



# Mental Health Spectrum™

A resource for psychological wellness

# 988



**SUICIDE 988:** *Crisis Intervention and Prevention*

**SERVING LAS VEGAS AND SURROUNDING AREAS**



**FOUNDER / PUBLISHER / WRITER**  
JACQUELINE RAGIN, MS, MPH, PHD

**CHIEF EDITOR / WRITER**  
ANJUM KHAN, MA, PMP, PMI-ACP

**CREATIVE DIRECTOR**  
STORM THORNICROFT

## A LETTER FROM THE MENTAL HEALTH SPECTRUM FOUNDER

Having served as a volunteer board member for the Nevada Coalition for Suicide Prevention (NCSP) for over 12 years, I am truly proud of this issue. Our state continues to fight at the grassroots level to train and bring suicide awareness to the forefront. We have seen signs of hope, as Nevada was the only state, according to the CDC, to show a decrease in the suicide rate from 1999 to 2016. However, that is not good enough. Nevada—for far too long—has had, and continuous to have, high suicide rates.

National Suicide Prevention week this year is from Sunday September 5<sup>th</sup> to Saturday September 11<sup>th</sup>. In observance of this, our theme this issue is on educating and informing our readers about matters related to suicide crisis intervention and prevention. We highlight suicide warning signs, risk and protective factors, what works for prevention, and other information related to selected populations. We are extremely honored to feature: a note from Nevada’s Office of Suicide Prevention (NOSP), a training brief from NCSP, a Q & A report on Zero Suicide, and a shared experience on a personal story of surviving. Much thanks to Misty Vaughan Allen and Richard Egan, Rev. Bryan Ostaszewski, Cherylyn Rahr-Wood, and Bianca McCall respectively for their contributions.

Suicide is preventable and is everyone’s business. As the Columbia Protocol promotes, “just ask, you can save a life”. This issue is dedicated to the memory of all whom we have lost to suicide.

JACQUI RAGIN, MS, MPH, PHD

Copyright © 2021 Mental Health Spectrum. All Rights Reserved. Mental Health Spectrum™ is a trademark of MHR Media LLC. All artwork, ad designs, and articles are the sole property of MHR Media LLC and may not be duplicated or reproduced without express written permission from the author/publisher. Mental Health Spectrum owns the rights to any original submission accepted for publication in its edited, redesigned, or otherwise altered state as done by the editorial team. Articles reprinted with permission may not be duplicated or reproduced without express written permission from the original author/publisher. **For permission request or questions, contact us by email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com).**

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

## NOTE FROM: *The Editor*

When we began putting our thoughts together to launch *Mental Health Spectrum*, one important aspect we wanted to address was the problem of language being used when dealing with mental health issues. We created the section “A Matter of Words” that appears on the back cover to highlight this in every issue. *Language matters, words matter, people matter, you matter*—these are all phrases that people have turned into slogans, logos, hashtag movements, and even as public health guidelines. These are phrases that just have to be repeated as they are—because they all matter for mental health.

Suicide is the most sensitive subject in mental health. There is no doubt that words matter here the most. We must be careful, we must be mindful, we must be compassionate, we must be empathic, and we must be respectful.

**Most of all, we must give hope through our words.** Everyone knows the phrase “knowledge is power”—yet, what is knowledge? Don’t we need words and language to process and gain knowledge? So, ultimately, isn’t it true that “words have power”? If words can change something good into bad, then, surely, they also have the power to change something negative to positive. Yes, words do have the power to bring a smile, kindle hope, and trigger change. They have the power to save a life.

And so in this very sensitive issue, I ask everyone reading this to pass the message: use words cautiously, because they matter. My two words for today are *Help* and *Hope*. If you or any one you know is contemplating suicidal thoughts and behaviors, please reach out for help because there is help out there, and there is hope for a better life. Talk to someone. Listen to someone. And believe in yourself. Because you matter, your life matters.

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

*The greatest glory in living is not in falling, but in rising every time we fall.*

NELSON MANDELA

## CONTENTS

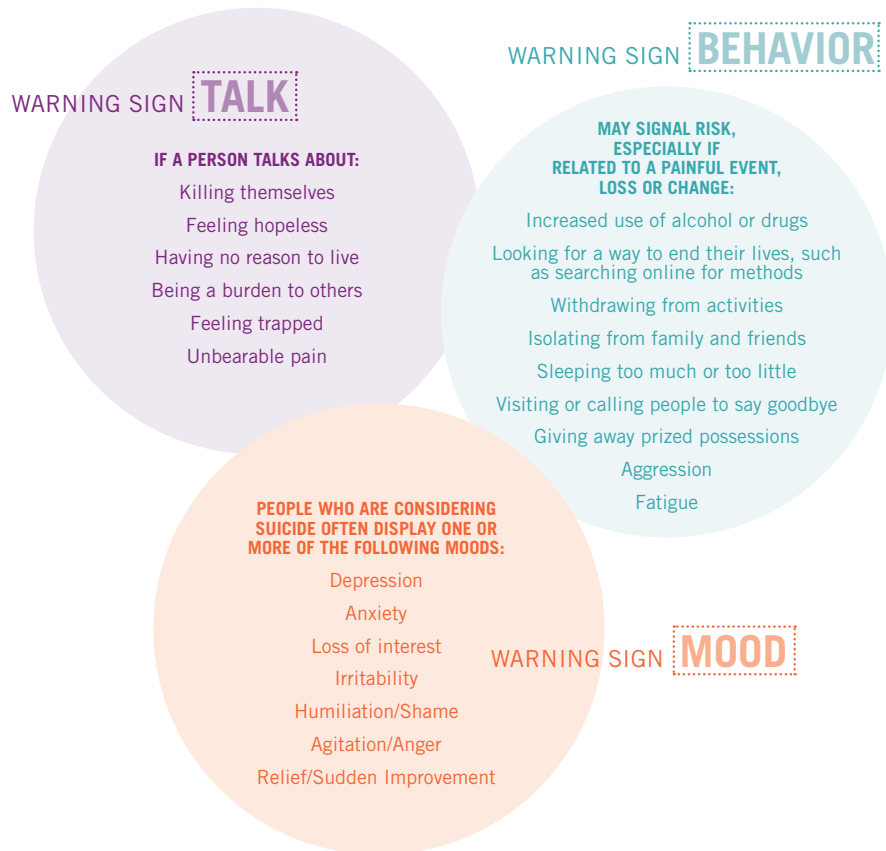
- 1 SUICIDE WARNING SIGNS
- 2 HOTLINES
- 3–4 SUICIDE PREVENTION IN NEVADA: COVID-19 IMPACT, RISK & PROTECTIVE FACTORS AND NOSP’S RESPONSE
- 6–10 STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS
- 11–12 SUICIDE PREVENTION TRAINING
- 13–14 NATIONAL ORGANIZATIONS
- 15–16 HOSPITAL LISTING
- 17 MENTAL HEALTH PROFESSIONAL DIRECTORY
- 18 IT’S ALL ABOUT SELF-CARE
- 23–30 OUTPATIENT LISTING
- 31–32 SPECIAL REPORT: SUICIDE CRISIS & PREVENTION Q&A
- 33 SPECIAL FEATURE: SHARED EXPERIENCES
- 34 LOCAL SHELTER AND TRANSITIONAL HOUSING
- 35–36 SUICIDE AND...
- 37–38 HELPLINES
- 39–40 SUPPORT GROUPS
- Back Cover  
A MATTER OF WORDS

# SUICIDE WARNING SIGNS<sup>1</sup>

## What leads to suicide?

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.



REFERENCE:  
 1 Reprinted with permission from American Foundation for Suicide Prevention (AFSP). 2021. "Risk factors, protective factors, and warning signs". AFSP. From <https://afsp.org/risk-factors-protective-factors-and-warning-signs>

## HOTLINES (24/7)

EMERGENCIES	911
American Pregnancy Association	1-800-672-2296
Boys Town National Hotline	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline	1-800-422-4453
Children's Mobile Crisis Response Team	702-486-7865
COPLINE (Officer's Lifeline)	800-267-5463
Crisis Support Services of Nevada	1-800-273-8255
Crisis Text Line (Text TALK or CARE to)	741741 (TALK) or 839863 (CARE)
Disaster Distress Helpline	1-800-985-5990
DOD Safe Helpline (Department of Defence)	877-995-5247
Domestic Violence	1-800-799-7233
Domestic Violence Hotline (SafeNest)	702-646-4981
Domestic Violence Hotline (S.A.F.E House)	702-564-3227
Fire/EMS (First Responders) <a href="https://nafc.org/help">nafc.org/help</a>	1-888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Info & Referral Hotline	1-888-373-7888
National Abortion Federation Hotline	1-800-772-9100
National Center for Missing and Exploited Children	1-800-843-5673
Poison Control	702-732-4989
Rape, Abuse, & Incest National Network (RAINN)	1-800-656-4673
Rape Crisis Center	702-366-1640
Runaway Hotline	1-800-786-2929
SafeVoice <a href="https://safevoicenv.org">safevoicenv.org</a>	1-833-216-7233
Safe Place Hotline (Youth)	1-866-827-3723
SAGE Hotline (LGBT Elders)	1-877-360-5428
Sexual Assault Hotline	1-800-656-4673
Suicide Prevention Lifeline	1-800-273-8255
Teen Dating Abuse	1-866-331-9474
Temporary Assistance for Domestic Crisis	1-800-621-4673
The Network La-Red (LGBT Domestic Partner Violence)	800-832-1901
Thursday's Child (Children, Teens, & Young Adults)	800-872-5437
Trans Lifeline	1-877-565-8860
Trevor Project Crisis Line (LGBTQ under 25)	1-866-488-7386
UNLV CareLine (sexual assault, violence, stalking)	702-895-0602
Veteran Crisis Line	1-800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	1-800-799-4889
WestCare	702-385-3330

# SUICIDE PREVENTION IN NEVADA: COVID-19 IMPACT, RISK & PROTECTIVE FACTORS AND NOSP'S RESPONSE

BY MISTY VAUGHAN ALLEN\* AND RICHARD EGAN\*\* NEVADA OFFICE OF SUICIDE PREVENTION (NOSP)

## SUICIDE IN NEVADA

Despite increased awareness, suicide continues to be a significant public health challenge in Nevada. While medical advances have improved both quality and length of life for many, we have not seen the same for mental health. According to the Centers for Disease Control and Prevention (CDC), Nevada ranked 7th highest for rate of suicide in 2019, with suicide as the second leading cause of death for youth aged 15-24 years.<sup>1</sup>

## IMPACT OF COVID-19 AND RISK FACTORS

COVID-19 has put a spotlight on mental and behavioral health. Its widespread impact has increased uncertainty for all, and we cannot underestimate the effects on our emotional well-being. The pandemic has created an environment of social distancing, increased isolation, changes in support networks, ever-changing school options of distance learning, and worries for family and friend's health and future—all of which contribute to increased anxiety and despair.

We must work to mitigate this to prevent further hardships and tragedies. During these challenging times, we must realize we all have a role to play in offering support, recognizing the early signs someone might be in crisis, and connect the person to resources for help. There is rarely one single event, behavior, or risk factor, which can lead to thoughts of suicide. Improving connectedness among individuals and across systems increases the possibility of help, and therefore hope, especially for those who might be more isolated.

## CONNECTIVENESS: A KEY PROTECTIVE FACTOR

Social support and connections are key protective factors to prevent suicide. In 2011, the CDC began adapting connectedness as its strategic direction for preventing suicidal behavior. The CDC defines connectedness as “the degree to which a person or group is socially close, interrelated, or shares resources with other persons or groups.”<sup>2</sup> From this concept, the use of “Connectiveness” as a new term is increasing in social media today.

In our modern lives, and especially in the current climate, it is difficult to create and maintain personal relationships—causing many to reach out to others through social media. Social media makes it possible to find others who share your interests without the need to leave home. However, time spent online takes away time from family and friends. It is also possible to get into negative situations with online bullying, feuding, and “catfishing” (people seeking intimate relationships under false pretenses). **Properly managing and balancing your life with your online contacts can be difficult and requires caution**—because you can never fully trust that others online are honest about themselves.

## Connectiveness embodies taking action to connect with others. It can be:

- between individuals (e.g., friends, neighbors, co-workers)
- among family members
- to community organizations (e.g., schools, faith communities)
- to groups (e.g., minority groups, cultural traditions)

## Connectiveness can be enhanced through:

- social programs directed at specific groups or those who may be at risk for isolation (e.g., older adults, veterans, young adults, youth, and LGBT community members)
- activities which support the development of positive and supportive communities (e.g., schools, tribal, and faith-based organizations)
- development of supportive relationships between youth and positive adults in their lives (e.g., teachers, coaches, and activity leaders)

- implementing activities in educational institutions which help students safely increase and strengthen their social networks to improve individuals connectiveness

It's important to remember not all social connections are healthy. Suicide prevention programs should promote practices leading to positive and supportive relationships and community connections, which can help buffer suicide risk factors.

## NOSP'S RESPONSE TO COVID-19 CHALLENGES

Through CARES funding, Nevada is addressing pandemic-induced emotional strains and suicide risks by:

- increasing training and education on suicide prevention
- expanding partnerships within communities to improve suicide prevention and crisis care
- utilizing awareness messaging to increase access to crisis care and the need to reduce access to lethal means (i.e., medications and firearms)
- supporting compliance in data collection and submission for surveillance of suicide attempts, suicide ideation and intentional self-harm

Nevada's COVID relief funding was largely focused on building resilience. Healthy coping skills and obtaining support to find a sense of stability helps prevent despair, such as addiction, depression, and suicidal thoughts. In addition, NOSP is working with community agencies to provide medication safes and locks for firearms to families whose members may be in crisis and at risk for suicide.

## RECOMMENDATIONS

**(1)** Know the signs; **(2)** Reduce access to lethal means; **(3)** Talk openly, teach coping and problem-solving skills; **(4)** Know what questions to ask; and **(5)** Promote safe and responsible media reporting.

## CONCLUSION

Suicide is often more about the challenges and stressors around living, not necessarily the desire to die. If we can help those affected, find out what is driving their thoughts of suicide, we can help them get relief from the feeling of loss, pain, or burdensomeness. We need to work together in order to help prevent a suicide. If we can intervene on feelings of isolation or aloneness, listen, and build a connection, we can help plant a seed of hope and willingness to keep safe. The Surgeon General's Call to Action 2021 emphasizes that “suicide is a complex issue requiring comprehensive solutions. No single strategy alone will be enough to reduce suicide rates. Suicide prevention efforts must combine strategies that promote resilience and wellness, identify and support individuals and groups at risk, provide effective crisis response, care for suicide risk, and support those who have been affected by suicide.”<sup>3</sup>

For more information about NOSP go to <http://suicideprevention.nv.gov/>.

\*Misty Vaughan Allen, MA, is the Suicide Prevention Coordinator with the Nevada Office of Suicide Prevention. She serves as the co-lead for Nevada's Governor's Challenge Team to Prevent Suicide Among Service Members, Veterans, and their Families. She has been working with SAMHSA SMFV teams since 2013.

\*\*Richard Egan is the Southern Nevada Suicide Prevention Training and Outreach Facilitator for Department of Health and Human Services. He is certified in facilitating training objectives, and has 24 years' experience preventing suicides utilizing awareness, prevention, and intervention certifications. He is a retired US Air Force Senior Master Sergeant.

## REFERENCES:

- 1 Centers for Disease Control and Prevention (CDC). 2020. *U.S.A. Suicide: 2019 Official Final Data*. From <https://suicidology.org/wp-content/uploads/2021/01/2019datapgsv2b.pdf>
- 2 Centers for Disease Control and Prevention (CDC). 2008. *Strategic direction for the prevention of suicidal behavior: Promoting individual, family, and community connectedness to prevent suicidal behavior*. From [https://www.cdc.gov/ViolencePrevention/pdf/Suicide\\_Strategic\\_Direction\\_Full\\_Version-a.pdf](https://www.cdc.gov/ViolencePrevention/pdf/Suicide_Strategic_Direction_Full_Version-a.pdf)
- 3 “The Surgeon General's Call to Action: TO IMPLEMENT THE NATIONAL STRATEGY FOR SUICIDE PREVENTION.” *A Report of the U.S. Surgeon General and of the National Action Alliance for Suicide Prevention*. From <https://www.hhs.gov/sites/default/files/sprc-call-to-action.pdf>

## Connectedness - Awareness - Resources - Education



### A substance abuse awareness coalition.

CARE Coalition's mission is to increase public awareness of the effects of drug and alcohol abuse by educating and supporting youth, adults, the community at large and drug prevention agencies in Clark County; thus identifying and promoting healthy behaviors and reducing substance abuse in our community.

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)



*Healthier Futures*  
**START HERE**

If you or someone you care about is struggling with their mental health, know that you are not alone. Spring Mountain specializes in behavioral health for children, teens, adults and older adults

- Inpatient and Outpatient Programs
- Telehealth & Tele-Assessments Available

**Treatment for:**

- Depression & anxiety
- Substance use (detoxification)
- Co-Occurring Issues
- Other mental health conditions

We are here for you. If you or a loved one is struggling, call 702-322-1919 for a no-cost assessment 24 hours a day, seven days a week.

[springmountaintreatmentcenter.com](http://springmountaintreatmentcenter.com)

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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

### Active Minds – University of Las Vegas

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

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

Provides education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families. [alz.org/dsw](http://alz.org/dsw)

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

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

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

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

### Avery Burton Foundation (702-558-9202)

Established to serve as an educational development and community development public charity. The idea was 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](http://averyburtonfoundation.org)

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

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

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

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

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

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

### Clark County Children's Mental Health Consortium

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

### Crisis Support Services of Nevada (CSSNV)

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

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

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

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

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

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

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

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

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

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

### **Foundation for Recovery (FFR) (702-257-8199, [info@forrecovery.org](mailto:info@forrecovery.org))**

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

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

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

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

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

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

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

### **Hope Means Nevada**

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

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

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

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

Medical Center dedicated solely to the pursuit of more effective treatments for brain diseases and to the provision of state-of-the-art care for patients affected by these diseases and their families.  
[my.clevelandclinic.org/locations/nevada](http://my.clevelandclinic.org/locations/nevada)

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

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness, Southern Nevada Chapter.  
[namisouthernnevada.org](http://namisouthernnevada.org)

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

Works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.  
[naswnv.socialworkers.org](http://naswnv.socialworkers.org)

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

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

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

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

### **Nevada Care Connection**

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

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

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

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

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

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

A statewide voice advocating for the prevention and elimination of violence by partnering with communities.  
[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 Counseling Association (702-638-0772)**

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

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

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

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

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

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

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

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

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

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

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

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

Advances and represents psychology as a science and a profession, as well as to serve the professional needs of its membership and the community.  
[nvpsychology.org](http://nvpsychology.org)

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

Serves as the voice for public health in Nevada in order to improve health and achieve equity in health status.  
[nphaonline.org/page-18052](http://nphaonline.org/page-18052)

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

Supports school counselors' efforts to help students focus on academic, social/emotional, and career development so they can achieve success in school and are prepared to lead fulfilling lives as responsible members of society.  
[nvsca.org](http://nvsca.org)

### **Nevada Statewide Coalition Partnership**

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

### **Nevada Statewide Maternal and Child Health Coalition**

Mission is to provide 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 Prevention Coalition**

Improves the health of all Nevadans by reducing the burden of tobacco use and nicotine addiction.  
[tobaccofreenv.org](http://tobaccofreenv.org)

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### **PACT Coalition (702-582-7228)**

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

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

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

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

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

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

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

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

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

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

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

### **Solutions of Change (702-848-1696)**

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

### **Southern Nevada Adult Mental Health Coalition**

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

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

Reduces drug related stigma, overdoses and the harmful effects of drugs within the Southern Nevada Community regardless of their circumstances. [facebook.com/SoNVHarmReductionAlliance](https://facebook.com/SoNVHarmReductionAlliance)

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

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

### **Southern Nevada Opioid Advisory Council**

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

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

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

### **The Harbor (Mojave: 702-455-6912, Charleston: 702-486-5331, MLK: 702-455-7914, Flamingo: 702-455-7912)**

Provides a safe place for guidance and to the well-being of youth, families, victims, and the Clark County community by providing meaningful services to youth and families to address their immediate needs. [theharborlv.com](http://theharborlv.com)

### **The LGBTQ Center of Southern Nevada**

Supports and promotes activities directed at furthering the well-being, positive image, and human rights of the lesbian, gay, bisexual, transgender, intersex, asexual, two-spirit, and queer community, its allies, and low to moderate income residents in Southern Nevada. [thecenterlv.org](http://thecenterlv.org)

### **There is No Hero in Heroin Foundation**

Informs the public of the growing epidemic of opiate/heroin substance use disorder in our town and across the US, and to provide resources and solutions to families and heroin addicts alike. [tinhhilhasvegas.info](http://tinhhilhasvegas.info)

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

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

### **Vegas Stronger (702-234-1356, contact@vegasstronger.org)**

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

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

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

### **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://facebook.com/youthmovenv)

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



JOIN US  
FOR THE  
NEXT  
ISSUE!

ISSUE 4

LOSS 211: DEGREES OF GRIEF

COMING NOVEMBER 2021

If you are interested in advertising, listing, or submitting an article in the next or future issues, email [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com) or call 702.886.0656.

MHS full service creative team can process design revisions as well as create fresh, eye-catching marketing materials at custom prices.

Contact [designer@mhrmedia.com](mailto:designer@mhrmedia.com) for more information.

# SUICIDE PREVENTION TRAINING

BY REV. BRYAN OSTASZEWSKI\*

Suicide prevention training helps people recognize risk factors for suicide and to take steps to help those in need. Although stigma surrounds discussion on mental health issues, suicide prevention training is crucial in saving lives.<sup>1</sup> According to the Centers for Disease Control and Prevention (CDC), death by suicide increased 33% between 1999 and 2019.<sup>2</sup> Thus, the CDC agrees that prevention is key to reducing the rate of suicide. This means providing suicide prevention training to people throughout the community to serve as suicide “first-aiders” to help those in crisis. A “First-aiders” could be anyone who is interested and willing to help, e.g., educators, clinicians, human resources directors, managers, etc.; all of whom may have direct contact with people who are most at risk of suicide, and may notice changes in their behavior and offer support.

## WHAT IS SUICIDE PREVENTION TRAINING?

Suicide prevention training programs focus on increasing knowledge, attitudes, and skills to recognize and respond to suicide risk.<sup>3</sup> The training helps to assist a person who may be at risk for suicide and is able to facilitate contact with appropriate referrals for help. It is also important to remember that a suicide “first-aiders” does not provide behavioral health services, such as counseling, but rather helps to identify those who might be at risk and connects them with a higher level of care.

## WHAT DO SUICIDE PREVENTION TRAINING PROGRAMS COVER?

The following topics are generally covered in each training:

1. *Demystifying suicide*
2. *Identifying risk factors*
3. *Noticing warning signs*
4. *Structuring language*
5. *Gathering resources*
6. *Emergency connection* (i.e., who to call and how to respond)

## WHAT TYPES OF SUICIDE PREVENTION TRAINING ARE AVAILABLE?

Suicide prevention training may be offered in-person or online. Free or paid options are available for all levels of learners, including Continuing Education Units (CEUs). LivingWorks<sup>3</sup>, one of the leaders in suicide prevention training, has designed some of the more common courses. The LivingWorks safeTALK and ASIST are frequently offered in the Clark County area by trained presenters, such as the Nevada Coalition for Suicide Prevention (NCSP), Tuff Services Ministries<sup>4</sup> and the Nevada Office of Suicide Prevention (NOSP).

Mental Health First Aid<sup>5</sup> is a skills-based training course that teaches participants how to identify, understand and respond to signs of mental illnesses and substance use issues. It includes a component on first aid for suicidal thoughts and behaviors. In addition to the standard Adult course, there are several Mental Health First Aid modules and curricula available for special populations. The Clark County community consistently offers Adult Mental Health First Aid (AMHFA) and Youth Mental Health First Aid (YMHFA) through NCSP, NOSP, CARE Coalition, PACT Coalition, Southern Nevada Health District, Dignity Health, Tuff Services Ministries, and many other agencies.

## SUICIDE PREVENTION TRAINING AVAILABLE FROM LIVINGWORKS

PROGRAM NAME	FORMAT	ROLE	TIME
<b>START</b>	Online	Safety Starter	60–90 minutes
<b>safeTALK</b>	In-person	Safety Connector	4 hours
<b>ASIST</b>	In-person	Intervention Provider	2 days
<b>Suicide To HOPE</b>	In-person	Hope Coach	1 day
<b>FAITH</b>	Online & In-person	Build a Safer Faith Community	5–6 hours

## SO WHY SHOULD YOU TAKE A SUICIDE PREVENTION TRAINING CLASS?

Suicide is a national public crisis and suicide prevention is everyone’s business. Taking a suicide prevention class will dispel any myths and provide tools to identify risk factors, notice warning signs, and know how and when to respond to those in need of help. Training will help you understand how to communicate in a safe and comfortable manner so that you can connect people at risk to the appropriate help, whether for immediate support or emergency services. Overall, individuals that participate in suicide prevention classes become more confident, empowered, and willing to engage in assisting others when they need it the most.

The goal here is to be supportive to those who are vulnerable to suicide—and even to those who have lost a loved one to suicide — “...and create healthy and strong individuals, families, and communities.”<sup>2</sup>

\*Reverend Bryan Ostaszewski is currently an active member on the NAMI (National Alliance on Mental Illness) Board of Directors of Southern Nevada, and the Training Coordinator for the State of Nevada-NCSP (Nevada Coalition for Suicide Prevention). He is also an Ordained interfaith (non-denominational) Christian Minister, Sr. Chaplain and Certified Counselor, Board Certified Mental Health Life Coach, and founder of Tuff Services Ministries.

## REFERENCES:

- 1 National Action Alliance for Suicide Prevention. April 2015. “Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines.” *Survivors of Suicide Loss Task Force*. From <https://www.sprc.org/sites/default/files/migrate/library/RespondingAfterSuicideNationalGuidelines.pdf>
- 2 Centers for Disease Control and Prevention (CDC). May 22, 2021. “Suicide Prevention, Fast Facts.” *CDC/National Center for Injury Prevention and Control*. From <https://www.cdc.gov/suicide/facts/index.html>
- 3 LivingWorks. “Our Trainings.” From <https://www.livingworks.net/>
- 4 Tuff Services Ministries. <https://www.tuffservices.org/suicide-prevention-training>
- 5 Mental Health First Aid. 2021. “Identify. Understand. Respond.” *National Council for Mental Well-being*. From <https://www.mentalhealthfirstaid.org/>

## Reporting On Suicide: Language Guide

AVOID...X	INSTEAD...✓
X Sensationalizing, glamorizing, or romanticizing suicide news.	✓ Provide a supportive voice by being accurate, fair, and sensitive in order to counter misperceptions.
X Sharing contents of suicide note, description of method of suicide, and personal details of the deceased.	✓ Keep information general; report only that a note was found. Highlight recovery. Emphasize help and hope.
X Saying “committed suicide” or referring to suicide as “successful”, “unsuccessful”, or “failed attempt”.	✓ Say, “died by suicide” or “killed him/herself”.

SOURCE: The Carter Center. From <https://www.mindspringshealth.org/wp-content/uploads/2019/02/journalism-resource-guide-on-behavioral-health.pdf>.



## NATIONAL ORGANIZATIONS

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

## NATIONAL ORGANIZATIONS

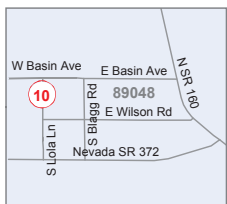
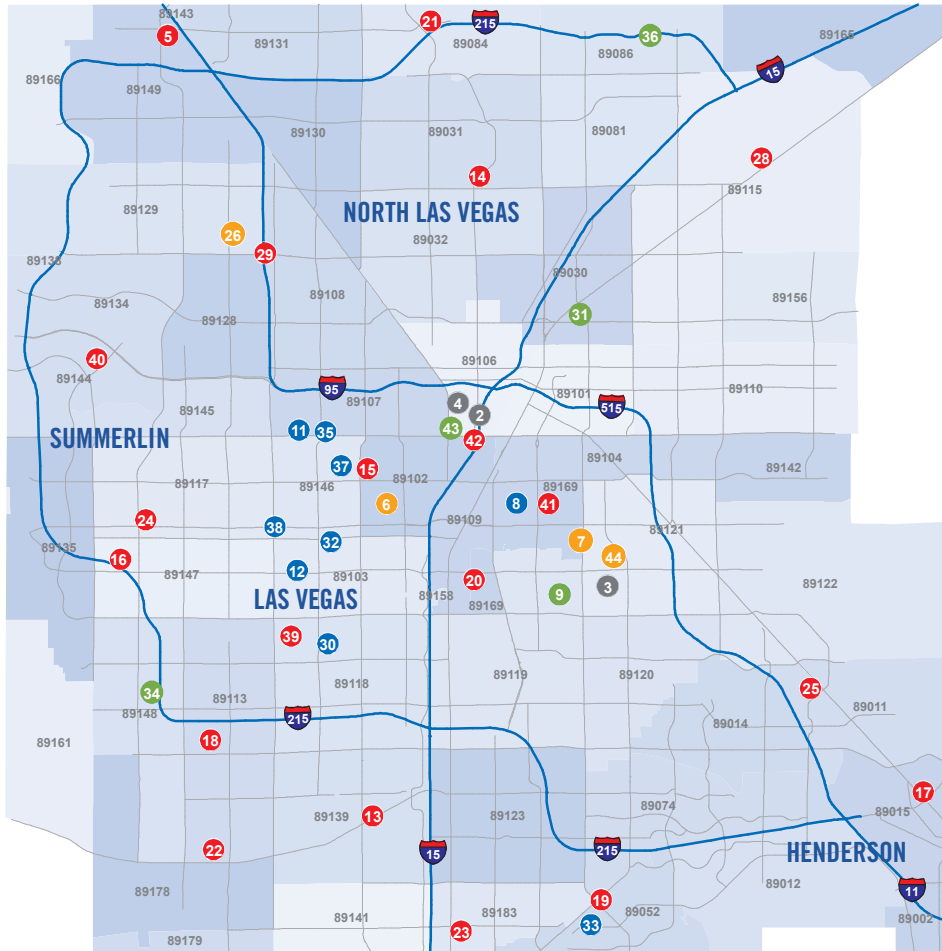
National Action Alliance for Suicide Prevention	<a href="http://theactionalliance.org">theactionalliance.org</a>
National Academy of Medicine, Clinician Resilience + Well-Being	<a href="http://nam.edu/initiatives/clinician-resilience-and-well-being">nam.edu/initiatives/clinician-resilience-and-well-being</a>
National Alliance for Grieving Children (NAGC)	<a href="http://childrengrieve.org">childrengrieve.org</a>
National Alliance on Mental Illness (NAMI)	<a href="http://nami.org">nami.org</a>
National Association for Addiction Professionals	<a href="http://naadac.org">naadac.org</a>
National Association of Anorexia Nervosa + Associated Disorders	<a href="http://anad.org">anad.org</a>
National Association of School Psychologists	<a href="http://nasponline.org">nasponline.org</a>
National Association of Social Workers (NASW)	<a href="http://socialworkers.org">socialworkers.org</a>
National Center on Domestic Violence, Trauma, Mental Health	<a href="http://nationalcenterdvtraumamh.org">nationalcenterdvtraumamh.org</a>
National Center for PTSD	<a href="http://ptsd.va.gov">ptsd.va.gov</a>
National Center for School Crisis and Bereavement	<a href="http://schoolcrisiscenter.org">schoolcrisiscenter.org</a>
National Coalition Against Domestic Violence (NCADV)	<a href="http://ncadv.org">ncadv.org</a>
National Council for Behavioral Health	<a href="http://thenationalcouncil.org">thenationalcouncil.org</a>
National Eating Disorder Association (NEDA)	<a href="http://nationaleatingdisorders.org">nationaleatingdisorders.org</a>
National Indigenous Women's Resource Center	<a href="http://niwrc.org">niwrc.org</a>
National Institute on Alcohol Abuse and Alcoholism	<a href="http://niaaa.nih.gov">niaaa.nih.gov</a>
National Institute on Drug Abuse	<a href="http://drugabuse.gov">drugabuse.gov</a>
National Institute of Mental Health (NIMH)	<a href="http://nimh.nih.gov/index.shtml">nimh.nih.gov/index.shtml</a>
National Latino Behavioral Health Association	<a href="http://nlbha.org">nlbha.org</a>
National Suicide Prevention Lifeline	<a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>
One Mind	<a href="http://onemind.org">onemind.org</a>
Partnership to End Addiction	<a href="http://drugfree.org">drugfree.org</a>
Postvention Alliance	<a href="http://postvention.org">postvention.org</a>
R.E.A.C.H.	<a href="http://reach.gov">reach.gov</a>
S.A.F.E Alternatives (Self Abuse Finally Ends)	<a href="http://selfinjury.com">selfinjury.com</a>
Schizophrenia & Related Disorders Alliance of America	<a href="http://sardaa.org">sardaa.org</a>
Substance Abuse and Mental Health Services Administration	<a href="http://samhsa.gov">samhsa.gov</a>
Suicide Awareness Voices of Education	<a href="http://save.org">save.org</a>
Suicide Prevention Resource Center	<a href="http://sprc.org">sprc.org</a>
The Jason Foundation	<a href="http://jasonfoundation.com">jasonfoundation.com</a>
The Jed Foundation	<a href="http://jedfoundation.org">jedfoundation.org</a>
The Mental Health Coalition	<a href="http://thementalhealthcoalition.org">thementalhealthcoalition.org</a>
The Network La-Red	<a href="http://tnlr.org">tnlr.org</a>
The Sanctuary National Grief Support Network	<a href="http://thesanctuaryforgrief.org">thesanctuaryforgrief.org</a>
The Steve Fund	<a href="http://stevefund.org">stevefund.org</a>
The Trevor Project	<a href="http://thetrevorproject.org">thetrevorproject.org</a>
The TLC Foundation for Body-Focused Repetitive Behaviors	<a href="http://bfrb.org">bfrb.org</a>
Therapy for Black Girls	<a href="http://therapyforblackgirls.com">therapyforblackgirls.com</a>
United States Department of Veterans Affairs – Mental Health	<a href="http://mentalhealth.va.gov">mentalhealth.va.gov</a>
World Federation for Mental Health (WFMH)	<a href="http://wfmh.global">wfmh.global</a>
Zero Suicide	<a href="http://zerosuicide.edc.org">zerosuicide.edc.org</a>

# HOSPITAL LISTING

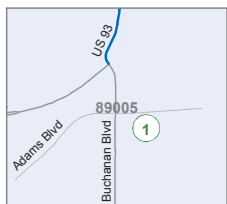
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

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

# MENTAL HEALTH PROFESSIONAL DIRECTORY .....

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

Below is the legend for the location and age key. The location key provides a guide to the letters that come after the zip code(s), which give the general area where the mental health professional's physical location (office) is.

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

## COUNSELOR

**Gaston, LaTonya R. (PhD, LCPCI)**  
702-439-9358  
Location: 89120 (SE)  
Age Group: 18+  
Specialties: PTSD, Grief Counseling, Depression, Anxiety  
Payment: Cash, Sliding Scale  
Language: English

## GRIEF SPECIALIST

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

## MARRIAGE AND FAMILY THERAPIST

**McCall, Bianca D. (LMFT, S.M.E.)**  
702-715-1182 • [www.reachinnow.com](http://www.reachinnow.com)  
Location: 89102, 89106 (C,N,V)  
Age Group: 12-55  
Specialties: Trauma Recovery, Suicide Prevention, Virtual Groups  
Payment: Cash, Medicaid FFS, (Scholarships available)  
Language: English

## MENTAL HEALTH BEHAVIORAL COACH

**Ostaszewski, Bryan Rev. (BCMHC)**  
702-370-5736 • [www.tuffservices.com](http://www.tuffservices.com)  
Location: 89012 (HD) / Age Group: 18-55  
Specialties: Marital, Premarital, Trauma, PTSD, Suicidal Ideation  
Payment: Sliding Scale, No Insurance  
Language: English Social Worker

## SOCIAL WORKER

**Andres, Holly (LCSW)**  
702-810-4122  
Location: (V) / Age Group: 0-100+  
Specialties: Mood Disorders, Trauma, Personality Disorders  
Payment: Cash, Card, Some Insurances  
Language: English

**Ingram, Victor S. (LCSW)**  
775-696-2204  
[www.connexionsmentalhealthservices.com](http://www.connexionsmentalhealthservices.com)  
Location: 89121, 89144 (E,SU,V)  
Age Group: 12-55  
Specialties: Military, Veterans, First Responders  
Payment: Cash, Medicaid  
Language: English

# It's All About Self-Care

*"Pause your life if you need to, care for yourself lovingly, do not ignore your rest, slow down so you can take a deep breath." - YUNG PUEBLO*

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:

FLAMENCO

Example: Tuesday's Child – Jesse Cook

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

### SUGGESTED ACTION:

BREATHING

Try Ujjayii Pranayama (victorious breath).

Consider participating in a free class at [souldimension.org/joy-of-breathing](http://souldimension.org/joy-of-breathing) or get instructions at [theyogainstitute.org/ujjayi-pranayama](http://theyogainstitute.org/ujjayi-pranayama)

DOING



### SUGGESTED SHOW:

ANIMAL SHOW

Example: The World's Most Unlikely Animal Relationships

Free shows available on YouTube ([www.youtube.com](http://www.youtube.com))



WATCHING

### SUGGESTED READING:

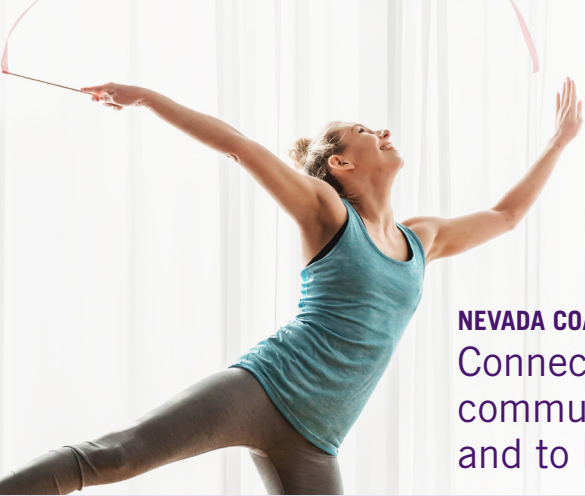
SELF-HELP



Learning from the Heart: Lesson on Living, Loving, and Listening – Daniel Gottlieb

Free reading materials available at public libraries

## READING



**NEVADA COALITION FOR SUICIDE PREVENTION**  
 Connecting people and communities to help and to hope.

**About NCSP**

The Nevada Coalition for Suicide Prevention (NCSP) was formed in 2005 by a small group of committed Nevadans whose goal was, and remains, to address the significant problem of suicide in Nevada. From these humble beginnings, NCSP has grown to include public and private representation across the state and offers internationally recognized training and annual awareness and healing events.

**The vision of NCSP is to ensure that all Nevadans feel hopeful and are connected to the resources they need. In so doing, the Coalition hopes all communities will be free from suicide. This will be done in the following ways:**

- Eliminate the taboo/stigma related to suicide and encourage open discussion of suicide.
- Raise awareness that suicide is preventable and affects everyone.
- Promote multiple contacts for help within the community and beyond.
- Involve and engage all Nevadans before there is a crisis, thus building trust and networks of support.
- Remind Nevadans that all have a role to play in the prevention of suicide.


**NCSP Encourages Everyone To Take Action**







TAKE A TRAINING	VOLUNTEER	BECOME A MEMBER	DONATE
<p>Suicide prevention training such as Suicide Alertness for Everyone (safeTALK), Applied Suicide Intervention Skills Training (ASIST), and Youth/Adult Mental Health First Aid (YMHFA, AMHFA) are available. Email <a href="mailto:training@nvsuicideprevention.org">training@nvsuicideprevention.org</a> for more information.</p>	<p>To volunteer email <a href="mailto:admin@nvsuicideprevention.org">admin@nvsuicideprevention.org</a>. Once you have taken a Suicide Alertness or Intervention Class you will feel more comfortable representing NCSP at a variety of community events.</p>	<p>NCSP is always looking for new members to strengthen our voice on suicide prevention, intervention and postvention in Nevada. We have individual, organizational and non-profit memberships available.</p>	<p>NCSP is always grateful for any donation to help further our mission and vision.</p>

Join us for the 15th Annual  
**Walk In Memory. Walk For Hope**  
 September 11, 2021

**REGISTER ONLINE AT [NVSUICIDEPREVENTION.ORG](http://NVSUICIDEPREVENTION.ORG)**

Bob Miller Middle School | 2400 Cozy Hill Circle, Henderson, Nevada.

 SUICIDE PREVENTION & SURVIVOR BEADS HONORING THOSE WHO WE HAVE LOST TO SUICIDE AND THOSE STRUGGLING WITH THOUGHTS OF SUICIDE.

 SUPPORTING THE CAUSE	 RED - SPOUSE/PARTNER	 GREEN – STRUGGLE PERSONALLY
 WHITE - CHILD	 PURPLE - FAMILY or FRIEND	 RED/WHITE/BLUE - MILITARY/ VETERANS; LAW ENFORCEMENT; FIRST RESPONDERS
 SILVER/GOLD - PARENT	 RAINBOW - LGBTQ	
 ORANGE - SIBLING	 BURGUNDY- GAMBLING	

2021 Nevada Suicide Prevention Conference

**UNMASKING STIGMA** SHINING A LIGHT ON HOPE

**SAVE THE DATE**  
 NOVEMBER 3–5, 2021

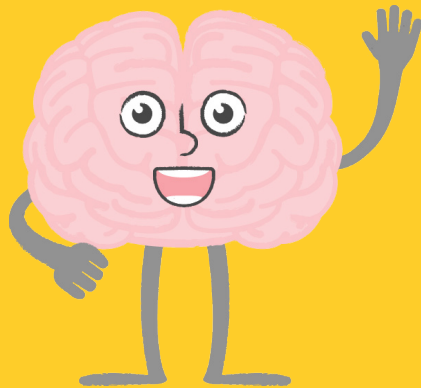
Register on Eventbrite  
 For more information email [nevadacsp@gmail.com](mailto:nevadacsp@gmail.com)

ALEXIS PARK ALL SUITE RESORT, 375 E HARMON AVE, LAS VEGAS, NEVADA

**Website:** [nvsuicideprevention.org](http://nvsuicideprevention.org) **Email:** [admin@nvsuicideprevention.org](mailto:admin@nvsuicideprevention.org) or [training@nvsuicideprevention.org](mailto:training@nvsuicideprevention.org)  
**Facebook:** @nvsuicideprevention **Twitter:** #nevadacoalitionforsuicideprevention  
**Instagram:** @nvstosuide

# It's Real: Teens and Mental Health

AFSP's state-wide Nevada chapter is proud to introduce It's Real: Teens and Mental Health, a program for young people that raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.



With your help, we bring together people from all backgrounds to deliver or learn about our innovative prevention programs and reach out to those who have lost someone to suicide.

Learn more at [afsp.org/nevada](http://afsp.org/nevada).



**American Foundation for Suicide Prevention**  
Nevada



## AMERICA'S FIRST 3-DIGIT MENTAL HEALTH CRISIS LINE

### What is 988?

988 is a safety net for people experiencing a mental health emergency. If fully funded, mobile crisis teams will respond in-person and connect people to care when needed. It will go live July 2022.

### Who Should Use It?

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

## ..... ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS .....

betterhelp.com • findatherapist.com • findtreatment.gov  
 nvpsychology.org (Find a Psychologist) • onlinetherapy.com  
 openpathcollective.org • psychologytoday.com/us/therapists • therapistlocator.net  
 therapyden.com • therapyforblackgirls.com • treatmentconnection.com  
 Veterans – Make the Connection: [maketheconnection.net/resources](http://maketheconnection.net/resources)

# MYTHS UP IN SMOKE

## MYTH #1

**Use of cigarettes, vapes, or other tobacco products is a harm-reduction strategy for those seeking treatment for mental health or substance use disorders.**



## FACT #1

Nearly **25% of adults** in the United States have a mental health or substance use disorder (i.e., behavioral health condition), and these adults consume almost 40% of all cigarettes smoked by adults in the United States.

## MYTH #2

**Smoking could ease symptoms of mental health conditions and stopping could interfere with treatment.**



## FACT #2

Research shows smoking can **worsen** symptoms and behavioral health outcomes, while quitting can improve mental health and substance use disorder treatment outcomes.

\*Source: Centers for Disease Control and Prevention | What We Know: Tobacco Use and Quitting Among Individuals With Behavioral Health Conditions | <https://www.cdc.gov/tobacco/disparities/what-we-know/behavioral-health-conditions>

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

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

Sponsored by the Department of Health and Human Services and brought to you by the Southern Nevada Health District.



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

## OUTPATIENT LISTING

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

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

### FOCUS / SPECIALTY

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

### NAME + WEB ADDRESS      PHONE      ZIP      SPECIALTY

Aaron Williams Therapy <a href="http://aaronwilliamstherapy.com">aaronwilliamstherapy.com</a>	702-480-7960	89106	Anxiety, Coaching, Pre-marital
ABC Therapy <a href="http://abctherapy.net">abctherapy.net</a>	702-598-2020	89101	General
Achievable Behavior Strategies <a href="http://bxtherapy.com">bxtherapy.com</a>	702-565-1894	89147	ASD
Advanced Psychiatry <a href="http://advancedpsychiatryinc.com">advancedpsychiatryinc.com</a>	702-763-7811	89032	
Advanced Psychiatric Associates	702-228-4900	89146	
Agape Behavioral Center <a href="http://agapebehavioral.org">agapebehavioral.org</a>	702-656-5683	89130	BST, PSR
All About You Counseling <a href="http://allaboutyoucounseling.org">allaboutyoucounseling.org</a>	702-754-0807	89123	General
Alliance Mental Health Specialists <a href="http://alliancemhs.com">alliancemhs.com</a>	702-485-2100	89103	
Alpha Institute	702-350-3194	89107	

Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma
Apple Grove Treatment Center <a href="http://applegrovetreatmentcenter.com">applegrovetreatmentcenter.com</a>	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute <a href="http://abainstitute.us">abainstitute.us</a>	702-502-8021	89107	ASD
Aroma Functional Nutrition Psychiatry <a href="http://drtiffanymsmith.com">drtiffanymsmith.com</a>	702-907-7924	89144	
Autism & Behavioral Consulting Services <a href="http://abcservices.co">abcservices.co</a>	702-283-6215	89117	ASD
Bamboo Sunrise <a href="http://bamboosunrise.net">bamboosunrise.net</a>	702-433-3038	89015	Life Skills, Foster Care
Baumann and Associates	702-212-9800	89119	
BBS Counseling <a href="http://bbsforensic.com">bbsforensic.com</a>	702-577-7792	89123	Anxiety, MOOD, PTSD, Trauma, Relationships
Beach Therapy <a href="http://beachtherapylv.com">beachtherapylv.com</a>	702-334-6162	89130	
Behavioral Healthcare Options <a href="http://bhoptions.com">bhoptions.com</a>	702-364-1484		Insurance Provider
Behavioral Learning Solutions <a href="http://www.blsolutionsaba.org">www.blsolutionsaba.org</a>	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada <a href="http://behavioralservicesnv.com/rehabilitative-services">behavioralservicesnv.com/rehabilitative-services</a>	702-816-3400	89121	BST, PSR
Beyond Expectation	702-779-3956	89120	
Bilingual Center for Behavioral Health	702-401-0811	89119	Anxiety, Behavioral, MOOD
Boys Town Behavioral Health Clinic	702-888-1340	89148	0-22 Social/Emotional, Academic, Behavior
Bridge Counseling Associates <a href="http://bridgecounseling.org">bridgecounseling.org</a>	702-474-6450	89106	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services <a href="http://bridgehs.com">bridgehs.com</a>	702-843-0551	89106	ADHD, MOOD, ODD, PTSD, Co-occurring
Browning Neurobehavioral Associates <a href="http://browningnba.com">browningnba.com</a>	702-305-0234	89145	
Cal Psychiatric Services <a href="http://calpsychservices.com">calpsychservices.com</a>	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry <a href="http://calmclinic.vegas">calmclinic.vegas</a>	702-848-2256	89103	
Campbell Center for Autism <a href="http://campbellcenterforautism.com">campbellcenterforautism.com</a>	702-260-2360	89117	ASD
Center for Addiction Medicine, Michael Levy <a href="http://addictionhelp.com">addictionhelp.com</a>	702-873-7800	89103	ADD, SAT, IOP
Center for Behavioral Health <a href="http://centerforbehavioralhealth.com">centerforbehavioralhealth.com</a>	702-796-0660	89121	SAT
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry <a href="http://changing-minds-psychiatry.business.site">changing-minds-psychiatry.business.site</a>	702-405-8088	89128	

## OUTPATIENT LISTING

Changing Minds Psychiatry, Henderson <i>changing-minds-psychiatry.business.site</i>	702-405-8088	89074	
Clarity Wellness Center <i>claritywclv.com</i>	702-348-9654	89121	Military, Minorities
Clear View Counseling and Wellness <i>clearviewcounseling.com</i>	702-254-4883	89102	ADHD, Crisis, MFT, MOOD, PTSD
Clinical Solution	702-212-3008	89117	
Collier Counseling and Life Coaching <i>colliercounseling.org</i>	702-860-5249	89015	
Community Counseling Center <i>cccfsn.org</i>	702-369-8700	89104	General
Comprehensive Psychological Services	702-268-7790	89120	
Connexions Mental Health Services <i>connexionsmentalhealthservices.com</i>	725-696-2204	89121	Telehealth, Military, Veterans, First Responders
Cornwall Counseling <i>cornwallcounseling.com</i>	859-321-4956	89119	REBT
Corridor of Hope Wellness <i>corridorofhopelv.com</i>	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections <i>cbcautism.com</i>	702-901-5200	89130	ASD
Crossroads of Southern Nevada <i>crossroadsofsonv.com</i>	702-382-7746	89102	SAT
Cynthia Osburn Therapy Services <i>cnosburn.com</i>	702-525-6277	89134	Individual, Couples, Family
DCFS-Neighborhood Care Centers, East <i>dcfs.nv.gov/Programs/CMH/ Contact_CMHS</i>	702-486-7500	89121	
DCFS-Neighborhood Care, North	702-486-5610	89032	
DCFS-Neighborhood Care, South	702-486-6726	89015	
DCFS-Neighborhood Care, West	702-486-0000	89146	
Desert Hope Outpatient <i>americanaddictioncenters.org</i>	702-286-8394	89121	SAT
Desert Psychiatry <i>desertpsychiatry.com</i>	702-685-3300	89146	
Desert Psychological <i>desertpsychological.com</i>	702-650-6508	89120	Testing, Assessment, Therapy
Desert Regional Center <i>adsd.nv.gov</i>	702-486-6200	89146	DD
Desert Rose Counseling Group <i>desertroselv.com</i>	702-843-6500	89102	Trauma Recovery, Crisis Intervention
Desert Treatment Clinic <i>deserttreatment.com</i>	702-248-0000	89014	
Diamond Mental Health <i>diamondmentalhealth.net</i>	702-395-4002	89130	ADD, Equine Therapy, Trauma
Diversified Community Service <i>diversifiedcommunityservices.org</i>	702-749-8500	89030	General, BST

Dynamic Music Therapy <i>vegasmusictherapy.com</i>	702-257-0792	89102	Music Therapy
Eden Center for Eating Disorders <i>edentreatment.com</i>	877-853-3362	89102	Eating Disorders, Co-Occuring Disorders
Elements of Motivation <i>elementslv.com</i>	702-331-4874	89117	
Empowerment Center of Southern Nevada <i>empowermentcenterof southernnevada.org</i>	702-636-8729	89032	Crisis Intervention, General
Evergreen Counseling <i>evergreencounselinglv.com</i>	702-248-6290	89146	
Experience Courage <i>experiencecourage.com</i>	702-630-8848	89134	Play Therapy
Focus Mental Health Solutions <i>focusmentalhealth.com</i>	702-790-2701	89102	
Forward Impressions <i>forwardimpressionslv.com</i>	702-848-1411	89130	BST, PSR, IOP, Youth Services
Foundations Counseling Center <i>foundationsnv.com</i>	702-240-8639	89128	Youth, ADHD, ASD, Eating Disorder
Frontier Medical & Behavioral Center <i>frontiermbc.com</i>	702-750-2438	89031	Psychiatric services
Glass House Counseling Agency <i>glasshousecounselinglv.com</i>	702-586-8693	89104	BST, PSR, ADHD, ADD, MOOD
Grand Desert Psychiatric Services	702-202-0099	89146	MFT, ADD, SAT
Guevara Counseling Center <i>guevaracounselingcenter.com</i>	702-366-0251	89106	
Harmony Healthcare, Horizon Ridge <i>harmonyhc.com</i>	702-251-8000	89052	Insurance Provider
Harmony Healthcare, West Charleston <i>harmonyhc.com</i>	702-251-8000	89102	Insurance Provider
Heads Up Guidance and Wellness Centers <i>headsupnevada.org</i>	702-922-7015	89102	
Healthy Minds <i>healthymindslv.com</i>	702-622-2491	89106	
Higher Ground Counseling Services <i>highergroundcounselingservicesllc.com</i>	702-525-8402	89117	
Human Behavior Institute (HBI) <i>hbinetwork.com</i>	702-248-8866	89146	Insurance Provider
ICAN Family Services by TrueCare <i>icanfamilyservices.com</i>	702-431-3626	89128	
Ignite Teen Treatment <i>igniteteentreatment.com</i>	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions <i>drsandragray.com</i>	702-900-2784	89146	
Insight Therapy Solutions <i>insightnvhealth.com</i>	702-685-0877	89120	
Integrated Psychiatric Solution <i>lvpsych.com</i>	888-320-2271	89146	

## OUTPATIENT LISTING

Jewish Family Services (JFS), Counseling and Adoption <a href="http://jfsalv.org">jfsalv.org</a>	702-732-0304	89119	Anxiety, MOOD, Lifestyle Transitioning
Kayenta Therapy <a href="http://kayentatherapy.com">kayentatherapy.com</a>	702-438-7800	89134	
Landmark Recovery <a href="http://landmarkrecovery.com/locations/las-vegas">landmarkrecovery.com/locations/las-vegas</a>	725-217-9910	89129	SAT
Las Vegas Counseling Center <a href="http://lasvegascounselingcenter.com">lasvegascounselingcenter.com</a>	702-466-3750	89117	
Las Vegas Grief and Loss Counseling Center <a href="http://griefcounselinglv.com">griefcounselinglv.com</a>	702-580-4912	89117	Grief
Las Vegas Indian Center <a href="http://lvindiancenter.org">lvindiancenter.org</a>	702-647-5842	89106	SAT
Legacy Health and Wellness <a href="http://legacyhealthlasvegas.com">legacyhealthlasvegas.com</a>	702-749-4951	89128	
Life Bridge Psychiatry <a href="http://lifebridgekids.com">lifebridgekids.com</a>	702-765-4965	89134	Youth
LifeQuest <a href="http://lifequestnv.com">lifequestnv.com</a>	702-830-9740	89145	
Matters of the Mind <a href="http://mmbehavior.org">mmbehavior.org</a>	702-647-6433	89032	ABA, ADD, MFT, PSR, SAT, Testing
Matters of the Mind, Laughlin	702-647-6433	89029	
Mbrace Counseling and Behavioral Services <a href="http://mbraceco.com">mbraceco.com</a>	702-749-6926	89146	
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	
Mingo Health Solutions <a href="http://mhsbehavioralservices.com">mhsbehavioralservices.com</a>	702-848-1696	89120	
Mission Treatment Center <a href="http://missiontreatment.com">missiontreatment.com</a>	702-747-7075	89109	ADD, Methadone and Suboxone
Mojave Counseling	702-253-0818	89146	Children/Adolescents
Mojave Counseling <a href="http://unlvmedicine.org/clinic/mojave-counseling">unlvmedicine.org/clinic/mojave-counseling</a>	702-968-4000	89014	Adults
Neubauer Mental Health Services <a href="http://nmhslv.com">nmhslv.com</a>	702-806-5268	89108	
New Way Empowerment Center	702-695-4345	89146	CM, Trauma, Life Transitions
Nevada Behavioral Health Systems <a href="http://nbhs.com">nbhs.com</a>	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Behavioral Solutions, Pahrump	775-727-6000	89060	
Nevada Behavioral Solutions <a href="http://nevadabehavioralsolutions.com">nevadabehavioralsolutions.com</a>	702-434-1200	89119	
Nevada Family Psychiatry <a href="http://psychiatry.vegas">psychiatry.vegas</a>	702-217-8030	89114	Psychiatric services
Nevada Health Center, Henderson Family Health	702-868-0327	89015	ADD, Psychotherapy, Testing/Evaluation
Nevada Health Center, North Las Vegas Family Health	702-214-5948	89030	ADD, Psychotherapy, Testing/Evaluation

Nevada Health Centers, Cambridge Family Health	702-307-5415	89119	ADD, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern Family Health	800-787-2568	89104	ADD, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Martin Luther King Family Health	702-383-1961	89106	ADD, Psychotherapy, Testing/Evaluation
Nevada Mental Health <a href="http://nevadamentalhealth.com">nevadamentalhealth.com</a>	702-440-8430	89106	
Nevada Mental Heath Associates <a href="http://nevadamha.com">nevadamha.com</a>	702-530-5344	89104	
Nevada Mercy and Care Inc <a href="http://nevadamercyandcare.org">nevadamercyandcare.org</a>	702-444-0599	89119	Refugee
Nevada State Behavioral Health <a href="http://nvstatebehavioralhealth.com">nvstatebehavioralhealth.com</a>	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center <a href="http://nevergiveupphs.com">nevergiveupphs.com</a>	702-951-9751	89146	
Nueva Vida Mental Health <a href="http://nvmhs.com">nvmhs.com</a>	702-659-8827	89103	
Open Arms Counseling <a href="http://openarmscounseling.org">openarmscounseling.org</a>	702-823-4300	89015	ADD, EMDR, MM
Our Little World Treatment Center <a href="http://olwtreatment.com">olwtreatment.com</a>	702-742-3093	89012	ASD
Overton Psycholgoical Services <a href="http://facebook.com/Overtonpsych">facebook.com/Overtonpsych</a>	702-563-1000	89074	
Pathways Therapy & Wellness Center <a href="http://pathwaystherapynv.com">pathwaystherapynv.com</a>	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Pro-Health Therapeutic & Empowerment Services <a href="http://phtes.com">phtes.com</a>	702-490-9009	89169	
Puzzle Pieces Autism and Behavioral Services LLC <a href="http://puzzlepiecesnv.com">puzzlepiecesnv.com</a>	702-704-5112	89131	ASD
Red Rock Psychological Health <a href="http://redrockph.com">redrockph.com</a>	702-898-5311	89119	
Reflections Therapy <a href="http://reflectionstherapylv.com">reflectionstherapylv.com</a>	702-553-2364	89128	
Resource Family Services <a href="http://resourcefamilyservices.com">resourcefamilyservices.com</a>	702-331-5608	89119	
Restorative Health & Life <a href="http://myrestorativehealth.com">myrestorativehealth.com</a>	702-853-6727	89031	MFT, Neurofeedback, Sand Tray Counseling
SAFY of Nevada Specialized Alternative <a href="http://safy.org/nevada">safy.org/nevada</a>	702-385-5331	89130	Youth, Family
Serenity Counseling and Support	702-903-2973	89117	
Serenity Community Wellness Center <a href="http://serenitylasvegas.com">serenitylasvegas.com</a>	702-998-7770	89102	MFT, SAT, CM Co-occurring
Serenity Mental Health <a href="http://serenitymentalhealth.org">serenitymentalhealth.org</a>	702-815-1550	89146	Anxiety, MOOD
Serenity Mental Health, Pahrump	775-751-5211	89048	Anxiety, MOOD
SFS Therapies <a href="http://sfstx.com">sfstx.com</a>	702-979-4268	89128	



## OUTPATIENT LISTING

Shining Star Community Services <i>shiningstarlv.com</i>	702-882-7827	89119	
Sierra Sage Recovery Services <i>sierratreatment.com</i>	702-880-8230	89129	ADD, CBT, IOP, SAT
Signs of Hope Counseling Center <i>rcclv.org/counseling</i>	702-437-4673	89106	Trauma, PTSD
Silver State Health <i>silverstatehealth.org</i>	702-471-0420	89119	Anxiety, Behavioral, MOOD, Stress, PTSD
Silver State Health, Pahrump <i>silverstatehealth.org</i>	775-505-1214	89048	Anxiety, Behavioral, MOOD, Stress, PTSD
Skills 4 Kids	702-538-9476	89117	
Southern Nevada Adult Mental Health Services <i>dpbh.nv.gov/About/Overview/SNAMHS_Overview</i>	702-486-6000	89146	CM, Mental Health Court, Mobile Crisis, MM
Southwest Autism & Behavioral Solutions <i>swbehavior.com</i>	702-270-3219	89120	ASD
Summit Mental Health <i>summitmentalhealth.org</i>	702-727-4459	89102	Anxiety, MOOD, Trauma, PTSD, Relationships
Sunshine Family Support Services <i>sunshinefamilyss.net</i>	702-433-0063	89104	
Tancell Care <i>tancell-care.business.site</i>	702-476-0262	89119	DD
The Hamilton Group <i>hamiltongrouplv.com</i>	702-289-4883	Virtual	Compassionate Counseling, MM
The Healthy Foundations Center	702-489-2117	89117	BST, PSR
The Practice, UNLV <i>unlv.edu/thepractice</i>	702-895-1532	89154	
Therapeutic Solutions Behavioral Health <i>therapeuticsolutionslv.com</i>	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center <i>therapytreatmentcenters.com</i>	702-423-2625	89102	
Theravada Mental Health <i>theravadawellness.com</i>	702-757-8720	89130	
Theravada Mental Health, Henderson	702-757-8720	89052	
Thrive Solutions <i>thrivesolutionslv.com</i>	702-602-8504	89148	ADD, IOP, MFT, MM
Thriveworks Counseling <i>thriveworks.com</i>	702-820-3061	89146	ADD, Eating Disorder, MOOD, Relationship
TIM Care <i>timcarenv.com</i>	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities <i>tourocadd.org</i>	702-777-4808	89014	ASD
Transitional Wellness Center	702-339-0346	89120	
True Care <i>truecaretc.com</i>	1-833-828-6329	89128	ADD, SAT
TUFF Services Ministries <i>tuffservices.org</i>	800-649-0925	89053	

UNLV Department of Psychiatry <i>unlvmedicine.org/clinic/mojave-counseling</i>	702-671-6475	89104	
Vegas Cares LLC <i>vegascarellc.com</i>	725-206-5434	89121	General, PSR, BST
Ventana Health Associates	702-360-2800	89134	
Victorious Behavioral Health <i>victoriousbhs.com</i>	702-723-0125	89119	General, PSR, BST, IOP, Psychiatric Services
We Are Hope <i>wearehopelv.com</i>	702-333-4373	89130	ADD, General, Trauma
Well Care Behavioral + Medical Clinic <i>thewellcaregroup.com</i>	702-291-7121	89122	BST, CM, PSR
Westcare Community Triage Center <i>westcare.com</i>	702-385-3330	89101	SAT
Zia Counseling, Steven Bonn <i>ziacounseling.com</i>	702-823-9043	89102	MFT



**CONNEXIONS** | 725.696.2204  
Mental Health Services, LLC

[connexionsmentalhealthservices.com](http://connexionsmentalhealthservices.com) • [victorlcsw.connexions@gmail.com](mailto:victorlcsw.connexions@gmail.com)

In-person and telehealth appointments • Cash pay and Medicaid accepted



Provides compassionate and person-centered assistance services to help clients cope and rediscover themselves. Connexions seeks to help each client to explore emotions, regain power to change, discover positive adaptive coping skills, and reach their optimal mental health goals.

Owner, Victor S. Ingram, was inspired to become a mental health professional primarily due to his military and combat service as a United States Army officer. Retiring from active service in 2020 as a Colonel, Victor looks forward to partnering with anyone who seeks change to improve their mental health connection.

*"Behavior is a symptom of emotion-to dismiss the connection is to dismiss feelings from actions. Reconnecting one's actions to emotion can reveal multitudes of value in overcoming obstacles."* - Victor S. Ingram, LCSW



**PASTORAL COUNSELING AND LIFE COACH**  
**Rev. Bryan Ostaszewski**

*(Certified Interfaith Counselor, Ordained Minister & Chaplain)*

*"By understanding the process and path of brokenness, you begin to heal. If you can understand the why of your wounds, then the how of coming out of your pain will begin to make sense."*

Call 1.800.649.0925 for a free consultation • [www.tuffservices.org](http://www.tuffservices.org)

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

## SPECIAL REPORT: SUICIDE CRISIS & PREVENTION

### Q&A

WITH CHERYLYN RAHR-WOOD\* PROJECT COORDINATOR, NEVADA STATEWIDE ZERO SUICIDE INITIATIVE

**MENTAL HEALTH SPECTRUM (MHS):** What is the Nevada Statewide Zero Suicide Initiative (ZSI) project?

**CHERYLYN RAHR-WOOD (CRW):** The Zero Suicide framework is a comprehensive program using a set of evidence-based principles and practices for preventing suicide within any health care system. It involves a system-wide approach to improve outcomes and deliver safer-suicide-care. ZSI brings partners and organizations together to build new programs focused on closing Nevada’s gap in follow-ups. It is currently working in cohesion with Nevada’s Crisis Now.

It is the foundational belief that suicide deaths for individuals under care are preventable, and that Nevada can reach ZERO suicides. The gap between discharge and person-centered support for those at risk of suicide is a global issue. One that Nevada is hyper focused on as we implement ZSI.

**MHS:** What services does Zero Suicide offer?

**CRW:** ZSI’s framework supports a multitude of evidence-based screeners, assessments, tool kits, treatment modalities, among other essentials to safer suicide care. Also, more opportunities for all staff and continuing education approved training will be offered.

With a focus on training and workforce development, we were able as a team to adjust the Nevada Gatekeeper Training to virtual, which successfully trained over 2000 community members and professionals.

**MHS:** What is the role of the Project Coordinator?

**CRW:** My job has always been a supportive guidance role. I am working alongside Nevada’s Health & Behavioral Health Care Systems and Organizations to implement ZSI. I guide and support Nevada’s Leadership teams in implementing and aligning the current suicide prevention policy & procedures. For example, re-aligning the

organization’s electronic health records to collect important data. In real-time, this allows Nevada to keep a pulse on our suicide ideation and attempts, and our losses.

**MHS:** What are some of the risk and protective factors for suicide? (especially to help with identifying at-risk individuals who need immediate care)

**CRW:** Identifying risk and protective factors plays a critical role in suicide prevention, providing direction for appropriate intervention. Many risk factors for suicide are gradual not instant; with depression, that usually comes on gradually, with each day of your life being affected in a negative way. If a tragic incident happens suddenly, it may trigger a quicker spiral for depression, still at risk for suicide. It is essential to understand that anyone who is a survivor of an attempt is at a higher risk of chronic suicidal ideations, another risk factor for suicide. For more information, please see Suicide Prevention Resource Center’s (SPRC) Risk and Protective Factors handout (an excerpt is included at the end).

**MHS:** If you could give one piece of advice to share with the community regarding suicide crisis and prevention, what would that be?

**CRW:** Become trained in suicide prevention and consciously work to destigmatize the way we talk and think about suicide. When we are comfortable in our own skin talking about something, we don’t back away. It is crucial that Nevada takes on suicide prevention training. Like communities did years ago with CPR and First Aide, we must make suicide alert training a priority for families and friends alike; if we can build a state full of suicide-alert prepared communities, our rates, and the chances of losing someone to suicide, drop dramatically.

**MHS:** How do you think the community could reduce the stigma of mental health that often prevents people contemplating suicidal

thoughts or behaviors from seeking help?

**CRW:** By obtaining knowledge in suicide prevention and talking about it, we move the needle of stigma and shame in an entirely new direction. Suppose we can have discussions about how we are feeling before the crisis, before the thoughts reign out of control. This can help to reduce the build-up felt when we can’t release the negative chatter and the intrusive thoughts that consume our headspace. When someone at risk can talk with someone who can sit with them in the trenches and understand, you don’t really want to die; you just want the pain of “whatever” to stop hurting.

**MHS:** Any other thoughts or comments you would like to share regarding the topic of suicide crisis and prevention?

**CRW:** Suicide Prevention encompasses concrete steps that work. First, we must learn the signs and risks of suicide to identify a person at risk; then we must provide proper person-centered resources, treatment, and (lifelong) sources of support. I also believe we would steer away a lot of suicide crisis if we would make it okay to talk about how we are feeling in general. That saying to someone, “It’s okay not to be okay,” is genuinely OK. And then together, you have to work out why you’re not OK. It is also okay to tell someone you are thinking about suicide, then open your space to receive the help that is surrounding you. One because you are worth it. And secondly, so many good things come out of sharing such intimate emotions, thoughts, and feelings.

Lately, NOSP and myself have been faced with providing postvention to communities throughout Nevada. Understanding how powerful postvention can be and that it just might be one of the most important forms of prevention. When we can have conversations in our rawest moments, those will be the ones we remember most. Not one person should die by suicide. Reach out to the NOSP, NCSP, NAMI Nevada, and the Crisis Support Line to inquire about Nevada’s resources and the training and support they offer.

#### REFERENCES:

1 Suicide Prevention Resource Center, & Rodgers, P. 2011. *Understanding risk and protective factors for suicide: A primer for preventing suicide*. Newton, MA: Education Development Center, Inc. From <https://www.sprc.org/sites/default/files/migrate/library/RiskProtectiveFactorsPrimer.pdf>

## SUICIDE RISK AND PROTECTIVE FACTORS<sup>1</sup>

Risk factors increase likelihood that individuals will consider, attempt, or die by suicide.

Protective factors decrease likelihood that individuals will consider, attempt, or die by suicide.

### RISK FACTORS

- Prior Suicide Attempts
- Substance Abuse
- Mood Disorders
- Access To Lethal Means

### PROTECTIVE FACTORS

- Effective Mental Health Care
- Connectedness To Individuals, Family, Community, And Social Institutions
- Problem-Solving Skills
- Contacts With Caregivers

\* Cherylyn Rahr-Wood has a bachelor’s and master’s in Social Work. She also is a facilitator for the Department of Corrections CIT training, a voting member on the NAMI WNV Board of Directors, and serves on the Governor’s Challenge Team, focusing on suicide prevention and postvention for Service Members, Veterans, and Family population (SMVF).

# SHARED EXPERIENCES

*"We may encounter many defeats but we must not be defeated." - MAYA ANGELOU*

THE MENTAL HEALTH CHALLENGES THAT MANY INDIVIDUALS EXPERIENCE AT SOME POINT IN THEIR LIVES IMPACTS THEIR LIFE JOURNEY IN VARIOUS WAYS. OFTENTIMES, PEOPLE ATTEST THAT SHARING PERSONAL STORIES HELPED THEIR OWN HEALING PROCESS, OR BY READING SOMEONE ELSE'S, THEY GAINED HOPE THAT THERE IS A PATHWAY TOWARDS HEALING. AS SUCH, WE SHARE ANOTHER PERSONAL STORY IN THIS ISSUE.

## THE JOURNEY TO REACH IN NOW (BIANCA'S STORY)

Growing up, I was popular and a high-achiever; outgoing, humorous, class president, musician, and a standout women's basketball player earning All-American honors. I called those parts of myself, "Center-Stage Bianca". Meanwhile, backstage, I battled with mental illness. I repeatedly asked myself: "If I don't perform, will they still love me?", "If they really knew me, would they still love me?", "Am I loveable?" The answers came in my junior year of high school.

At the time, I was recruited to play basketball by virtually every college and university. On one official school visit, while playing in a pick-up game, I suffered a knee injury. I was diagnosed with ACL, LCL, and meniscus tears; necessitating reconstructive surgery, and two-years rehabilitation. All but two universities rescinded their scholarship offers.

Post-surgery, I was given narcotics and opioids to treat "the pain". I was 17 years-old, and the lines between my physical, psychological, and spiritual pain became blurred with a medication dependency, changing the ways I experience anxiety, stress, and depression for the rest of my life. Two weeks post-surgery, I was hospitalized again after an overdose of the prescribed medication. I went on to earn an athletic scholarship, and opportunity to rehabilitate my physical injuries. I entered the giant NCAA industry as a 17-year-old with physical, psychological, and spiritual injuries. And I was too young to recognize I was in crisis, until the anxiety and depression became unmanageable. I used (athletic) culturally and socially acceptable coping strategies like humor, food, sex, alcohol, and competition.

Around this time, I also noticed one of my teammates presenting with the same signs and symptoms. Then one day at practice, I learned she died of suicide. I witnessed this tragedy for her family, and the entire campus and community. In the midst of it all, I realized in part what my life's purpose would be. I would make a concerted effort to connect, especially when everything in me was encouraging me to isolate. Connection is the process of embracing: I am a part of something greater.

I find healing and peace in making those connections with others like me. Maintaining orientation to the present moment; education, understanding, and broadening awareness of myself, the world, and the relationship between the two- are the key components of my Mental Fitness Plan. In efforts to create safe spaces for the many who are suffering in silence, I recently launched an online community to join and share stories of triumph— Reach In Now University at [www.reachinnow.com](http://www.reachinnow.com)

*My name is Bianca McCall. I am an educator, an advocate, a professional moderator, speaker, community leader, and therapist. I am a suicide loss and attempt survivor.*

## SOME WAYS TO HELP OTHERS WHEN THE TIME IS RIGHT INCLUDE:

Becoming a member of a local/national organization that advocates for suicide prevention. • Help raise funds for suicide prevention. • Participate in a suicide prevention walk. • Volunteer at a crisis hotline. Organize an attempt survivors' support group. • Writing or talking with others about your journey to raise public awareness about suicide and recovery.

## REFERENCES:

"A Journey Toward Health & Hope: Your Handbook for Recovery After a Suicide Attempt (SMA15-4419)" This free booklet is a guide to help one take the first steps towards recovery after a suicide attempt. The tools and stories come from the experiences of others who have survived a suicide attempt. Download or order at SAMHSA store or call 1-877-SAMHSA-7

## LOCAL SHELTER AND TRANSITIONAL HOUSING

Please contact the agency for more information

### FAMILIES

#### FAMILY PROMISE

702-638-8806

1410 S Maryland Parkway, LV 89104

Provides short term transitional shelter, bridge housing, case management and essential needs to displaced families.

[familypromiselv.com](http://familypromiselv.com)

#### SAFE FAMILIES FOR CHILDREN, OLIVE CREST

702-960-1436

4285 North Rancho Drive, Suite 160, LV 89130

Parents with children ages birth to 18 experiencing a temporary crisis, can arrange for their children to stay with host family while focusing on resolving crisis situations and work to bring stability back to their home. Alternative to the state welfare system.

[lasvegas.safe-families.org](http://lasvegas.safe-families.org)

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

702-564-3227

Emergency shelter for those seeking refuge from interpersonal violence/domestic violence. Services are available for singles, individuals from the LGBTQIA2+ community, women, men and their children.

[safehousesnv.org](http://safehousesnv.org)

### MEN

#### CATHOLIC CHARITIES SHELTER FOR MEN

702-387-2282

1511 Las Vegas Blvd North, Las Vegas 89101

Provides year-round emergency night shelter for adult homeless men from 3:00pm to 7:00am daily.

[catholiccharities.com](http://catholiccharities.com)

#### LAS VEGAS RESCUE MISSION

702-382-1766 • 480 W Bonanza Rd., LV 89106

Single men and fathers with children. Shelter intake is located off D Street.

[vegasrescue.org/emergencysshelter](http://vegasrescue.org/emergencysshelter)

#### SALVATION ARMY

702-701-5347 • 35 W Owens, NLV 89030

Day resource center and emergency lodging.

[salvationarmyusa.org](http://salvationarmyusa.org)

### WOMEN

#### DESTINY HOUSE (HOOKERS FOR JESUS)

702-623-0958 | Hotline: 702-883-5155

A nine to twenty-four month, no charge, transitional estate for sex trafficking victims and commercially exploited women.

[hookersforjesus.net](http://hookersforjesus.net)

#### REFUGE FOR WOMEN

National faith-based organization providing a residential healing and recovery program for survivors of trafficking and sexual exploitation. Non-emergency housing must apply online.

[rflwasvegas.org](http://rflwasvegas.org)

#### SAFENEST

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

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

[safenest.org](http://safenest.org)

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

702-382-1766

Single women and mothers with children. Shelter intake is located off D Street.

[vegasrescue.org/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 Street, LV 89119

Serves young persons, ages 12-20 with nowhere to sleep, unstable housing situations, couch surfing with friends or feeling unsafe. Offers emergency shelter, drop in center and independent living.

[nphy.org](http://nphy.org)

#### SHANNON WEST HOMELESS YOUTH CENTER

702-526-4990 • 1650 E Flamingo Rd., LV 89119

Provides services for homeless and at-risk youth, onsite emergency shelter. Certified to provide residential substance abuse treatment and Level I outpatient substance abuse and co-occurring treatment.

[helpsonv.org/programs-youth.php](http://helpsonv.org/programs-youth.php)

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

702-294-7100 • 200 Wilson Cir., Boulder City 89005

Provides transitional housing and services for homeless 18-24 year olds.

[stjudesranch.org](http://stjudesranch.org)

*Hope is a necessity for  
a normal life and the  
major weapon against the  
suicide impulse.*

KARL A. MENNINGER

## SUICIDE *and...*

### *American Indian and Alaska Natives*<sup>1,2,3</sup>

1. Disproportionately affected by suicide: have highest rates compared to general population (20% higher than for non-Hispanic white population).
2. Females have shown the largest increase in suicide rates since 1999 (higher risk due to more violence, trauma, poverty, and limited access to mental health care).
3. Additional risk factors: a history of interpersonal violence/abuse; unemployment; unwillingness to seek help; alcohol misuse/abuse; perceived discrimination; isolation on reservations, feeling cut off from other people; and local epidemics of suicide.
4. Protective factors: sense of belonging to one's culture, a strong tribal/spiritual bond, feeling connected to family and friends, and positive emotional health.

### *Children/Teens/Young Adults*<sup>1,4,5</sup>

1. Have highest suicide rates across all populations: suicide is the second leading cause of death for age group 10–34.
2. Factors increasing risk of suicide for children/teens: history of child abuse, bullying, violence (especially family and/or sexual), disciplinary problems, and sexual orientation confusion.
3. Mental illness (especially depression) is the leading risk factor.
4. Children attempt suicide more impulsively: suicidal thoughts or behaviors are more common than actual suicide deaths and are signs of extreme distress.

### *LGBTQ Community*<sup>6,7,8</sup>

1. Minority stressors (e.g., discrimination and harassment) are directly associated with suicidal behavior and indirectly with risk factors for suicide.
2. Suicide risk is highest during the teens and early 20s.
3. Youth attempt suicide more frequently than straight peers.
4. Males face higher risk of suicide due to homophobia, harassment, and violence directed towards gay persons.
5. Protective factors for youth (ages 15–24) that can make a difference: family acceptance, connection to friends and others who care about them, and sense of safety.

### *Males*<sup>8</sup>

1. Are four times more likely than females to take their own life: 79% of all suicides are by males.
2. Suicide is the 7th leading cause of death for males in the US.

### *Older Adults/Seniors/Geriatric*<sup>9</sup>

1. Have the highest suicide completion rate.
2. Are more likely to plan ahead (less impulsive acts), and use especially lethal means.
3. Main risk factors: untreated mental illness (especially depression), death of a spouse, physical health decline, functional/cognitive impairment, and isolation.
4. Individuals recently discharged from nursing homes are a newly identified group for elevated risk.

### *Veterans*<sup>1,10</sup>

1. Also have higher than average rates of suicide.
2. About 67% of veteran deaths by suicide are from use of firearms.
3. May possess service-related risk factors (e.g., injury, recent transition from military service to civilian life).
4. May possess unique service-related protective factors (e.g., resilience, strong sense of belonging to a unit).

### *Opportunities*<sup>1,4,6,7,9,10</sup>

#### **Improve access to and delivery of suicide care.**

1. Identification of risk is the first and necessary step for preventing suicide.
2. Healthcare providers should routinely screen, become comfortable asking about suicidal thoughts and begin the conversation—facilitate crisis intervention.
3. Teachers and parents should be aware of warning signs and seek child evaluation by a qualified mental health professional.
4. Access to mental health care and insurance should be more readily available and eligible.

#### **Create protective environments.**

Reduce or limit access to lethal means (e.g., firearms and medications) to help hold back impulse to attempt suicide, give time to get help, and prevent suicide attempt—promote the use of locks and safes.

#### **Promote connectedness.**

Promote family, social, and community/peer support: acceptance saves lives.

#### **Provide and promote suicide prevention training programs for all.**

1. Teach coping, problem-solving, and parental skills.
2. Promote social-emotional and family relationship programs.
3. Promote safe reporting and messaging to help reduce stigma and contagion effect.

#### **Provide and promote suicide prevention programs.**

1. Identify, target, and match specific community cultures/values/needs to be more effective (not everyone has same risk factors).
2. Increase public awareness—promote educational campaigns and suicide prevention resources.

#### REFERENCES:

- 1 Centers for Disease Control and Prevention (CDC). "Suicide Prevention: Fast Facts." *CDC/National Center for Injury Prevention and Control*. May 22, 2021. From <https://www.cdc.gov/suicide/facts/index.html>
- 2 Office of Minority Health (OMH). "Mental and Behavioral Health – American Indians/Alaska Natives." *OMH US Department of Health and Human Services (USDHHS)*. May 19, 2021. From <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=39>
- 3 Indian Health Service (IHS). "Suicide Prevention and Care Program" *IHS/USDHHS*. From <https://www.ihs.gov/suicideprevention/>
- 4 American Academy of Child & Adolescent Psychiatry. "Suicide in Children and Teens." June 2018. From [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Teen-Suicide-010.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx)
- 5 American Psychological Association (APA). "Teen Suicide is Preventable." APA 2021. From <https://www.apa.org/research/action/suicide>
- 6 American Association of Suicidology. "Suicidal Behavior Among Lesbian, Gay, Bisexual, and Transgender Youth Fact Sheet." From <https://suicidology.org/wp-content/uploads/2019/07/Updated-LGBT-Fact-Sheet.pdf>
- 7 National LGBT Health Education Center. "Suicide Risk and Prevention for LGBT People." September 2018. From <https://www.lgbtqiahealtheducation.org/wp-content/uploads/2018/10/Suicide-Risk-and-Prevention-for-LGBTQ-Patients-Brief.pdf>
- 8 CDC. "Gay and Bisexual Men's Health: Suicide and Violence Prevention." *CDC/USDHHS/National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention*. February 29, 2016. From <https://www.cdc.gov/gmsmhealth/suicide-violence-prevention.htm>
- 9 Conejero, Ismael et al. "Suicide in older adults: current perspectives." *Clinical interventions in aging* vol. 13 691-699. 20 Apr. 2018. From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5916258/>
- 10 U.S. Department of Veteran Affairs. "National Strategy for Preventing Veteran Suicide 2018-2028" *Office of Mental Health and Suicide Prevention*. From [https://www.mentalhealth.va.gov/suicide\\_prevention/docs/Office-of-Mental-Health-and-Suicide-Prevention-National-Strategy-for-Preventing-Veterans-Suicide.pdf](https://www.mentalhealth.va.gov/suicide_prevention/docs/Office-of-Mental-Health-and-Suicide-Prevention-National-Strategy-for-Preventing-Veterans-Suicide.pdf)

## HELPLINES

Nevada 211 - Connect to Services	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
Adult Protective Services (APS)	702-486-6930
Al-Anon ( <a href="http://al-anon.org">al-anon.org</a> )	1-800-344-2666
Alcohol and Drug Treatment Referral (Spencer Recovery)	800-454-8966
Alcoholics Anonymous (AA) ( <a href="http://aa.org">aa.org</a> )	702-598-1888
Alzheimer's Association Helpline ( <a href="http://alz.org">alz.org</a> )	1-800-272-3900
American Addiction Centers Resource ( <a href="http://centers.org">centers.org</a> )	1-866-892-4547
American Chronic Pain Association (ACPA)	1-800-533-3231
Cocaine Anonymous ( <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a> )	702-941-0950
Codependents Anonymous ( <a href="http://coda.org">coda.org</a> )	602-277-7991
Crystal Meth Anonymous ( <a href="http://crystalmeth.org">crystalmeth.org</a> )	855-638-4373
Debtors Anonymous ( <a href="http://debtorsanonymous.org">debtorsanonymous.org</a> )	800-421-2383
Depression & Bipolar Support Alliance (DBSA) ( <a href="http://dbsalliance.org">dbsalliance.org</a> )	1-800-826-3632
Eating Disorders	1-888-375-7767
Ecstasy Addiction	1-800-468-6933
Eldercare Locator ( <a href="http://eldercare.acl.gov">eldercare.acl.gov</a> )	1-800-677-1116
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous ( <a href="http://gasn.info">gasn.info</a> )	855-222-5542
GriefShare ( <a href="http://griefshare.org">griefshare.org</a> )	1-800-395-5755
ICAN Hopeline (inpatient detox)	833-828-6329
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation ( <a href="http://iocdf.org">iocdf.org</a> )	617-973-5801
Lap of Love - Pet loss resource line ( <a href="http://lapoflove.com">lapoflove.com</a> )	855-352-5683
LGBT Helpline	888-340-4528
LGBT Peer Listening	800-399-7337
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 ( <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a> )	1-800-766-6779
Narcotics Anonymous ( <a href="http://na.org">na.org</a> )	888-495-3222
National Alliance on Mental Illness (NAMI) Helpline	1-800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	1-800-931-2237
National Resource Center on ADHD	1-866-200-8098
National Teen Dating Violence Abuse Helpline	1-866-331-9474

## HELPLINES

Nicotine Anonymous ( <a href="http://nicotine-anonymous.org">nicotine-anonymous.org</a> )	415-908-6702
Nevada Health Connection ( <a href="http://treatmentconnection.com">treatmentconnection.com</a> )	1-800-450-9530, TEXT 839863
Office on Women's Health (Resource line)	1-800-994-9662
Overeaters Anonymous ( <a href="http://oa.org">oa.org</a> )	505-891-2664
Partnership to End Addiction (Parents concerned about child's substance use)	Text CONNECT to 55753
Physican Support Line (Psychiatrists supporting physicans and medical students)	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) ( <a href="http://postpartum.net">postpartum.net</a> )	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's National Helpline	1-800-662-4357
Schizophrenia & Pyschosis Action Alliance ( <a href="http://sczaction.org">sczaction.org</a> )	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives ( <a href="http://selfinjury.com">selfinjury.com</a> )	1-800-366-8288
Sex Addicts Anonymous ( <a href="http://saa-recovery.org">saa-recovery.org</a> )	1-800-477-8191
Sidran Institute - Trauma or Dissociation ( <a href="http://sidran.com">sidran.com</a> )	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous ( <a href="http://siawso.org">siawso.org</a> )	877-742-9761
Teen Help Inc	1-800-400-0900
Teen Line	1-800-852-8336
The StrongHearts Native Helpline (American Indians & Alaska Natives) ( <a href="http://strongheartshelpline.org">strongheartshelpline.org</a> )	1-844-762-8483
Tobacco (Nevada) Quit Line ( <a href="http://nevada.quitlogix.org">nevada.quitlogix.org</a> )	800-784-8669
Tragedy Assistance Program for Survivors (TAPS) Military Survivors Support ( <a href="http://taps.org">taps.org</a> )	800-959-8277
Treatment and Research Advancements for Borderline Personality Disorder (TARA) ( <a href="http://tara4bpd.org">tara4bpd.org</a> )	888-482-7227
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211	1-800-233-4357
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044

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

*To anyone out there who's hurting—it's not a sign of weakness to ask for help. it's a sign of strength.* BARACK OBAMA

## SUPPORT GROUPS

For information or to register for a group, please use contact information or check website.  
Not all groups need registration. Due to COVID-19 groups may have been cancelled.

### ADDICTION

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

### CHILDREN AND YOUTH

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

### CRISIS AND TRAUMA

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

### GRIEF AND LOSS

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

## SUPPORT GROUPS

### GRIEF AND LOSS (continued)

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

### LGBTQ

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

### SUICIDE

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

### OTHER

Alzheimer's Associaton	702-248-2770
Cleveland Clinic Caregiver Support and Programs	702-483-6000
Depression and Bipolar Support Alliance (DBSA)	702-750-5919
Dignity Health Womens Center (Support Groups)	702-616-4900
National Organization Parents of Murdered Children ( <i>pomc.com</i> )	513-721-5683
Give Me a Break (GAB) - Respite	702-219-0394

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

## IN THE SPOTLIGHT

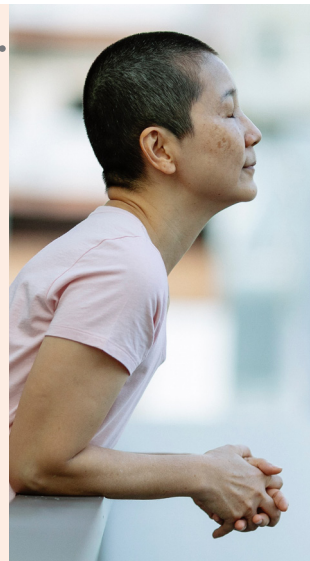
### Crisis Support Services of Nevada

For more than 50 years, Crisis Support Services of Nevada (CSSNV) has been offering free, confidential support to people in crisis. CSSNV staff and volunteers work 24/7/365 to provide a beacon of hope to people in the darkest moments of their lives. We know everyone needs a reminder that there can be a better tomorrow.

Donations allow CSSNV to continue serving tens of thousands of people each year through both our Sexual Assault Support Services and Crisis Call Center programs. Every donation allows CSSNV to help others in life-changing crisis situations, provide support for victims of crime, and provide referrals to important services that help individuals in need.

**24/7 Helpline:** 1-800-273-8255 or Text CARE to 839863  
**Sexual Assault Help Line:** 775-221-7600 **Online:** [cssnv.org](http://cssnv.org)

Photo Credit: Michelle Leman from Pexels





# A MATTER OF WORDS

*“One of the biggest factors that inhibits communication on sensitive topics is lack of communication itself. Stigma plays a huge role in bolstering silence.” - RAY KHAN*

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

.....

CHOOSING OUR WORDS CAREFULLY IS ABOUT MORE THAN AVOIDING STIGMATIZING TERMS. THE LANGUAGE WE USE CAN ALSO HAVE A POSITIVE EFFECT, WHICH MAKES CHOOSING THE RIGHT WORDS JUST AS IMPORTANT AS AVOIDING THE WRONG ONES.

CAMH.CA

.....

Photo Credit: Anthony from Pexels

All listings in this issue are current as of July 1, 2021. Listings in this publication do not necessarily constitute an endorsement of that service or product. Before selecting anything, you are encouraged to verify all licenses, public files, and/or reviews of the organizations and individuals presented in this publication through licensing boards, Federal and State oversight organizations, and/or other reputable sources of such information. Never disregard professional medical advice or delay seeking it because of something you have read in this publication.

Although this publication has made every effort to ensure the information presented is from reliable sources, the author/s and publisher make no guarantees of accuracy or completeness as things may have changed from the time the information was obtained and published. This publication will not be liable for any errors or omissions in any content presented herein. Articles, listings, other website links, and paid advertisements in this publication do not necessarily constitute an endorsement of that content, service, or product. You are entirely responsible for any decision or action you take regarding any service or product mentioned in this publication.

*Mental Health Spectrum* reserves the right to refuse any advertising or listing.