the systems and institutions we rely on. In our field, where fostering empathy and understanding is central, shouldn't we apply those same principles to civic life and our professional responsibilities?

### The Choice to Engage

In Nevada, changes to professional licensure for mental health providers are under discussion. The state legislature is debating a plan to consolidate independent licensing boards into a centralized system. On the surface, this might seem like a technical adjustment—changing where you send your renewal forms. But this shift has significant implications for how mental health professionals are licensed, represented, and held accountable.

Here's the key: You have a choice. You can engage with the process, lending your voice to shape the outcome, or you can step back and let decisions be made without your input. But understand this—if you choose not to engage, the system will move forward, and the outcome may not align with your preferences. Righteous indignation after the fact carries little legitimacy. It's too easy to sit in frustration, claiming that the system is broken. It's not. The system is working as designed—powered by those who choose to participate. The challenge isn't a broken process; it's the deep divides created by all-or-nothing postures, leaving little room for nuanced solutions.

### Beyond False Dichotomies

All stigma around mental health concerns and addiction stems from a false dichotomy: recovery or not, sober or not, well or sick, good or bad. But that's not true—it's clinically invalid. If we understand that mental well-being exists on a spectrum, why do we impose such rigid thinking on civic discourse? Why do we see ourselves as right and others as wrong? Who wants to be wrong? It's the curious who foster growth—not those condemned to rigid thinking.

### Nevada's Mental Health System: A Shared Responsibility

Nevada has two speeds: now and never. And “never” has been winning for two decades. Nevada's mental health system didn't fall to the bottom—it was never on top. It didn't fail to grow—it wasn't raised up. As a state, we haven't prioritized it. Workforce development, particularly in mental health, has long been a priority for the state government, yet progress remains piecemeal.

The truth is there's no single solution to the challenges we face—no “this over that.” When we empathize and take a broader view, we see that Nevada needs more providers, more facilities, more funding, and better policies. It's not just one thing; it's everything. Incremental improvements in each area can lead to significant progress, but only if we resist the urge to draw deep divides and instead focus on collaboration. This is where empathy and understanding become critical. Instead of splintering into opposing factions, what if we promoted peace, love, and a presumption of grace? What if we chose to see those with differing views not as opponents but as partners in solving a shared challenge?

### The Peace of Perspective

You always have a choice. When politics or professional frustrations weigh you down, take a moment to reflect. Pour another cup of tea and consider the view from the other side. Ask yourself:

- Why do others see this differently?
- What assumptions am I making that might not hold up?
- How can I reduce my own confirmation bias and find common ground?

Engaging doesn't mean you have to agree with every perspective. It means being open to understanding others, challenging your own assumptions, and finding ways to contribute meaningfully. The decision to participate is yours, but if you don't, understand that the system will move forward, with or without your voice.

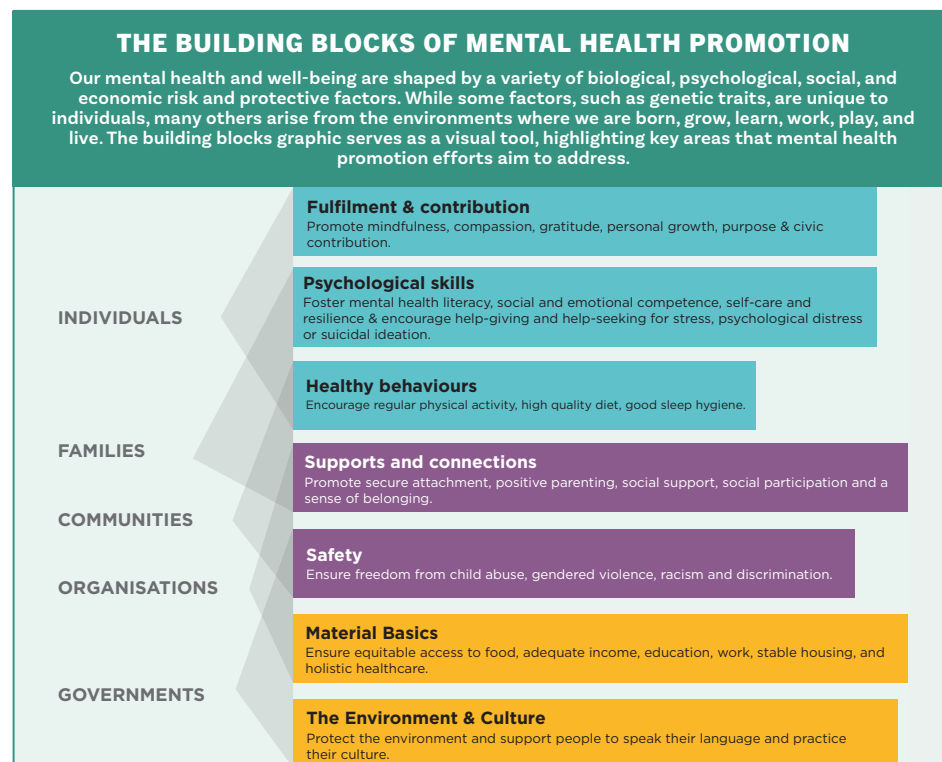
### Moving Forward Together

Nevada's mental health system can't be fixed by a single policy or program. It requires bits of everything—providers, funding, facilities, and collaborative governance. Each small improvement is a step toward a stronger system. By choosing to engage thoughtfully, we can create solutions that reflect the diverse needs of our field and the communities we serve. And by embracing empathy and curiosity, we can move beyond division, fostering a sense of shared purpose. The next time you feel disheartened, remember: the power to create change starts with a choice. Whether you engage or not, the system will continue to evolve. The question is, will it evolve in a way that you feel reflects your values and priorities? Take the time to pause, reflect, and choose wisely. The peace we seek in our profession, our communities, and our own lives begins with the perspective we bring to the table.

#### REFERENCE

1. Nickerson, R. S. (1998). Confirmation bias: A ubiquitous phenomenon in many guises. *Review of General Psychology*, 2(2), 175–220. From <https://doi.org/10.1037/1089-2680.2.2.175>

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## NATIONAL ORGANIZATIONS

### Diversity and Multicultural

African American Behavioral Health Center of Excellence [africanamericanbehavioralhealth.org](http://africanamericanbehavioralhealth.org)  
 Behavioral Health Indian Health Services [ihs.gov/mentalhealth](http://ihs.gov/mentalhealth) BIPOC Mental Health [mhanational.org/bipoc](http://mhanational.org/bipoc)  
 National Indigenous Women's Resource [niwrc.org](http://niwrc.org) National Latino Behavioral Health [nlbha.org](http://nlbha.org)  
 United Natives [unitednatives.org](http://unitednatives.org)

### General

Academy for Eating Disorders [aedweb.org](http://aedweb.org) Anxiety and Depression Association of America (ADAA) [adaa.org](http://adaa.org)  
 Bring Change to Mind [bringchange2mind.org](http://bringchange2mind.org) Depression and Bipolar Support Alliance (DBSA) [dbsalliance.org](http://dbsalliance.org)  
 Heads Up Guys [headsupguys.org](http://headsupguys.org) Healthy Brains [healthybrains.org](http://healthybrains.org) International OCD Foundation [iocdf.org](http://iocdf.org)  
 Mental Health America (MHA) [mhanational.org](http://mhanational.org) National Alliance on Mental Illness (NAMI) [nami.org](http://nami.org)  
 National Council for Mental Wellbeing [thenationalcouncil.org](http://thenationalcouncil.org)  
 National Eating Disorder Association (NEDA) [nationaleatingdisorders.org](http://nationaleatingdisorders.org) The Jed Foundation [jedfoundation.org](http://jedfoundation.org)

### Grief

Alliance of Hope for Suicide Loss Survivors [allianceofhope.org](http://allianceofhope.org)  
 Center for Loss & Life Transition [centerforloss.com](http://centerforloss.com) Compassionate Friends [compassionatefriends.org](http://compassionatefriends.org)  
 Heal Grief [healgrief.org](http://healgrief.org) The Sanctuary National Grief Support Network [thesanctuaryforgrief.org](http://thesanctuaryforgrief.org)

### Human Trafficking

3strandsglobalfoundation [3strandsglobalfoundation.org](http://3strandsglobalfoundation.org)  
 National Center for Missing and Exploited Children [missingkids.org](http://missingkids.org) Polaris Project [polarisproject.org](http://polarisproject.org)  
 Shared Hope International [sharedhope.org](http://sharedhope.org)

### Legal and Disability

Bazelon Center for Mental Health Law [bazelon.org](http://bazelon.org) Civil Law Self Help Center [civillawselfhelpcenter.org](http://civillawselfhelpcenter.org)  
 Family Law Self Help Center [familylawselfhelpcenter.org](http://familylawselfhelpcenter.org) Gender Justice Nevada [genderjusticenv.org](http://genderjusticenv.org)  
 Legal Aid Center of Southern Nevada [lacs.nv.org](http://lacs.nv.org) Nevada Disability Advocacy and Law Center [ndalc.org](http://ndalc.org)  
 Nevada Legal Services [nevadalegalservices.org](http://nevadalegalservices.org) Women's Law [womenslaw.org](http://womenslaw.org)

### Schizophrenia and Psychosis

Early Assessment & Support Alliance [easacommunity.org](http://easacommunity.org) Hope for Schizophrenia [hopeforschizophrenia.com](http://hopeforschizophrenia.com)  
 Early Psychosis Intervention Network [nationalepinet.org](http://nationalepinet.org) Schizophrenia & Psychosis Action Alliance [sczaction.org](http://sczaction.org)

### Substance Use

Addiction Technology Transfer Center [attcnetwork.org](http://attcnetwork.org) Celebrate Recovery [celebraterecovery.com](http://celebraterecovery.com)  
 Faces and Voices of Recovery [facesandvoicesofrecovery.org](http://facesandvoicesofrecovery.org) Families Against Narcotics [familiesagainstnarcotics.org](http://familiesagainstnarcotics.org)  
 Generation Rx [generationrx.org](http://generationrx.org) National Council on Alcoholism and Drug Dependence [ncadd.us](http://ncadd.us)  
 Partnership to End Addiction [drugfree.org](http://drugfree.org) Preventational Technology Transfer Center [pttcnetwork.org](http://pttcnetwork.org)  
 SmokeFree [smokefree.gov](http://smokefree.gov) Treatment Advocacy Center [treatmentadvocacycenter.org](http://treatmentadvocacycenter.org)

### Suicide Prevention and Postvention

American Foundation for Suicide Prevention (AFSP) [afsp.org](http://afsp.org)  
 National Action Alliance for Suicide Prevention [theactionalliance.org](http://theactionalliance.org)  
 Now Matters Now [nowmattersnow.org](http://nowmattersnow.org) Postvention Alliance [postvention.org](http://postvention.org)  
 Suicide Awareness Voices of Education [save.org](http://save.org) Suicide Prevention Resource Center [sprc.org](http://sprc.org)

### Trauma and Abuse

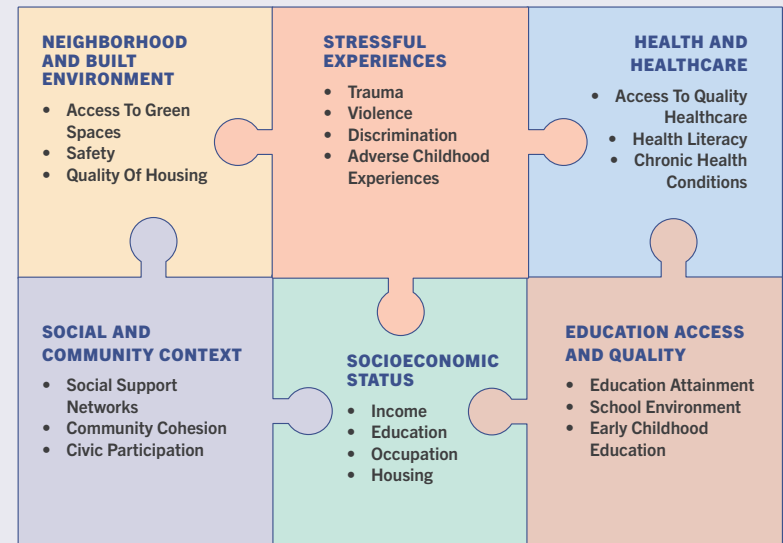
Love is Respect [loveisrespect.org](http://loveisrespect.org) National Center for PTSD [ptsd.va.gov](http://ptsd.va.gov)  
 National Network to End Domestic Violence [nnev.org](http://nnev.org) National Organization for Victim Assistance [trynova.org](http://trynova.org)  
 Prevent IPV [preventipv.org](http://preventipv.org) PTSD Alliance [ptsdalliance.org](http://ptsdalliance.org)  
 RAINN [rainn.org](http://rainn.org) S.A.F.E. Alternatives (Self Abuse Finally Ends) [selfinjury.com](http://selfinjury.com)  
 The National Child Traumatic Stress Network [nctsn.org](http://nctsn.org)

### Veterans

Make the Connection [maketheconnection.net](http://maketheconnection.net) Military One Source [militaryonesource.mil](http://militaryonesource.mil) R.E.A.C.H. [reach.gov](http://reach.gov)  
 U. S. Department of Veterans Affairs – Mental Health [mentalhealth.va.gov](http://mentalhealth.va.gov)

## Social Determinants of Health

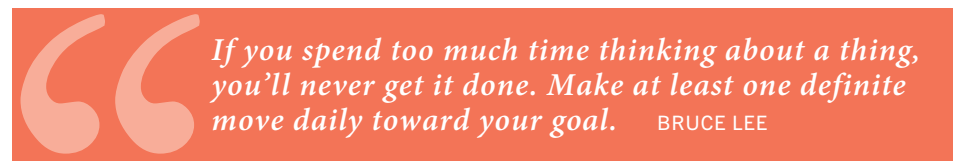
Social determinants of health refer to nonmedical factors that impact overall health outcomes.<sup>1</sup> They encompass the conditions and environments in which individuals are born, grow up, work, live, worship, and age.<sup>1</sup> Our mental and physical health are shaped by factors such as socioeconomic status, stressful experiences, education access and quality, social community context, health and healthcare, and neighborhood and built environments.<sup>1,2,3</sup> These determinants are interconnected and can influence each other. By understanding and addressing these determinants, we can work towards improving total health and well-being outcomes, especially mental health.



SOURCE: Adapted from Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. From <https://odphp.health.gov/healthypeople/priority-areas/social-determinants-health>

#### REFERENCES

- Centers for Disease Control and Prevention. (2023). *Social Determinants of Health*. From [bit.ly/4i6N089](https://bit.ly/4i6N089)
- Kirkbride, J. B., et al. (2024). *The social determinants of mental health and disorder: evidence, prevention and recommendations*. From [doi.org/10.1002/wps.21160](https://doi.org/10.1002/wps.21160)
- Rotter, M., Compton, M., Samaranayake, D. et al. (2022). *The Social Determinants of Mental Health: A Descriptive Study of State Mental Health Agencies' Priorities*. From [doi.org/10.1007/s10597-021-00921-7](https://doi.org/10.1007/s10597-021-00921-7)



**PASTORAL COUNSELING AND LIFE COACH**  
 Rev. Bryan Ostaszewski  
 (Certified Interfaith Counselor, Ordained Minister & Chaplain)

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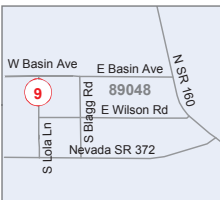
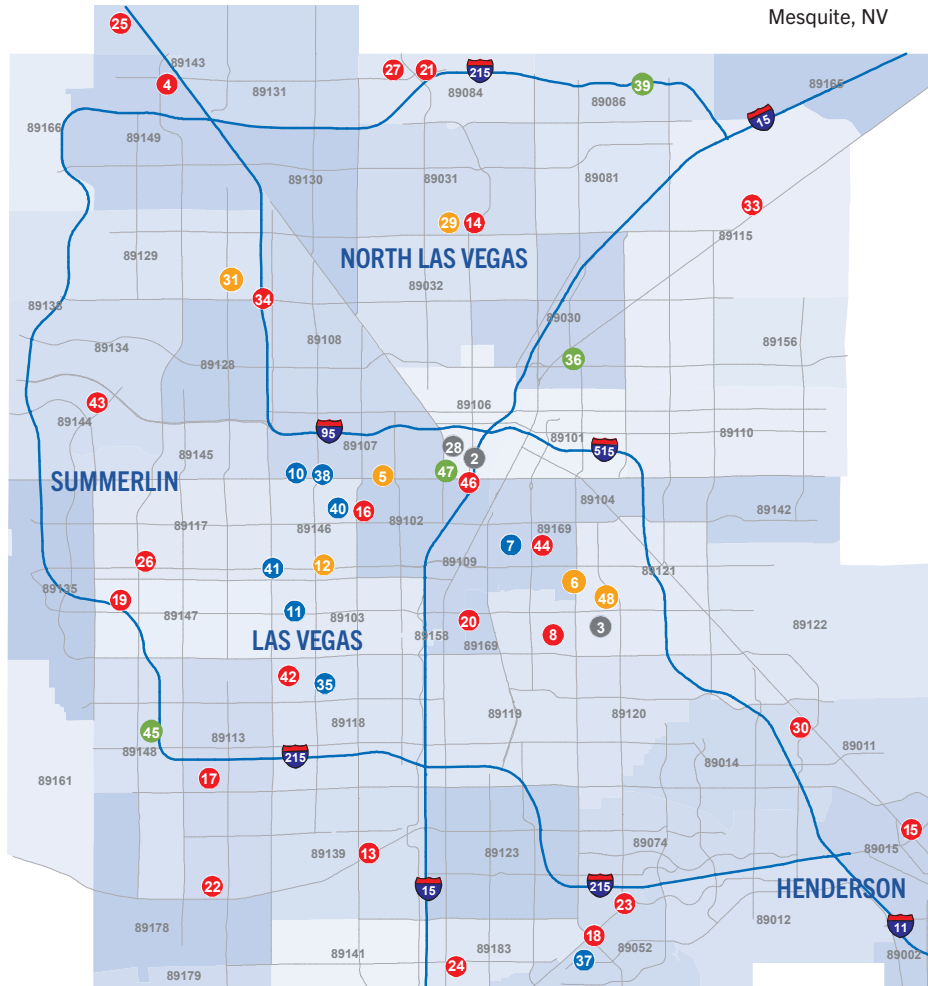
Addiction, Alcohol / Drug Abuse, Anger Management, Anxiety, Behavioral issues, Career Counseling, Coping Skills, Depression, Divorce, Domestic Abuse, Trauma, PTSD, Suicidal Ideation.

HOSPITAL LISTING

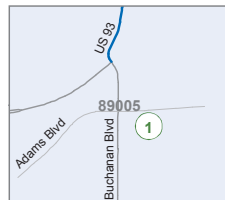
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

- Boulder City Hospital, Geriatric Behavioral Medicine** 901 Adams Blvd, Boulder City, 89005 702-293-4111
- Bridge Counseling Associates** 1640 Alta Dr, Suite 4, LV, 89106 702-474-6450
- Bridge Counseling Associates** 4221 McLeod Dr, LV, 89121 702-474-6450
- Centennial Hills Hospital** 6900 N Durango Dr, 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 Hospital** 3247 S Maryland Pkwy, LV, 89109 877-663-7976
- Desert Springs Free Standing Emergency Department** 2075 E Flamingo Rd, LV, 89119 702-894-5508
- Desert View Hospital** 360 S Lola Ln, 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
- Desert Winds Recovery Center** 633 Palmyra Ave, LV, 89146 702-904-8255
- 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, Rose de Lima** 102 E Lake Mead Pkwy, HEN, 89015 702-564-2622
- Dignity Health St Rose, Sahara** 4980 W Sahara Ave, LV, 89102 702-216-7365
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Rd, LV, 89113 702-616-4666
- Dignity Health St Rose, Siena** 3001 St Rose Pkwy, HEN, 89052 702-616-5000
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Rd, LV, 89147 702-216-7335
- Elite Medical Center** 150 E Harmon Ave, 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 Green Valley** 2581 St Rose Pkwy, HEN, 89074 702-780-2700
- ER at S Las Vegas Blvd** 10700 Giles St, LV, 89183
- ER at Skye Canyon** 9860 W Skye Canyon Park Dr, LV, 89166 702-962-0700
- ER at The Lakes** 3325 S Fort Apache Rd, LV, 89117 702-962-0500
- ER at Valley Vista** 7230 N Decatur Blvd, NLV, 89084 702-534-7200
- FirstMed Health + Wellness 400 Shadow Ln, Ste 106, LV, 89106 702-731-0909
- Gallus Medical Detox** 1550 W Craig Rd, Ste 330, LV, 89032 702-857-7164
- Henderson Hospital** 1050 W Galleria Dr, HEN, 89011 702-963-7000
- Landmark Recovery** 3371 N Buffalo Dr, LV, 89129 844-332-2076
- Mesa View Regional Hospital** 1299 Bertha Howe Ave, 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
- Sevens Hills Behavioral Health Hospital** 3021 W Horizon Ridge Pkwy, 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 Ave, 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 Dr, LV, 89144 702-233-7000
- Sunrise Hospital + 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 (UMC)** 1800 W Charleston Blvd, LV, 89102 702-383-2000
- Valley Hospital, Behavioral Health Unit** 620 Shadow Ln, LV, 89106 702-388-4000
- Vogue Recovery Center Nevada** 4011 McLeod Dr, LV, 89121 702-533-4154


For emergencies, call 911 for immediate assistance.

# It's All About Self-Care

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

## LISTENING

**SUGGESTED MUSIC:**  
BLUEGRASS



Example: Down to the River to Pray by Alison Krauss

Free songs available on youtube.com

**SUGGESTED SHOW:**  
GAME SHOW

Example: Price is Right or Deal or No Deal

Available on pluto.tv



WATCHING

**DOING**



**SUGGESTED ACTION:**  
STARGAZING

There are many benefits to stargazing such as inspiring awe, stress reliever, and providing a deeper connection to nature. Read EarthSky's top 10 stargazing tips to get started: [earthsky.org](http://earthsky.org)

**SUGGESTED READING:**  
ADVENTURE FICTION



Example: The Alchemist by Paulo Coelho

Free reading material available at public libraries ([thelibrarydistrict.org](http://thelibrarydistrict.org) or [hendersonlibraries.com](http://hendersonlibraries.com) or City of North LV: <http://bit.ly/3WGFdvw>)

## READING

“A calm mind brings inner strength and self-confidence, so that’s very important for good health.” — DALAI LAMA

### ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

1. [asiansdotherapy.com](http://asiansdotherapy.com)
2. [asianmhc.org](http://asianmhc.org)
3. [behavioralhealthnv.org](http://behavioralhealthnv.org)
4. [betterhelp.com](http://betterhelp.com)
5. [brightside.com](http://brightside.com)
6. [emdr.com](http://emdr.com)
7. [faithfulcounseling.com](http://faithfulcounseling.com)
8. [findatherapist.com](http://findatherapist.com)
9. [findtreatment.gov](http://findtreatment.gov)
10. [goodtherapy.org](http://goodtherapy.org)
11. [hbinetwork.com/providers](http://hbinetwork.com/providers)
12. [innopsy.com](http://innopsy.com)
13. [insighttherapysolutions.com](http://insighttherapysolutions.com)
14. [locator.apa.org](http://locator.apa.org)
15. [maketheconnection.net/resources](http://maketheconnection.net/resources)
16. [musictherapy.org/about/find](http://musictherapy.org/about/find)
17. [nvpsychology.org](http://nvpsychology.org)
18. [onlinetherapy.com](http://onlinetherapy.com)
19. [openpathcollective.org](http://openpathcollective.org)
20. [psidirectory.com](http://psidirectory.com)
21. [pridecounseling.com](http://pridecounseling.com)
22. [psychologytoday.com/us/therapists/african-american](http://psychologytoday.com/us/therapists/african-american)
23. [psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists)
24. [regain.us](http://regain.us)
25. [talkspace.com](http://talkspace.com)
26. [teencounseling.com](http://teencounseling.com)
27. [therapistlocator.net](http://therapistlocator.net)
28. [therapyden.com](http://therapyden.com)
29. [therapyforblackgirls.com](http://therapyforblackgirls.com)
30. [treatmentconnection.com](http://treatmentconnection.com)
31. [twoha.com/find-help](http://twoha.com/find-help)
32. [vitals.com](http://vitals.com)

### Brightside Health ([brightside.com](http://brightside.com))

Delivers life-changing mental health care to people with mild to severe clinical depression, anxiety, and other mood disorders including those with elevated suicide risk. Provides appointments in as little as two days. Major insurance accepted including Medicare.

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

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
ABC Therapy <a href="http://abctherapy.net">abctherapy.net</a>	702-598-2020	89101	DV, EAP, Problem Gambling
Access Possibilities <a href="http://accesspossibilities.com">accesspossibilities.com</a>	909-233-4242	89123	Access Bars, PTSD, Trauma
Achievable Behavior Strategies <a href="http://bxtherapy.com">bxtherapy.com</a>	702-565-1894	89147	ABA, ASD
Ackerman Center <a href="http://grantagift.com">grantagift.com</a>	702-998-9505	89106	ABA, ASD, Neuropsychology
Adelson Clinic for Drug Abuse Treatment <a href="http://adelsoncliniclasvegas.com">adelsoncliniclasvegas.com</a>	702-735-7900	89169	OUD, MAT
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatry Inc. <a href="http://advancedpsychiatryinc.com">advancedpsychiatryinc.com</a>	702-763-7811	89032	ADHD, CM, PHP, SAT
All About You Counseling <a href="http://allaboutyoucounseling.org">allaboutyoucounseling.org</a>	702-754-0807	89123	General
Alliance Mental Health <a href="http://alliancemhs.com">alliancemhs.com</a>	702-485-2100	89103	Telepsychiatry
Aloha Care Therapy <a href="http://alohacaretherapy.com">alohacaretherapy.com</a>	702-935-0025	89146	ADDICT, Grief, Sexual Identity
American Grace Wellness Center	702-444-0235	89052	OCD, PTSD
Apple Grove Treatment Center <a href="http://applegrovetreatmentcenter.com">applegrovetreatmentcenter.com</a>	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute <a href="http://abainstitute.us">abainstitute.us</a>	702-502-8021	89107	ABA, ASD
Arbor Wellness <a href="http://arborwellnesslv.com">arborwellnesslv.com</a>	702-830-9588	89117	Psychiatric Services, Age 6+
Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services
Aroma Functional Nutrition Psychiatry <a href="http://afnpsych.com">afnpsych.com</a>	702-907-7924	89144	Women/Maternal Mental Health

**OUTPATIENT LISTING**

ASPECTS for Behavior <a href="http://aspects4behavior.org">aspects4behavior.org</a>	702-825-1010	89130	ABA
Autism & Behavioral Consulting <a href="http://abcservices.co">abcservices.co</a>	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being <a href="http://bamboocenter.us">bamboocenter.us</a>	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise <a href="http://bamboosunrise.net">bamboosunrise.net</a>	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavior Essentials <a href="http://behavioressentials.com">behavioressentials.com</a>	702-445-0465		Parent Focused Therapy
Behavioral Health Group <a href="http://bhgrecovery.com">bhgrecovery.com</a>	702-796-0660	89121	ADDICT, SAT
Behavioral Healthcare Options <a href="http://bhoptions.com">bhoptions.com</a>	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Health Solutions <a href="http://bhs.health">bhs.health</a>	702-589-4871	89052	Family, MOOD, SAT
Behavioral Learning Solutions <a href="http://bhsolutionsaba.org">bhsolutionsaba.org</a>	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada <a href="http://behavioralservicesnv.com">behavioralservicesnv.com</a>	702-816-3400	89121	BST, PSR
Beyond Expectation <a href="http://bepsyc.com">bepsyc.com</a>	702-779-3956	89141	Neurofeedback
Beyond Therapy <a href="http://beyondtherapylv.com">beyondtherapylv.com</a>	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health <a href="http://bcbhlv.com">bcbhlv.com</a>	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic <a href="http://boystown.org">boystown.org</a>	702-888-1340	89148 89113	Ages 0-22, ASD
Brainwaves & Counseling <a href="http://brainwaves-counseling.now.site/home">brainwaves-counseling.now.site/home</a>	702-728-5858	89123	Neurofeedback
Breaking the Cycle Health and Wellness Center	702-850-7356	89032	
Bridge Counseling Associates <a href="http://bridgecounseling.org">bridgecounseling.org</a>	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP, Problem Gambling
Bridge Health Services <a href="http://bridgehs.com">bridgehs.com</a>	702-843-0551	89106	Co-occurring, ODD, PTSD
Brighter Tomorrow <a href="http://brightertomorrowtherapy.com">brightertomorrowtherapy.com</a>	725-238-6990	89120	Human Trafficking, PTSD
Browning Neurobehavioral Associates <a href="http://browningnba.com">browningnba.com</a>	702-305-0234	89145	Psychotherapy
Building & Advancing Minds <a href="http://buildingadvancingminds.com">buildingadvancingminds.com</a>	702-530-2749	89032	CBT, life skills
Cal Psychiatric Services <a href="http://calpsychservices.com">calpsychservices.com</a>	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry <a href="http://calmclinic.vegas">calmclinic.vegas</a>	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism <a href="http://campbellcenterforautism.com">campbellcenterforautism.com</a>	702-260-2360	89117	ABA, ASD
Center for Compassionate Care	702-733-0320	89119	Bereavement, Spiritual Care
Center for Individual, Couple and Family Counseling <a href="http://unlv.edu/cicfc">unlv.edu/cicfc</a>	702-895-3106	89154	TELE
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry <a href="http://changingmindspsych.com">changingmindspsych.com</a>	702-405-8088	89074	Psychotherapy, Psychopharmacology
Charlie Health <a href="http://charliehealth.com">charliehealth.com</a>	866-491-5196		Virtual IOP (Ages 11-34)
Choices Group <a href="http://choiceslasvegas.com">choiceslasvegas.com</a>	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center <a href="http://claritywclv.com">claritywclv.com</a>	702-578-4505	89121	Military, Minorities
Clear View Counseling <a href="http://clearviewcounseling.com">clearviewcounseling.com</a>	702-254-4883	89101	ADHD, Crisis, MFT, PTSD
Clinical Solutions <a href="http://clinicalsolutionslv.com">clinicalsolutionslv.com</a>	702-212-3008	89117	CBT, DBT, MOOD

**OUTPATIENT LISTING**

Collaborative Center Foundation <a href="http://collablv.org">collablv.org</a>	702-329-3208	89113	CM, DD
Collier Counseling and Life Coaching <a href="http://colliercounseling.org">colliercounseling.org</a>	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center <a href="http://cccofsn.org">cccofsn.org</a>	702-369-8700	89104	General
Connexions Mental Health Services <a href="http://connexionsmentalhealthservices.com">connexionsmentalhealthservices.com</a>	725-696-2204	89121	TELE, Military, Veterans, First Responders
Core Mental Health Service <a href="http://corementalhealthservices.com">corementalhealthservices.com</a>	725-735-2700	89134, 89027	Medical Family Therapy, PTSD
Cornwall Counseling <a href="http://cornwallcounseling.com">cornwallcounseling.com</a>	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting <a href="http://corridorofhopelv.com">corridorofhopelv.com</a>	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections <a href="http://cbcautism.com">cbcautism.com</a>	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada <a href="http://crossroadsofsonv.com">crossroadsofsonv.com</a>	702-382-7746	89102	ADDICT, SAT
Cypress Tree Therapy Center <a href="http://cypresstreetherapycenter.com">cypresstreetherapycenter.com</a>	702-904-9812	89146	
DCFS-Neighborhood Care, North <a href="http://dcfs.nv.gov/Programs/CMH/Contact_CMHS">dcfs.nv.gov/Programs/CMH/Contact_CMHS</a>	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 <a href="http://americanaddictioncenters.org">americanaddictioncenters.org</a>	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry	702-685-3300	89146	Psychiatric Services
Desert Psychological <a href="http://desertpsychological.com">desertpsychological.com</a>	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) <a href="http://adsd.nv.gov">adsd.nv.gov</a>	702-486-6200	89103	DD
Desert Treatment Clinic <a href="http://deserttreatment.com">deserttreatment.com</a>	702-248-0000	89014	Methadone/Suboxone
Desert Winds Recovery Center <a href="http://desertwindsrecovery.com">desertwindsrecovery.com</a>	702-904-8255	89146	ADDICT, Detox, Sober Living
Diamond Mental Health <a href="http://diamondmentalhealth.net">diamondmentalhealth.net</a>	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy <a href="http://vegasmusictherapy.com">vegasmusictherapy.com</a>	702-257-0792	89102	Music Therapy
Earth's Edge Wellness <a href="http://earthsedgewellness.com">earthsedgewellness.com</a>	702-582-9474		Faith Crisis, Sex Therapy, Sleep Therapy
Eating Disorder Institute <a href="http://lasvegaseatingdisorders.com">lasvegaseatingdisorders.com</a>	702-503-5592		ED, DBT, Nutrition Therapy
Eden Center for Eating Disorders <a href="http://edentreatment.com">edentreatment.com</a>	877-853-3362	89102	ED, Co-Occuring Disorders
Elements of Motivation <a href="http://elementslv.com">elementslv.com</a>	702-331-4874	89117	Home Based Services
Emma's House Inc <a href="http://emmashouseinc.org">emmashouseinc.org</a>		89052	CBT, MFT, TELE, Grief, Trauma
Empowerment Center of NV	702-636-8729	89032	Crisis Intervention, General
Estra Healthcare Services <a href="http://estrahealth.com">estrahealth.com</a>	725-502-7699	89102	OCD, Compulsive Gambling
Evergreen Counseling <a href="http://evergreencounselinglv.com">evergreencounselinglv.com</a>	702-248-6290	89146	ODD, Sexual Problems, Trauma
Evolving Minds Therapy <a href="http://evolvingmindstherapy.com">evolvingmindstherapy.com</a>	702-881-1234		Virtual General, Crisis Services
Focus Mental Health Solutions <a href="http://focusmentalhealth.com">focusmentalhealth.com</a>	702-790-2701	89102 89052	Psychiatric Services
Foundations Counseling Center <a href="http://foundationsnv.com">foundationsnv.com</a>	702-240-8639	89128	Youth, ADHD, ASD, ED

**OUTPATIENT LISTING**

Freedom Behavioral Health	702-485-1300	89119	Gambling, SAT
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Fuente de Vida Mental Health fuentedevidanv.org	725-204-8809	89120	English/Spanish, BST, PSR, TELE
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
Grace from Grief gracefromgrief.com	702-339-4100	89134	Grief, Spiritual Counseling
H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Halo Mental Health halomentalhealth.com	702-805-2069	89106	Psychiatric
Harmony Healthcare harmonyhc.com	702-251-8000	89102	Insurance Provider
Head to Heart headtoheartnv.com	702-460-7236	89052	EMDR, Couples, Teen
Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindslv.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, TELE
HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
High Risk Pregnancy Center hrpregnancy.com	702-382-3200	89106	ODU, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
Hope Medical Center hopemedicalcenter.org	702-425-8511	89104	Mind Body Therapies
Horizon Behavioral Health horizonbehavioralmedicine.com	702-463-4788	89052	Psychiatric Services
House of Yogini y3lhouseofyogini.com			Mind Body Wellness
Human Behavior Institute (HBI) hbinetwork.com	702-248-8866	89146	Insurance Provider, CM
Ignite Teen Treatment igniteteentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandrgray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Integrated Psychological Solutions lvpsych.com	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, PSR, SAT
International Problem Gambling Center gamblingproblems.org	702-363-0290	89146	Problem Gambling
Jewish Family Services (JFS) jfsalv.org	702-732-0304	89119	Anxiety, MOOD
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	TELE
Landmark Recovery landmarkrecovery.com	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Lake Mead Wellness Center lakemeadwellnesscenter.org	702-900-5040	89015	Abuse, Parenting, Trauma
Las Vegas Counseling lasvegascounselingcenter.com	702-466-3750	89117	TELE
Las Vegas Grief and Loss Counseling Center	702-580-4912	89117	Grief
Las Vegas Indian Center lvindiancenter.org	702-647-5842	89106	SAT
Las Vegas Therapy lvtmentalhealth.com	702-659-4825	89129	Postpartum, Sexual Issues
Legacy Counseling & Workforce Connections legacycounselingandworkforceconnections.com	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth

**OUTPATIENT LISTING**

Legacy Health and Wellness legacynv.com	702-942-1774	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry lifebridgekids.com	702-765-4965	89117	Youth
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free livingfreehealth.org	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
LV Comprehensive Treatment Center	888-660-9506	89109	Opioid Use Disorder Programs
Maternal Minds Counseling maternalmindscounseling.com	702-456-4262	89128, 89015	Maternal Mental Health
Meadows Behavioral Health meadowsbh.com	866-412-1891	89148	ADDICT, ED, IOP
Medens Health medenshealth.com	702-659-5400	89103	Neuropsychological testing
Mental Health Counseling & Consulting	702-400-6413	89123	Problem Gambling
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions mhbehavioralservices.com	702-848-1696	89120	
Miracle Minds Therapy miraclemindstherapy.org	702-888-6300	89147	School-based, TELE
Mobile Mental Health Support Services	702-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	CBT, Mindfulness, MOOD, Rogerian
Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Moriah Behavioral Health moriahbehavioralhealth.com	866.624.1722		
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	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 nevadamentalhealth.com	702-440-8430	89106	
Nevada Mental Health Associates nevadamha.com	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc nevadamercyandcare.org	702-444-0599	89119	Refugee
Nevada State Behavioral Health	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center nevergiveupbhs.com	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services

**OUTPATIENT LISTING**

New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic nipponclinic.vegas	702-994-7267	89119	MOOD, ED, PTSD
No Limits Counseling nolimitscounseling.com	702-600-5251	89144	Couples, MOOD, Teens, TELE
Nueva Vida Mental Health nmhs.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113	
Open Arms Counseling openarmscounseling.org	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center olwtreatment.com	702-742-3093	89012	ASD
Overton Psychological Services facebook.com/Overtonpsych	702-563-1000	89074	
Pathways Therapy & Wellness Center pathwaystherapynv.com	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Peak Mental Health peakmentalhealth.org	702-323-4634	89105	EMDR, Trauma, Workshops
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Progressive Psychiatric Services progressivepsychlv.com	702-899-1208	89146	ADDICT, CBT, MM
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, TELE
Puzzle Pieces Autism & Behavioral Services LLC puzzlepiecesnv.com	702-704-5112	89131	ASD
Radical Elevation radicalelevation.com	702-608-1488	89110	ADHD, PTSD, SAT, Trauma
Red Rock Counseling redrockcounseling.com	702-389-4500		
Red Rock Psychological Health redrockph.com	702-898-5311	89119	
Renewing Health and Wellness renewinghealthandwellness.com	702-766-1898	89119	ADHD, Mood, OCD
Resolutions Behavioral Health Therapy resolutionsbehavioralhealththerapy.com	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services resourcefamilyservices.com	702-331-5608	89119	Couples, Family Therapy
Restorative Behavioral Health LLC myrestorativehealth.com	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Season of Change seasonofchangepllc.com		TELE	Christian Centered Therapy
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health serenitymentalhealth.org	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies sfstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center sohlv.org/counseling	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	

**OUTPATIENT LISTING**

SNHD Behavioral Health Clinic	702-759-1700	89127	MM, Psych. Evaluations, TELE
Solutions of Change solutionsofchange.org	702-445-6937	89120	General
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center snhc.org	702-759-1700	89107	General
Southern Nevada Pediatric Center southernnevadapediaticcenter.com	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services snvpsyc.com	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southern NV Care Center lasvegas-clinic.com	702-625-0022	89169	Evaluations, Counseling, Referrals
Southwest Autism & Behavioral Solutions swbehavior.com	702-270-3219	89120	ASD
Strong Minds Addiction & Recovery Therapy strongminds.vegas	702-708-2559	89146	SAT, Sober Living Houses
Summit Mental Health	702-727-4459	89102	MOOD, Trauma, PTSD
Synergy KTC synergyktc.com	725-222-4582	89113	Ketamine Therapy
Tancell Care tancell-care.business.site	702-476-0262	89119	DD
Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development thecenterforchildandfamilydevelopment.com	702-912-5848	89120	Pediatric Neuropsychology
The Evidence Based Practice of Nevada theebpnv.com	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM
The Healthy Foundations Center healthyfoundations.center	702-489-2117	89117	BST, PSR
The Lovaas Center thelovaascenter.com	702-877-2520	89103	ABA, ASD
The Meadows Outpatient Center meadowsoutpatient.com	866-681-3457	89148	ADDICT, Women's Intimacy Issues
The Nestled thenestledrecovery.com	702-299-6406	89146	IOP, SAT
The Novum Health Support Center (SilverSummit Members)	702-605-5858	89502	BH Services, Crisis Assessments
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE
The Peaceful Mind Counseling Center thepeacefulmindcounseling.com	702-766-9063	89129	ED, MOOD
The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thrive Wellness Reno thrivehere.com	775-525-8103		Virtual IOP
Tilton's Therapy tiltonstherapy.com	702-381-1839		Mobile Therapy
TIM Care	702-617-6313	89106	General, SAT, Psychiatric

## OUTPATIENT LISTING

Touro Center for Autism & Developmental Disabilities <a href="http://tourocadd.org">tourocadd.org</a>	702-777-4808	89014	ASD
TREAT <a href="http://horsetherapylv.com">horsetherapylv.com</a>	702-768-2326	89139	Equine Assisted Psychotherapy
Tribe Sin City <a href="http://triberecoveryhomes.com">triberecoveryhomes.com</a>	702-899-1924	89030	IOP, PHP, SAT, Trauma Based Therapy
TUFF Services Ministries <a href="http://tuffservices.org">tuffservices.org</a>	800-649-0925	89053	Pastoral Counseling
U.S. VETS <a href="http://usvets.org/locations/las-vegas">usvets.org/locations/las-vegas</a>	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC <a href="http://vegascarellc.com">vegascarellc.com</a>	725-206-5434	89121	General, PSR, BST
Vegas Stronger <a href="http://vegasstronger.org">vegasstronger.org</a>	702-202-6647	89101	SAT
Ventana Health Associates	702-360-2800	89134	
Veridian Wellness <a href="http://veridianwellness.com">veridianwellness.com</a>	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health <a href="http://victoriousbhs.com">victoriousbhs.com</a>	702-723-0125	89119	BST/PSR, Psychiatric Services
Virtue Recovery Center <a href="http://virtuerecoverycenter.com/nevada">virtuerecoverycenter.com/nevada</a>	866-806-0960	89149 89113	ADDICT, ED, SAT
Visions Health and Wellness <a href="http://visionshw1.com">visionshw1.com</a>	702-527-6337	89108	Neurofeedback, SAT, Trauma
We Are Hope <a href="http://wearehopelv.com">wearehopelv.com</a>	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic <a href="http://thewellcaregroup.com">thewellcaregroup.com</a>	702-291-7121	89122	BST, CM, PSR
Westcare <a href="http://westcare.com">westcare.com</a>	702-385-3330	89101	SAT
Wongu Health Center <a href="http://wongu.edu/wongu-health-center">wongu.edu/wongu-health-center</a>	702-852-1280	89123	Breathing Techniques, Psychiatry
Zia Counseling <a href="http://ziacounseling.com">ziacounseling.com</a>	702-823-9043	89102	Couples, EMDR, MFT

## LOCAL SHELTER AND TRANSITIONAL HOUSING

### FAMILIES

#### Family Promise

702-638-8806 • 1410 S Maryland Pkwy, LV 89104  
Provides short term transition shelter, bridge housing and case management.  
[familypromiselv.com](http://familypromiselv.com)

#### HELP of Southern Nevada

702-369-4357 • 1640 E Flamingo Rd, LV 89119  
Provides housing and intensive case management for those with documented disability.  
[helpsonv.org](http://helpsonv.org)

#### Las Vegas Rescue Mission

702-382-1766 • 480 W Bonanza Rd, LV 89106  
Intact families: This can be any make up as long as you identify as a family you will be considered as one unit. Intakes daily at 3pm and 6pm.  
[vegasrescue.org/emergencysshelter](http://vegasrescue.org/emergencysshelter)

#### Safe Families for Children, Olive Crest

702-960-1436 • 4285 North Rancho Dr, Suite 160, LV 89130  
Parents with children (0-18) experiencing a temporary crisis may arrange for their children to stay with a host family while resolving the situation and working to bring stability back to their home.  
[lasvegas.safe-families.org](http://lasvegas.safe-families.org)

#### S.A.F.E. House

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

### MEN

#### Catholic Charities Shelter for Men

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

#### Las Vegas Rescue Mission

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

#### Salvation Army

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

### WOMEN

#### Destiny House (Hookers for Jesus)

702-623-0958 | Hotline: 702-883-5155  
Free residential facility for sex trafficking victims and commercially exploited women.  
[hookersforjesus.net](http://hookersforjesus.net)

#### Living Grace Homes

702-212-6472  
Provides a safe environment for homeless, pregnant and parenting young women.

#### Refuge for Women

Residential healing and recovery program for survivors of trafficking and sexual exploitation. Non-emergency housing must apply online.  
[rfwlasvegas.org](http://rfwlasvegas.org)

#### Safe Nest

702-877-0133 | Hotline: 702-646-4981  
Confidential domestic violence shelter.  
[safenest.org](http://safenest.org)

#### Shelter of Hope (LV Rescue Mission)

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

### YOUTH

#### Nevada Partnership for Homeless Youth

702-383-1332 • 4981 Shirley St, LV 89119  
Serves persons ages 12-20 with emergency shelter, drop in center, and independent living.  
[nphy.org](http://nphy.org)

#### Shannon West Homeless Youth Center

702-526-4990 • 1650 E Flamingo Rd, LV 89119  
Serves homeless and at-risk youth with onsite emergency shelter. Provides residential substance abuse treatment and Level I outpatient substance use and co-occurring treatment.  
[helpsonv.org/shannon-west-homeless-youth-center](http://helpsonv.org/shannon-west-homeless-youth-center)

#### St Jude's Ranch (SJRC)

702-294-7100 • 200 Wilson Cir, Boulder City 89005  
Transitional housing and services for ages 18-24.  
[stjudesranch.org](http://stjudesranch.org)

#### The Courtyard Homeless Resource Center:

This is not a shelter. The Courtyard is a starting point where homeless individuals can go to access resources all in one place. Access to: Housing, Medical/Mental Health Services, Legal Assistance, Employment & Educational Opportunities, Income/Benefit Assistance, Clothing, and Additional Services. Open 24/7 at: 314 Foremaster Lane | 702-229-6117 | [courtyardHRC@lasvegasnevada.gov](mailto:courtyardHRC@lasvegasnevada.gov)

## the embracing project

### Our Mission

To Promote Peace and Healing for youth survivors of violence, sexual exploitation, and sex trafficking through specialized programs, trauma-informed care, and unconditional support.

### SEXUALLY EXPLOITED YOUTH PROGRAM

Our programs increase survivors' life skills, self-sufficiency, success at school and ability to recover from their trauma. We aim to overcome family and community factors that lead to youth endangerment, and do so by engaging youth through advocacy, public speaking, educational services, workforce skills, etiquette, leadership opportunities, humanitarian efforts and unconditional support. All of this becomes possible as youth involved with our organization are met with individual case management, direct services, and interactive social groups.

#### Some of these services include:

- Case Management
- Court Advocacy
- Testimonial Advocacy
- Crisis Intervention
- Basic Needs Assistance (food, hygiene, etc)
- Programming & Humanitarian Efforts
- On-site School
- Support Groups
- Hosting Celebrations
- Partaking in Child, Family, Team Meetings
- Referrals for Service (i.e. Medical Care, Counseling/Therapy)
- Outreach/Community Education

### HOW YOU CAN HELP

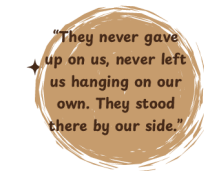


#### Donate

Any monetary donation is greatly appreciated and makes a strong impact on our ability to support youth touched by violence.

#### Schedule a training

To learn more about Human Trafficking,



The Embracing Project  
[tep\\_info@rop.com](mailto:tep_info@rop.com)  
(702)462-6929

[www.TheEmbracingProject.org](http://www.TheEmbracingProject.org)

## Sober Living Directory

Sober living homes are part of the recovery journey continuum of care. There are many sober living/transitional homes in Clark County. While all are not listed, a few have been provided below. Some listings have multiple sites. You are encouraged to do your own research and determine the best fit for yourself.

### Men

Hanzy House Sober Living	702-619-2784	facebook.com/hanzyhouse
Fresh Start Sober Living in Pahrump	775-537-3099	facebook.com/FRESHSTARTLLCPAHRUMP
New Start Sober Living	702-559-9298	newstarhousing.org
Tyler House	714-732-7837	

### Women

Desert Fawn Homes	702-353-7279	desertfawnhomes.com
The Davis House	702-581-3398	thedavisrecoveryhouse.com

### Men + Women

Addicts Helping Addicts	702-612-8961	ahasoberliving.com
Clean Shot Sober Living	1-877-45-SOBER	cleanshotliving.com
Daisy's House	702-801-6431	daisyhousehenderson.com
Divine Intervention (Shine-A-Light)	702-831-9878	
Judah Recovery	725-259-3162	
Reflections Recovery Center	702-801-6431	reflectionsrecoverylv.com
Toni's House	833-999-8664	tonishouse.org

# IN A MENTAL HEALTH CRISIS?

## DO NOT DELAY IN SEEKING HELP.



If you or someone you care about is struggling with their mental health, you are not alone. Spring Mountain offers a wide spectrum of services for children, adolescents, adults and seniors, who are experiencing psychiatric or behavioral issues that are disruptive to their daily lives.

- ▶ **Inpatient Hospitalization**
  - Children ages 5–11
  - Adolescents ages 12–17
  - Adults ages 18–55
  - Senior adults ages 55+
- ▶ **Direct Admissions and Walk-Ins Welcome 24/7**
- ▶ **Initial Assessments Free 24/7**
- ▶ **Board Certified Psychiatrists on Staff**
- ▶ **Alcohol and Drug Detox Program**
- ▶ **Mobile Crisis Team**
- ▶ **Intensive Outpatient Programs**
  - Adult Mental Health Group Therapy
  - Co-Occurring Group Therapy
  - Adolescent Group Therapy



## Peer Recovery Center

*A place for us.*

### Membership Benefits

- Peer Recovery Coaching
- Transportation Assistance
- Warm Meals
- Benefit, Employment, & GED Assistance
- Daily Meetings & Socials



702.257.8199 | forrecovery.org

### DID YOU KNOW

Pediatric Access Line (PCP's only, 9-5 PST)

**702-553-4528**  
TEXT TO CONSULT

Nevada Pediatric Access Line (NV PAL) provides free, high quality mental health consultations and ongoing education to Nevada's primary care providers (PCPs).  
[nvpal.org](http://nvpal.org)

  
**SPRING MOUNTAIN**  
INSPIRING HOPE  
[springmountaintreatmentcenter.com](http://springmountaintreatmentcenter.com)



Our Admissions Specialists are available 24 hours a day, seven days a week to provide no-cost mental health assessment.

**702-322-1919**

Click QR code to schedule an appointment





# Q&A



WITH MATTHEW COX\* | MPA, HSD (HON) AND KATIE WAECHTER\*\* | MS  
CO-CHAIRS OF THE MENTAL HEALTH COALITION LAS VEGAS

**Mental Health Spectrum (MHS):** Tell us a little about the Mental Health Coalition Las Vegas?

**Matthew Cox (MC)/Katie Waechter (KW):** The Mental Health Coalition Las Vegas is a collaborative network of professionals, community leaders, and organizations united to address systemic issues in mental health care. Our mission is to advocate for better access, improve legislation, and foster partnerships that lead to actionable change. By focusing on quarterly objectives, the coalition ensures that conversations lead to measurable progress. We welcome all professionals dedicated to improving mental health outcomes, from grassroots advocates to policymakers. A core belief of the coalition is that a healthy mental health system must include all voices—especially providers—because failing to support and protect them will lead to a depletion of quality providers statewide.

**MHS:** In what ways does the Coalition promote healthy behaviors for mental health?

**MC/KW:** We promote healthy mental health behaviors through education, advocacy, and support. Our approach includes hosting public awareness events, offering training for providers, and connecting individuals with resources that prioritize early intervention and self-care. By encouraging community involvement and building resilience-focused support systems, we help individuals develop habits that support long-term well-being. Additionally, we promote the use of technology, such as telehealth, to increase accessibility and support ongoing care.

**MHS:** What initiatives or programs do you have (or support) that are aimed at improving mental health resources or access for the public?

**MC/KW:** Our coalition supports several key initiatives aimed at enhancing mental health care access, including:

- **Youth Outreach and Recovery Programs:** We partner with local schools, such as Mission High School, and judicial re-entry programs to support youth navigating recovery and mental health challenges.
- **Wearable Monitoring Programs:** We support programs like Smart Monitoring and OpiAid, which provide wearable technology and teletherapy services to help individuals transition from inpatient facilities to the community.
- **Quarterly Advocacy Forums:** These forums gather feedback from the community to identify service gaps and set clear, actionable goals for improvement. Each quarter, we choose three key initiatives to solve or make progress on to ensure our work remains focused and impactful.
- **Legislative Partnerships:** We collaborate with policymakers to improve Medicaid reimbursement rates, expand provider networks, and ensure rural areas have access to quality care.
- **Oversight Committee for Accountability:** We support the establishment of a public oversight committee to ensure transparency in audits and evaluations of mental health services. This committee aims to protect providers and clients from unethical practices while promoting fairness, integrity, and systemic improvements.
- **Mental Health Workforce Development:** In March, we will be hosting our first Mental Health Job Fair to encourage high school students to enter the mental health field. The event will feature mental health providers who are actively hiring and will serve as an ongoing job fair to strengthen Nevada’s mental health workforce.

These initiatives reflect our commitment to creating a more equitable and effective mental health care system for everyone.

**MHS:** What message would you like to send to the incoming Nevada legislators on promoting healthy behaviors for mental health in the State?

**MC/KW:** Mental health care must be treated as a fundamental component of public health policy rather than a crisis-driven response. We urge legislators to prioritize funding for mental health initiatives, invest in workforce development to address provider shortages, and support programs that remove barriers to care. Expanding telehealth services, strengthening community-based mental health resources, and focusing on preventive care will create lasting change. Legislators have the opportunity to build a more resilient Nevada by supporting policies that address mental health proactively and protecting the provider workforce to ensure continuity of care.

**MHS:** Any other thoughts or comments you would like to share regarding the topic of promoting healthy behaviors for mental health?

**MC/KW:** Promoting healthy mental health behaviors begins with fostering a culture of openness and support. We must break the stigma surrounding mental health and ensure that individuals feel empowered to seek help without fear of judgment. Additionally, a comprehensive approach that includes holistic and culturally responsive care is essential to meet the diverse needs of our community. By working together and holding each other accountable, we can build a system where mental health care is accessible, transparent, and effective for all.

\*Matthew Cox, is a seasoned mental health leader with over 20 years of experience driving systemic improvements across inpatient, outpatient, and community-based services. He has spearheaded initiatives that enhance provider networks, improve access to care, and foster partnerships with judicial systems, schools, and education systems to support mental health awareness and growth. His leadership includes implementing innovative programs, like wearable monitoring and teletherapy to support individuals in recovery. Known for his commitment to transparency and accountability, Matthew is dedicated to building a healthy mental health system that includes all voices—especially providers—to prevent the depletion of quality professionals and ensure sustainable care for communities.

\*\*Katie Waechter graduated with a BA in psychology and an MS in Information Science with a focus on Health Informatics. She has 20 years of combined experience in creative writing and storytelling, 15 years of experience writing research-driven health content, and ten years of experience in social media marketing and content marketing. Katie is a mental health advocate and blogger. She also hosts the Watching Mental Health podcast and runs an inspirational poetry website.

The Mental Health Coalition, sponsored by Las Vegas HEALS and Vegas Healthcare, convenes monthly. The Coalition’s vision for the future is to create a community where everyone has access to comprehensive mental health services, eliminating all barriers to care. Aiming for a future where Nevada mental health providers are supported and valued, fostering a culture of empathy, resilience, and well-being.

Fourth Fridays, 10:00-11:30am / NAMI Southern Nevada (2820 W Charleston Blvd Unit 19, LV, NV 89102)

## PROMOTING MENTAL HEALTH...

*For Policymakers*

- Fund community mental health centers and telehealth services to expand access to underserved areas.
- Support legislation that reduces barriers to mental health care, such as parity laws ensuring mental health coverage is equal to physical health.
- Invest in early intervention programs, such as school-based mental health services.
- Develop public awareness campaigns to normalize mental health conversations and reduce stigma.
- Provide incentives for training and retaining mental health professionals, especially in rural and underserved areas.
- Encourage cross-sector partnerships between health, education, and social services.

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Southern Nevada

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**MENTAL HEALTH for all**

## Food for Thought: The Role of Nutrition in Mental Health

BY KELLY H. WEBBER\* | PHD, MPH, RDN, LD

There is a growing awareness of the importance of mental health in the United States (U.S.). With approximately 23% of the population affected by some form of mental health condition, it is an issue that deserves attention.<sup>1</sup> Despite the availability of treatments, only 43% of those with a mental health diagnosis receive any form of care, including psychotherapy, inpatient treatment, or medication.<sup>2</sup> This problem is especially pronounced among racial and ethnic minorities, who face additional barriers like skepticism toward the healthcare system, high costs, lack of insurance, and the stigma surrounding mental health care.<sup>2</sup> These challenges highlight the need to explore alternative ways to support mental well-being outside of traditional healthcare frameworks.

### Healthy Behaviors and Mental Health

Research consistently finds that lifestyle factors such as regular exercise, meditation, and nutrition play significant roles in maintaining good mental health.<sup>3-5</sup> Given the profound impact that diet has on physical health—including risks for heart disease, diabetes, and certain cancers—it is no surprise that dietary choices also influence brain function and mental well-being. Large population-based studies have revealed a connection between dietary patterns and mental health, with Western diets linked to higher rates of anxiety and depression,<sup>6</sup> while traditional diets like those in Mediterranean, Japanese, and Scandinavian cultures are associated with lower rates of depression and a reduced risk of dementia.<sup>5,7</sup>

### What Is the Western Diet?

The Western diet, prevalent in the U.S., is typically high in red and processed meats (such as bacon and lunch meats), fried foods, refined grains (like white bread and pasta), sugary beverages, and snacks like chips and cookies. At the same time, it tends to be low in nutrient-dense foods like fruits, vegetables, and whole grains. A typical fast-food meal—think hamburger, fries, and soda—encapsulates the typical Western dietary pattern. Unfortunately, this type of diet has been shown to negatively impact mental health.<sup>6</sup>

### What Are Traditional Diets?

In contrast, traditional diets, such as the Mediterranean diet, emphasize whole nutrient-rich foods including fruits, vegetables, fish, whole grains, olive oil, nuts, and beans. These diets are low in processed foods like sweets, fried foods, and processed meats. Rich in antioxidants—found in foods like berries, leafy greens, and dark chocolate—these diets have been linked to better mental functioning and lower rates of mental illness.<sup>5,7</sup>

### The Connection Between Diet and Mental Health

While population-based studies show a link between dietary patterns and mental health, the mechanisms underlying these connections are still being explored. Several potential pathways link nutritional intake to brain health, including the impact of nutrients on neurogenesis, oxidative stress, gut microbiota, cortisol levels, and chronic inflammation.<sup>8</sup> Polyphenols, which are compounds naturally found in some plant-based foods, appear to influence all these pathways. Polyphenols are abundant in foods like coffee, tea, berries, dark chocolate, nuts, vegetables (such as broccoli and spinach), and spices (like cinnamon, turmeric, and ginger). These compounds have many functions in the body including acting as antioxidants, prebiotics, and anti-inflammatories.<sup>9</sup> The abundance of polyphenol-rich foods in traditional Mediterranean, Japanese, and Scandinavian diets may help explain their positive impact on mental health.

### The Role of Vitamin D

In addition to polyphenols, Vitamin D is another nutrient that plays a key role in mental health. Research indicates that 65% of the U.S. population has insufficient Vitamin D levels, with higher rates of insufficiency among women, young adults (ages 20-29), and non-Hispanic Black Americans.<sup>10</sup> Low Vitamin D levels have been associated with higher rates of anxiety and depression.<sup>11</sup> Since it is difficult to obtain sufficient Vitamin D through food alone, it is advisable to have your Vitamin D levels tested. For those with deficiencies, supplementation is recommended. The daily recommended intake for adults is 600-800 IU, and most people benefit from a 1000 IU/day supplement. Because Vitamin D is

fat-soluble and can be toxic in excess, the maximum safe daily supplement amount is 4000 IU, but this should only be taken under medical supervision.<sup>12</sup>

### Practical Recommendations

To support your mental health through diet, consider small, sustainable changes:

- 1. Cut Back on Sugar:** Gradually cut down on the amount of sugar in your coffee or tea; your tastebuds will eventually adapt. Swap soda for unsweetened flavored carbonated water. Buy unsweetened yogurt and add your own fruit. Choose dark chocolate over cookies or chips.
- 2. Reduce Consumption of Processed Foods:** Pack your lunch instead of grabbing a fast-food meal. Have fruit with breakfast instead of bacon or sausage.
- 3. Cook More at Home:** Cooking meals at home allows you to control ingredients and incorporate more vegetables, whole grains, and healthy fats into your meals. At home you can make better choices, like whole-wheat pasta instead of white, and use healthier fats like olive oil instead of butter for cooking and salad dressing.
- 4. Add More Nutrient-Dense Foods:** Incorporate more fruits and vegetables into your meals. For breakfast, try a smoothie with spinach, berries, and low-fat yogurt, or whole oats with berries and Greek yogurt. Add greens like spinach or microgreens to scrambled eggs or avocado toast. For lunch, pack nutrient-rich meals like a whole-grain tortilla with nut butter and a banana or a whole-wheat pasta salad with olive oil, spinach, and tomatoes. For dinner add extra vegetables to soups, casseroles, and pasta sauce.
- 5. Vitamin D:** Have your vitamin D levels tested and consider a supplement.

While diet alone isn't the sole determinant of mental health, it undeniably plays a significant role. By making small, manageable changes to your eating habits, you can support your mental well-being and even complement the work you're doing with a therapist. Experiment with different strategies until you find what works best for you and your family.

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#### RESOURCE: Public Health's Role in Mental Health Promotion and Suicide Prevention Framework.

The framework is centered in fairness and justice and serves as a guide for public health programmatic and policy strategies. The intent of this framework is to help public health practitioners in communicating their role in mental health promotion and suicide prevention with multi-sector partners.

[astho.org/topic/report/public-healths-role-in-mental-health-promotion-and-suicide-prevention](https://astho.org/topic/report/public-healths-role-in-mental-health-promotion-and-suicide-prevention)

## SUPPORT GROUPS

### 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
Groups (Opioid Recovery) accepts insurance & Medicaid joingroups.com	775-238-4471
Heroin Anonymous heroinanonymous.org	
Marijuana Anonymous marijuana-anonymous.org	800-766-6779
Nar-anon (families & friends of addicts) nar-anon.org	800-477-6291
Narcotics Anonymous (NA) na.org	702-369-3362
Narcotics Anonymous Region 51 region51na.org	888-495-3222
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	
Southern Nevada Codependents Anonymous sonvcoda.org	702-706-2632
The Meeting Space/The Recovery Store themeetingspace.com	702-726-9218

### CHILDREN AND YOUTH

Alternative Peer Group (Drop-in center for teens) apglv.org	702-445-7318
Changes Parent Support Network cpsn.org	801-709-3993
Palmer Drug Abuse Program (ages 12-17)	702-371-2402
Parenting Project (free parenting classes)	702-455-5295
Solutions of Change solutionsofchange.org	702-343-3610

### 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 adamsplacelv.org	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
Bereavement Support (Dignity Health)	702-616-4912
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

## SUPPORT GROUPS

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
Pet Loss Family Support Group	702-735-5544
Southern Hills / Compassionate Care and Grief Support	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

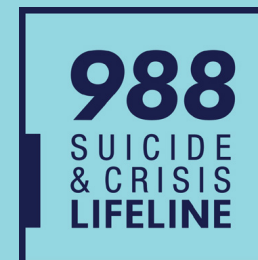
Arms of Support (Survivors of Suicide Attempt)	702-209-3425
Southern Nevada Surviving Suicide Loss survivingsuicidelosslv.com	
Suicide Bereavement Support Group	702-735-5544
Survivors of Suicide Loss Support Group	702-807-8133

### 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)	702-625-0495
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
Nevada Senior Services adultdaycarelv.org	702-648-3425

If we have incorrect or missing information, please contact us via email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com) or via our website at [mentalhealthspectrum.com](http://mentalhealthspectrum.com).

If you or someone you know needs support now, call  
or text **988** or chat **988lifeline.org**



**HELPLINES** (May not be managed 24/7, for emergencies call 911)

Nevada 211 - Connect to Services [nevada211.org]	211 or 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) (Report suspected abuse, exploitation vulnerable adults 18+) [APSGethelp.com]	702-486-6930
Afghan Behavioral Health Support (Dari, Pashto, & English)	800-615-6514
Al-Anon [al-anon.org]	800-344-2666
Alcoholics Anonymous (AA) [aa.org]	702-598-1888
Alzheimer's Association Helpline [alz.org]	800-272-3900
American Addiction Centers Resource [centers.org]	866-892-4547
American Chronic Pain Association (ACPA) [theacpa.org]	800-533-3231
American Pregnancy Association	800-672-2296
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]	800-826-3632
Drug Free Workplace Helpline	800-967-5752
Eating Disorders [anad.org]	888-375-7767
Eldercare Locator [eldercare.acl.gov]	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]	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 National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous [marijuana-anonymous.org]	800-766-6779
Military OneSource (Military Community) [militaryonesource.mil]	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
NAMI Teen and Young Adult TXT FRIEND to 62640	800-950-6264
Narcotics Anonymous [na.org]	888-495-3222

**HELPLINES** (May not be managed 24/7, for emergencies call 911)

Naseeha (Muslim and Non-Muslim) [naseeha.org]	866-627-3342
National Abortion Federation Hotline	800-772-9100
National Alliance on Mental Illness (NAMI) Helpline [nami.org/help]	800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	800-931-2237
National Resource Center on ADHD	866-200-8098
National Teen Dating Violence Abuse Helpline	866-331-9474
Nicotine Anonymous [nicotine-anonymous.org]	877-879-6422
Nevada Health Connection [treatmentConnection.com]	800-450-9530
Nevada Teen Peer Support Text Line (ages 14-24)	TXT 775-296-8336
Office on Women's Health (Resource line)	800-994-9662
Overeaters Anonymous [oa.org]	505-891-2664
PACT Warmline (Anyone affected by Substance Use Disorder)	702-763-4589
Partnership to End Addiction (Concerned Parents) [drugfree.org]	TXT CONNECT to 55753
Physician Support Line [physiciansupportline.com]	888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) [postpartum.net]	800-944-4773
Problem Gamblers Helpline	800-522-4700
SAMHSA's Helpline [samhsa.gov/find-help/national-helpline]	800-662-4357
Schizophrenia & Pyschosis Action Alliance [sczaction.org]	800-493-2094
Schizophrenia and Action Alliance [sczaction.org/helpline]	800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives [selfinjury.com]	800-366-8288
Sex Addicts Anonymous [saa-recovery.org]	800-477-8191
Sidran Institute - Trauma or Dissociation [sidran.org]	410-825-8888
StrongHearts Native Helpline [strongheartshelpline.org] 24/7	844-762-8483
Stop It Now! (Abuse helpline)	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	800-400-0900
Teen Line (TXT 839863)	800-852-8336
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]	800-233-4357
UNLV Careline (Sexual Assult, Violence, Stalking)	702-895-0602
Vet Center Call Center [vetcenter.va.gov/media/Call-Center-PSA.asp]	877-927-8387
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044



# A MATTER OF WORDS

*“Be not be afraid of growing slowly; be afraid only of standing still.”— CHINESE PROVERB*

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.



PROGRESSING AT A SNAIL’S PACE IS STILL PROGRESS,  
AND SLOW PROGRESS IS BETTER THAN NO PROGRESS.  
NEVER BE STAGNANT, AND NEVER GIVE UP.



RICHELLE E. GOODRICH



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