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Front Cover Credit: Freepik.com

NOTE FROM: *The Editor*

Aging is a natural process in the human lifespan. There is no changing that. It happens each day we get up. We pay homage to it each year on our birthdays, celebrating it with joy until we either see that first gray hair or reach 40. And then it hits us, hey, we are getting old...and for many, it brings some mixed emotions. But it is how we manage aging, and how we live in old age, that makes a difference in the quality of life in our advanced years.

In this issue, we highlight mental health matters regarding aging, including: the warning signs of poor mental health, an overview of aging and mental health, a shared story, aspects of elder abuse, and much more. We hope to provide some insight and education on mental health in older populations in order to facilitate a healthier life in old age. There are usually signs of mental health issues. If left alone, they can be overwhelming, manifest into serious conditions, and impact quality of life.

May is Mental Health Awareness Month: so take the time to pay attention to matters of the mind! There's an old saying that "old is gold". Our senior years should be our golden years. We need to overcome the stigma of ageing and lack of regard for the wellbeing of the elderly. Let's not forget that our parents were part of our nuclear family when we were kids, so why do parents somehow lose that position, respect, and regard as we all age? They should not. The elderly need us, just as we needed them. So let's work together.

On a closing note, I thank our guest contributors, donors, and sponsors for their support of this Issue. Also, I would like to take this opportunity to appeal for more funding. All our feedback is positive and encouraging, yet we continue to fall short of funding support to keep us going. Please help us so that we may continue to help others. Without your much needed support, we will not be able to continue providing this free resource.

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

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A MATTER OF WORDS

KNOW THE SIGNS AND SYMPTOMS OF *Poor Mental Health in Aging Adults*

Mental health problems are not a normal part of the aging process.¹ As people age, however, the experiences and circumstances they go through and how they cope with them changes. The loss of income and career due to retirement, the loss of a loved one, a new medical diagnosis or struggling with a chronic health condition...any number of situations arise making the elderly more prone to experiencing some mental health issues such as grief, loneliness, and social isolation, which can lead to depression and anxiety.^{1,2} **The following are some common signs and symptoms of mental health issues to look out for in the elderly:**^{1,2}

<p>NOTICEABLE CHANGES IN BEHAVIOR:</p> <ul style="list-style-type: none"> • More frequent injuries or physical problems (especially in doing regular housework or activities) • Confusion, disorientation, memory loss, or other problems with concentration or decision-making • Displaying inappropriate and/or risky behavior (swearing loudly, making lewd comments, gambling, driving recklessly, being unusually loud or quiet, giving away or hiding money, randomly giving unexplained gifts, misusing alcohol/drugs) 	<p>NEGLECTING PERSONAL HYGIENE AND HEALTH:</p> <ul style="list-style-type: none"> • Not showering, brushing teeth, or combing hair regularly • Having bad body odor, bad breath, sores on the skin, wearing dirty clothes, using dirty utensils when eating are some specific signs indicating neglected hygiene • Not filling prescriptions, missing appointments, skipping medicines
<p>NOTICEABLE CHANGES IN MOOD, ENERGY LEVEL, SLEEP, OR APPETITE:</p> <ul style="list-style-type: none"> • Depressed mood lasting more than two weeks • Unexplained fatigue, energy loss • Insomnia, difficulty sleeping, or sleeping too much • Decrease or increase in appetite; changes in weight 	<p>DISINTEREST IN DAY-TO-DAY ACTIVITIES AND/OR SOCIAL WITHDRAWAL:</p> <ul style="list-style-type: none"> • Losing interest in activities that used to be enjoyable • Not doing laundry, paying bills, opening mail, making meals, or keeping home clean • Withdrawing and isolating from family and friends
<p>IRRATIONAL FEARS, PARANOIA:</p> <ul style="list-style-type: none"> • Excessive worry • Paranoia or hearing, seeing, and feeling things that other people do not 	<p>INCREASED ANXIETY:</p> <ul style="list-style-type: none"> • Chest pain, Heart palpitations • Shortness of breath • Dizziness • Abdominal distress
<p>NOTICEABLE DEPRESSION: (INCLUDES ANY OF THE ABOVE SYMPTOMS THAT ARE PERSISTENT AND INTERFERE WITH DAILY FUNCTION)</p> <ul style="list-style-type: none"> • An 'empty' feeling, ongoing sadness, tearfulness, worthlessness, or hopelessness • Anger, irritability, or aggressiveness; or other increased emotional behavior • Loss of interest or pleasure in all normal daily activities • Recurrent thoughts of death or suicide • Unexplained physical problems (headaches, backaches, stomachaches, or slowed thinking/speaking/mobility) 	

While the symptoms of mental health problems can vary in people because of their experiences and conditions, it is important to be aware of any changes in behaviors in the elderly. If you recognize some of the above symptoms in your parent, relative or friend, it could indicate that help is needed. Ignoring early signs of a mental health problem may lead to increased vulnerability to more serious health issues in the elderly.

REFERENCES:
 1. National Institute of Mental Health (NIMH). *Older Adults and Mental Health*. May 2023. From <https://bit.ly/3IH34wY>
 2. Home Care Assistance. *How to Recognize Mental Health Problems in the Elderly*. May 2022. From <https://bit.ly/4afVdSF>

HOTLINES (24/7)

EMERGENCIES	911
SUICIDE AND CRISIS LIFELINE 988lifeline.org	988
Ayuda en Espanol (Spanish National Suicide Prevention Lifeline)	888-628-9454
Boys Town National Hotline yourlifeyourvoice.org	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline childhelphotline.org	800-422-4453
Children's Mobile Crisis Response Team knowcrisis.com	702-486-7865
Children of the Night (Street Rescue) childrenofthenight.org	800-551-1300
Combat Trauma ptsdusa.org	877-717-7873
COPLINE (Officer's Lifeline) copline.org	800-267-5463
Crisis Support Services of Nevada cssnv.org	800-273-8255
Crisis Text Line (Text TALK or CARE to)	741741 (TALK) or 839863 (CARE)
Crisis Text Line EN ESPANOL (442-AYUDAME in WhatsApp or texto)	741741 (AYUDA)
Disaster Distress Helpline (Natural or human-caused disaster)	800-985-5990
DOD Safe Helpline (Dept. Of Defense/affected by sexual assault)	877-995-5247
Domestic Violence (National Hotline) thehotline.org	800-799-7233
Domestic Violence (SafeNest) safenest.org	702-646-4981
Domestic Violence (S.A.F.E House) safehousenv.org	702-564-3227
Fire/EMS (First Responders) nvfc.org/help	888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Hotline humantraffickinghotline.org	888-373-7888
Maternal Mental Health Hotline (pregnant and new moms)	833-852-6262
Military Helpline militaryhelpline.org	888-457-4838
National Center Missing & Exploited Children missingkids.org	800-843-5678
Poison Control poison.org	800-222-1222
Rape, Abuse, & Incest National Network (RAINN) rainn.org	800-656-4673
Runaway Hotline 1800runaway.org	800-786-2929
SafeVoice Nevada (Students, parents, faculty) safevoicenv.org	833-216-7233
Safe Place Hotline (Youth) nationalsafeplace.org	866-827-3723
SAGE Hotline (LGBT Elders) sageusa.org	877-360-5428
Sexual Assault Hotline rainn.org	800-656-4673
Signs of Hope (Formerly Rape Crisis Center) sohlv.org	702-366-1640
Teen Dating Abuse loveisrespect.org	866-331-9474
The Network La-Red (LGBTQ Abuso de Pareja) tnlr.org/es ESPANOL	800-832-1901
The Network La-Red (LGBTQ Domestic Partner Violence) tnlr.org/en	800-832-1901
Thursday's Child (Children, Teens, & Young Adults)	800-872-5437
Trans Lifeline translifeline.org	877-565-8860
Trevor Project Crisis Line (LGBTQ < 25) thetrevorproject.org/get-help	866-488-7386
Veteran Crisis Line veteranscrisisline.net	800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	800-799-4889
WestCare Nevada Crisis Hotline	702-385-3330

An Overview of Aging and Mental Health

BY ANJUM KHAN | MA, PMP, PMI-ACP

The older population is growing so fast that by the year 2030, one in six persons in the world will be 60+ years of age.¹ This is according to the World Health Organization (WHO), which also notes that by 2050, the older population will double to 2.1 billion people, compared to 1 billion people in 2020.¹ Why does this matter? With age, both physical and mental health needs change. Older people become more prone to frail health. We are looking at a staggering number of people who will be in this category, needing some type of care. Thus, it is imperative we understand aging and address the concerns in terms of mental health.

What is aging?

First, it is important to understand that aging is normal. We, as a human species, are programmed from birth to grow old with time. Paradoxically, aging is not as simple as “how old are you?” - there are many facets to aging.

Conceptions of age: factors affecting aging

There are three broad categories of how we perceive age and how factors in each group affect healthy aging:

- 1. Chronological Age:** This is our baseline age, from the time of birth. Knowing our chronological age helps predict many health issues and can help us better prepare ourselves, including preparing for potential legal and financial issues. Generally, one is considered a senior at 60 and 65 is the official age of retirement in the US. Currently, there are three aging generations to consider: (1) The silent generation, born before 1945; (2) The baby boomers, born between 1946 and 1964; and (3) Generation X, born between 1965 and 1980.
- 2. Biological/Physiological Age:** This is how fast our body ages. From our genetic history to effects of disease and our personal lifestyle choices (e.g., hypertension, physical and mental exercises, eating and sleeping habits, smoking, substance abuse, and how we cope with stress) all affect the rate at which our body ages. Because of these various lifestyle factors, biological aging affects people differently.
- 3. Psychological/Social Age:** This is our level of “maturity.” It is based on how we act and feel. Our mental and cognitive capacity, and our emotions—how old we “feel” (e.g., feeling older or younger than our chronological age)—affect how we age. How we “feel” about ourselves is largely influenced by our cultural and social norms, as well as gender. Universal across cultures is the expectations of reaching certain social milestones that define happiness and success, and yes, even aging: attaining a college-level education, having a good paying job, getting married, owning a home, having children, retirement, and even how one looks (e.g., being overweight has a certain stigma attached to it).

SOURCES: From <https://bit.ly/49ylnhs> and <https://bit.ly/3Ub303Z>

According to the National Institute on Aging (NIA), “Aging is not, in and of itself, a disease...it is associated with changes in dynamic biological, physiological, environmental, psychological, behavioral, and social processes.”² Our lifespan journey can be categorized into six phases of growth and unique challenges: birth/infancy, early childhood, adolescence, young adulthood, middle adulthood, and late adulthood.³ It is during the latter stage—more commonly referred to as “senior” years—where we typically experience “aging” in terms of getting old and how it affects us. It is also important to know that the “senior or elderly” population, while broadly classified 65+ years old in the US, has three categories that each experience different phases of aging: the young-old (65-75), old (75-85), and old-old (85+) age groups.^{1,3,4} For example, many seniors in the 65-75 group are still able to work and remain active and healthy. However, the need for assistance with daily activities increases with age, especially in the old-old group. This is because there is more frailty, more chronic health issues, and more decline in muscle mass in the latter (85+) group.^{1,3,4}

What are some signs of aging?

The most obvious sign for many is that hair turning gray. Other examples include getting wrinkles, changes in bone density, joint issues, and changes in some organ muscle structures and functions, e.g., arteries are less flexible, bladder control issues, slower immune system, memory loss, cognitive decline, vision/hearing impairments, etc.^{1,2,3}

What is mental health?

Mental health is about our emotional, psychological, and social well-being. It is vital to our overall health because it affects how we think, feel, act, make decisions and choices, handle stress, and relate to others. Mental health in seniors is shaped by multiple factors that include “cumulative impacts of earlier life experiences”¹ and fulfillment of basic emotional needs, such as validation and respect, emotional support, autonomy and independence, security and safety, and meaning and purpose in life.^{1,3,4} Approximately 14% of older adults live with a mental disorder, with depression and anxiety being the most common mental health conditions.^{1,3} Substance use problems are also on the rise amongst the elderly, especially due to a growing dependency on opioids to manage chronic pain.^{1,3}

Aging and mental health: key risk factors^{1,2,3}

- Loneliness and social isolation are the #1 risk factors for depression and suicide
- Physical and social environments (due to poverty, lack of social support/services)
- Earlier life experiences (e.g., adverse childhood events, trauma, early diagnosis of chronic health condition)
- Psychological distress due to adverse events in late adulthood (e.g., loss of income, loss of spouse, elder abuse, decline in functional ability/mobility, cognitive decline)
- Advanced chronological age itself is a major risk factor for developing disease and disability, which can increase likelihood of chronic illness or physical health decline (e.g., dementia, heart disease, stroke, obesity)

Ways to improve mental health in seniors^{1,3,4}

- 1. Maintain a regular daily routine.** Following a structured life helps promote mental and physical well-being in older adults. Examples include waking/sleeping up at the same time, having meals at fixed times, etc.
- 2. Maintain physical health.** Doing regular moderate physical activity, for 30 minutes daily, can help maintain a healthy weight, lower heart disease risk, reduce stress, reduce joint pains, strengthen bones, slow bone loss, increase energy levels, improve brain function, improve blood circulation, improve mobility, and boost mood. Try walking, swimming, yoga, Taichi, and other forms of low-impact and weight-bearing exercises.
- 3. Maintain brain health.** Staying mentally active may help sustain memory and thinking skills. Try activities like mind games/puzzles, reading, writing, or learning a new language/skill.
- 4. Get enough sleep.** Sleep helps to improve emotional regulation, promotes a healthy immune system, and keeps stress in check. Aim for 7-9 hours a night.
- 5. Eat healthy and stay hydrated.** Drinking plenty of water and eating nutritionally dense and a well-balanced diet is known to improve mental and physical health. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as chicken and fish. Limit foods high in saturated fat and salt. Avoid processed and sugary foods.
- 6. Stay connected and engage in meaningful activity.** Keep in touch with family and friends. Intergenerational connection and social interaction can help reduce feelings of loneliness, ward off depression and stress, which can contribute to memory loss. You might volunteer, spend time with family and friends, or attend social events, which can help give a sense of purpose and meaning.
- 7. Maintain regular doctor visits.** Getting regular check-ups and health screenings has been known to reduce risk for disease, or identify/treat disease early - improving feelings of wellness.

Mental health and wellbeing for anyone at any age is about life satisfaction and having a purpose. It is about knowing and loving yourself, having self-esteem, feeling in control of your life, and having a sense of belonging and support system. Poor mental health in the elderly can affect their ability to cope with the myriad of challenges that getting old brings. As a senior, learning how to manage these challenges is key to healthy aging. And whether you are a caregiver, family, friend, or neighbor, remember that physical health issues, frailty, cognitive decline, and feelings of loneliness and isolation, all make the elderly vulnerable to mental health issues. So take a moment to connect with the elderly, check in on them and help them to take steps to improve mental health and overall wellbeing. It is essential for good health and quality of life as a senior—which impacts all of us at some point in life.

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1. WHO. *Mental health of older adults*. October 2023. From <https://bit.ly/3VQvRR>
2. Gilbert SF. “Developmental Biology.” 6th edition. Sunderland (MA): Sinauer Associates; 2000. *Aging: The Biology of Senescence*. From <https://www.ncbi.nlm.nih.gov/books/NBK10041/>
3. NIA. *The National Institute on Aging: Strategic Directions for Research, 2020-2025*. From <https://bit.ly/4aoYdwl>
4. NIA. *What Do We Know About Healthy Aging?* From <https://bit.ly/4auzne0>

Connectedness - Awareness - Resources - Education



A substance misuse and behavioral health awareness coalition.

WE OFFER:

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Clearing House
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Deterra Drug Disposal Bags
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Naloxone
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Visit our website for more info:

www.carecoalitionnv.org

P: 702-463-1415



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

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Active Minds

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

Alzheimer's Association – Desert Southwest Chapter

Provides education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.
alz.org/dsw (702-248-2770)

American Foundation for Suicide Prevention (AFSP) Nevada Chapter

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

Autism Coalition of Nevada

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

Avery Burton Foundation

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

Bamboo Bridges

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

CARE Coalition

Increases public awareness of the effects of drug and alcohol abuse by education and supporting youth, adults, the community and drug prevention agencies in Clark County; thus, identifying and promoting healthy behaviors and reducing abuse in our community.
carecoalitionnv.org (702-463-1415)
 Meetings: 2nd Tuesday monthly

Center for Autism Spectrum Disorders (CASD)

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

Center for the Application of Substance Abuse Technologies (CASAT)

Helps states, organizations, students, and the existing workforce apply research-based practices to improve prevention, treatment, and recovery services for individuals with addictive behaviors.
casat.org (775-784-6265)

Children's Advocacy Alliance

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

Clark County Children's Mental Health Consortium

Since 2001, brings professionals and parents together to focus on bettering the services and resources for children's mental health.
ccmhc.org

Community Partners for Better Health

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

Crisis Support Services of Nevada (CSSNV)

Supports individuals through a hotline, text line and in-person advocacy. Services address suicide, depression, domestic violence, substance abuse, child abuse and elder abuse.
cssnv.org

Depression Bipolar Support Alliance (DBSA) Southern Nevada

Independent affiliate of the National DBSA devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.
dbasouthernnv.org (702-750-5919)

Emma's House, Inc

Our goal is to empower girls and women through leadership programs that promote healthy self-esteem-building for elementary, middle, and high school girls.
emmashouseinc.org

Family and Child Treatment Center of Southern Nevada (FACT)

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

Family TIES of Nevada

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

FEAT of Southern Nevada

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

Foundation for Recovery (FFR)

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

Harm Reduction Center/Trac B Exchange

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

Health Services Coalition

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

Heart 2 Give

Non profit that raises awareness for mental health and suicide prevention. Provides emotional support for those in need.
heart2give.us

Henderson Equality Center

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

It is estimated that the majority of Americans will experience a suicide loss over the course of their lifetime.

AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss.

American Foundation for Suicide Prevention creates a culture that's smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide



Find more information at afsp.org/nevada



American Foundation for Suicide Prevention

Nevada

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Hope Means Nevada

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

Jean Nidetch Care Center

Aims to end various forms of power-based personal violence, serving members of the UNLV, NSC, and CSN communities impacted by sexual violence, relationship violence, family violence, and/or stalking.
unlv.edu/carecenter (702-895-4475)

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

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

Lou Ruvo Center for Brain Health

Medical Center dedicated solely to the pursuit of more effective treatments for brain diseases and to the provision of state-of-the-art care for patients affected by these diseases and their families.
my.clevelandclinic.org/locations/nevada
 (702-483-6000)

National Alliance on Mental Illness (NAMI) Southern Nevada Chapter

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

National Association of Social Workers (NASW) Nevada Chapter

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

Nevada Action Coalition

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

Nevada Caregivers Coalition

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

Nevada Care Connection

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

Nevada Coalition to END Domestic and Sexual Violence

A statewide voice advocating for the prevention and elimination of violence.
ncedsv.org

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

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

Nevada Coalition for Suicide Prevention (NCSP)

Dedicated to partnering and collaborating with local and state individuals and organizations for the development and implementation of evidence-based suicide prevention, intervention, and postvention strategies and programs.
nvsuicideprevention.org

Nevada Council on Problem Gambling

Information and referral agency whose efforts are focused on addressing the impact of problem gambling. Serves as an advocate, an information resource, and a provider of programs and services to meet the needs of individuals and families who are affected by problem gambling.
nevadacouncil.org (702-369-9740)

Nevada Counseling Association

Enhances the quality of life by promoting the development of professional mental health providers. Uses the practice of counseling to provide effective interventions that meet the needs of the community in which it serves.
nvcounseling.org (702-638-0772)

Nevada Crisis Intervention Team (CIT)

Mission to decrease stigma and increase understanding of mental illness and substance use issues by supporting and expanding CIT programs in Nevada.
nvcit.org

Nevada Disability Advocacy & Law Center

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

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

Mission is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaboration efforts. The vision for Nevada's Suicide Prevention Action Plan is to catalyze collaboration action, improve understanding, and increase wellness in communities across Nevada.
suicideprevention.nv.gov (702-486-8225)

Nevada Hospital Association

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

Nevada Minority Health and Equity Coalition (NMHEC)

Committed to advancing minority health outcomes in Nevada and to "moving the needle" on poor health that contributes to significant health disparities among underserved groups in Nevada.
nmhec.org

Nevada Outreach Training Organization

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

Nevada PEP

Increases the opportunities for home, community and school success for children with disabilities, including those who are at risk or who have serious emotional disturbances, their families and their service providers, through education, encouragement and empowerment activities.
nvpep.org (702-388-8899)

Nevada Primary Care Association

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

Nevada Psychiatric Association (NPA)

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

Nevada Psychological Association (NPA)

Advances and represents psychology as a science and a profession, as well as to serve the professional needs of its membership and the community.
nvpsychology.org (888-654-0050)

Nevada Public Health Association

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

Nevada School Counselor Association (NvSCA)

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

Nevada State Opioid Response

Nevada STR complements other collaborative efforts by expanding Medication Assisted Treatment (MAT) and reducing opioid deaths.
nvopioidresponse.org

Nevada Statewide Coalition Partnership

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

Nevada Statewide Maternal and Child Health Coalition

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

Nevada Tobacco Control & Smoke-Free Coalition

Mission is to improve the health of all Nevadans by advocating to eliminate exposure to secondhand smoke and vape emissions, expand access to cessation, and reduce commercial tobacco use.
nvtobaccoventioncoalition.org

Nevada Voluntary Organizations Active in Disaster (VOAD)

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

New Zeal

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry.
newzeal-iv.org (702-366-0558)

PACT Coalition

Seeks to empower Southern Nevada with the resources to prevent substance misuse for all ages and promote recovery through culturally competent advocacy, education, stigma reduction, support, and outreach.
drugfreelasvegas.org (702-582-7228)
 Meetings: 3rd Wednesday monthly at 11:30am

Pink Chair (formerly Hookers for Jesus)

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

Prevent Child Abuse Nevada

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

Real Autism Difference

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

reQ therapy bbq for mental health

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

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

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

RITE Renew Interactive Training & Education

Works broadly across the community to help affect positive change for vulnerable populations. Committed to the betterment of the community and uplifting those who serve our most vulnerable residents, with a mission to elevate the standards of care.
rite Trainings.org (702-882-0752)

RubiesLV

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

S.H.E.R.O Foundation

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

Shine A Light Foundation

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

Signs of Hope

Focuses on supporting victims in the immediate aftermath and long-term recovery following sexual abuse and assault. Services: 24-hour hotline; information and services available at resource center; support of victims and families as they navigate the court systems.
sohvl.org (702-385-2153)

Solutions of Change

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

Southern Nevada Adult Mental Health Coalition

A collaboration of community stakeholders designed to further mental health services and coordination throughout Southern Nevada. Initially created by former Sheriff Jerry Keller of the LVMPD in 2000, the coalition continues to bridge partnerships through collaboration, and assists with support or opposition to legislative measures that affect individuals with mental illness.
 (Capt. Nita Schmidt 702-671-3955)

*There are no regrets in life,
 just lessons.* JENNIFER ANISTON

Southern Nevada Harm Reduction Alliance (SNHRA)
Reduces drug related stigma, overdoses and the harmful effects of drugs within the Southern Nevada Community regardless of their circumstances.
[facebook.com/SoNVHarmReductionAlliance](https://www.facebook.com/SoNVHarmReductionAlliance)
(702-840-6693)

Southern Nevada Health District
Addresses chronic disease risk factors including tobacco use, exposure to secondhand smoke, physical inactivity and unhealthy diets. Offers free, evidence-based programs to assist with chronic disease prevention and self-management. Advocates for policies that support healthy communities.
[gethealthyclarkcounty.org](https://www.gethealthyclarkcounty.org) (702-759-1270)

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

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

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

The Cupcake Girls
Provides confidential support to those involved in the sex industry, as well as those affected by domestic sex trafficking through resources, advocacy, and aftercare.
thecupcakegirls.org (702-879-8195, info@thecupcakegirls.org)

The Garden Foundation
Non-profit serving those with disabilities. Supporting and enhancing the lives of people with disabilities by providing a place of education, inspiration, independence and inclusion.
thegardenfoundationlv.org

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

The LGBTQ Center of Southern Nevada
Supports and promotes activities directed at furthering the well-being, positive image, and human rights of the lesbian, gay, bisexual, transgender, intersex, asexual, two-spirit, and queer community.
thecenterlv.org

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

The Pride Tree
Creates safe environments where LGBTQ+ youth and allies can explore their own identity.
thepridetreevlv.com

There is No Hero in Heroin Foundation (TINHIIH)
Informs the public of the growing epidemic of opiate/heroin substance use disorder in our town and across the US, and to provide resources and solutions to families and heroin addicts alike.
tinhiihlasvegas.info

UNSHAKEABLE
Mission is guiding women recovering from trauma to return to the workforce and achieve financial independence.
unshakeable.org

Vegas Strong Resiliency Center
A place of healing and support dedicated to serving as a multi-agency resource and referral center for residents, visitors, and responders affected by the shooting at the Route 91 Harvest Festival.
vegasstrongrc.org (702-455-2433)

Vegas Stronger
Focus the Spirit of Las Vegas on reversing devastation caused to the community by the Opioid Epidemic. Vegas Stronger facilitate that restoration to wholeness for individuals, families and society at large by creating awareness and providing access to both state of the art and historically reliable remedies.
vegasstronger.org (702-234-1356)

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

WestCare Nevada
Provides a wide spectrum of behavioral health services. Dedicated to working in mutual partnerships, to empower and engage those in need, in a process of healing, growth, and change that will benefit them, their families, their coworkers and the community.
westcare.com (702-385-3330)

Women's Sustainable Recovery (WSR) Coalition
Advocates through a network of providers and resources to help women to sustain recovery and restore their lives.
wsrcoalition.org

Young: Equal (contact@youngequal.org)
Creates environments (through creative arts, recreation & social media) that promote self-acceptance, community, and love for the LGBTQ+ community.
youngequal.org

Youth MOVE Nevada (youthmovenv@nvpep.org)
A youth inspired organization that works as a diverse collective to engage with youth serving systems. Developing self-advocacy skills, create systems change and remove the stigma placed on mental health using shared experience.
[facebook.com/youthmovenv](https://www.facebook.com/youthmovenv)

IN A MENTAL HEALTH CRISIS?

DO NOT DELAY IN SEEKING HELP.



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

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


SPRING MOUNTAIN
INSPIRING HOPE
springmountaintreatmentcenter.com



Our Admissions Specialists are available 24 hours a day, seven days a week to provide no-cost mental health assessment.
702-322-1919
Click QR code to schedule an appointment

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

Aging And Mental Health: A Perspective By Alcoholics Anonymous

Alcoholics Anonymous (A.A.) will celebrate its 89th anniversary on June 10, 2024. Over the decades, the A.A. fellowship has grown from two to 2 million people, proving that the disease of alcoholism, more commonly known today by medical and mental health professionals as alcohol use disorder (AUD), does not discriminate. And, frankly, neither does mental illness. Unfortunately, there is no demographic of people, not even the elderly, which goes unrepresented.

Mental Health Spectrum™ publishes the signs and symptoms of poor mental health in each issue. When we compare the signs and symptoms of AUD/alcoholism as held by contemporary medical authorities, mental health professionals, the recovery industry, and A.A., we cannot overlook the connection between the two. As such, A.A., since its inception, has maintained an enduring cooperative relationship with professionals in the medical and mental health fields.

A.A. Support

For many members of A.A., the fellowship of people functions as a peer support group. So, when symptoms of degrading mental health begin to manifest as behavioral changes in a person, those changes are frequently noticed by others first. Such peer support can often function as a catalyst for a member to seek professional help that A.A. does not offer, thus preventing a potential relapse. That is not always the case for the elderly, particularly those who have not found their way to the rooms of A.A.

Many crises accompany the process of growing older, and almost all of them entail loss of some sort. For example, children grow up and leave home. As we age, many downsize to a smaller place. Friends are fewer and farther apart. Retirement from work oftentimes becomes a necessity, for various reasons. Physical health is less robust, and faculties diminish. A partner of many years dies. Sometimes these changes in circumstances make a long-standing habit worse. Whereas a drink before dinner may have been a companionable pastime earlier, it, unfortunately, often becomes the relief looked forward to all day — and the single drink grows to two or three, and then more. For others, the onset of alcoholism may follow a major crisis, a devastating loss. Suddenly, the bottle fills the emotional gap left by the loss of a job or the death of a loved one. Still others suffer a long history of barely contained alcoholism, and somehow squeak by until the body, after years of abuse, can no longer cope with the onslaught of alcohol. The turning point for many elderly people occurs when they finally decide to face the problem — look at it squarely and become willing to do something about it.

When the elderly are supported and surrounded by loved ones or by professional caregivers, the signs can be detected early, and that decision doesn't have to be faced in isolation. But with everyday lives of family support members becoming more and more complex, or with the demands of eldercare professionals increasing, behavioral changes, such as isolation, can go undetected. Although isolation is not unique to the elderly community, it can quickly become an unnoticed way of life for many aging people. This is particularly true after the occurrence of a life-changing crisis resulting in deteriorating mood, mobility, eating habits, cleanliness, etc. Fortunately, for many years, A.A. has maintained an effective, cooperative relationship with the eldercare community providing resources that the professional may not have.

A.A. Resources

A.A. through its Accessibilities program can provide resources to those who otherwise would continue to fade. A.A. members can provide on-site, one-on-one fellowship for those who cannot or will not leave their dwelling, in the same way A.A.'s co-founders did in the early days. For those who are comfortable in a group setting, A.A.'s Meetings To Go program, brings an A.A. meeting into facilities for those with mobility restrictions. For those whose vision or hearing senses have deteriorated or are fully lost, A.A. offers literature in braille and audio format and can help find ASL interpreters.

A.A. also recognizes the difficulties many people, regardless of age, face when they realize that drinking has become a problem. The effects of shame and guilt manifest in various ways (for example, feeling hopeless or depressed). Many people don't welcome the opportunity of a one-on-one with a member of the fellowship or they don't want to participate in Meetings To Go. Through the growth of social media, A.A. developed numerous resources that can be tapped to "test the waters" of the sober fellowship in private.

The well-known A.A. Grapevine, the International Journal of Alcoholics Anonymous (a.k.a. A.A.'s meeting in print), celebrates 80 years of continuous publication this year! Access to the thousands of stories written by sober alcoholics has expanded to the internet via Grapevine's website and are available through the GRAPEVINE and LA VIÑA apps and the GRAPEVINE YouTube Channel. There is also a GRAPEVINE podcast hosting more than 120 episodes. Those podcast episodes coupled with the more than 200 GRAPEVINE YouTube channel videos, could provide the stimulus for someone to begin to talk about their problem when they would otherwise remain silent.

Most recently, as an advent of the COVID epidemic, A.A. created an on-line meeting Intergroup. There are 8,000 meetings hosted on-line from around the world providing 24/7 access to sober fellowship. Here, everyone, of every demographic can find a meeting of peers with whom they can relate. This is one of A.A.'s greatest resources particularly, although not exclusively for those who suffer with mobility limitations or live in isolation.

Frankly, A.A. recognizes that the breadth and number of its resources can be overwhelming to those who lack familiarity. So, A.A.'s hand is extended not only to those who suffer, but also to their family members, friends, and caregivers. Members of the fellowship are available to anyone to help navigate the resources and find those that best meet the needs of the individual. A.A. continues to maintain that there is nothing better than an in-person meeting with sober alcoholics, but A.A. does offer these other alternatives that may function as the steppingstones to sobriety.

For help or more information contact **A.A. Area 42 at aa.sarea42.cpc@gmail.com**

Yours in service,
Alcoholics Anonymous, Nevada, Area 42

Alcoholics Anonymous Area 42 is one of ninety-three Areas under the overall Alcoholics Anonymous umbrella – 79 are in the United States and 14 in Canada. Area 42 encompasses the states of Nevada and eastern California. It comprises 21 Districts and two Intergroups. For more information about Area 42 visit the website: nevadaarea42.org. For information about A.A. Area 42 Intergroups, visit the Intergroup websites: lvcentraloffice.org and nnig.org

The graphic features the logo for the Foundation for Recovery at the top left. The main title is "Peer Recovery Center" in a large, bold font, with the tagline "A place for us." in a script font below it. To the left is an illustration of an open orange door leading to a bright, sunny landscape with a sun, clouds, and a path. Below the title is a blue banner with the text "Membership Benefits". Underneath this banner are five circular icons representing different services: a hand holding a heart (Peer Recovery Coaching), a van (Transportation Assistance), a fork and knife (Warm Meals), a person with a speech bubble (Benefit, Employment, & GED Assistance), and a group of people (Daily Meetings & Socials). At the bottom right, there is a QR code, a phone icon with the number 702.257.8199, and a website icon with the URL forrecovery.org.

DID YOU KNOW

Older adults fear falling more than anything else. Providing a Safe and Secure Environment is crucial for the wellbeing of the elderly. Caregivers and family should regularly assess the elderly's home for fall risks, which can be clutter, slippery rugs/floors, unstable walking supports, improper shoes, certain types of clothing like very long pants or skirts that can get caught under the feet, etc. Make sure doors and windows are working and locked at night and install a home security system if affordable.

Source: From <https://www.cdc.gov/aging/publications/mental-health.html>

NATIONAL ORGANIZATIONS

Aging

AARP aarp.org Administration on Aging acl.gov/about-acl/administration-aging
Alzheimer's Association alz.org Health in Aging healthinaging.org
National Coalition for Mental Health and Aging ncmha.org National Council on Aging ncoa.org
Parkinson's Foundation parkinson.org

General

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

Grief

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

Human Trafficking

3strandsglobalfoundation 3strandsglobalfoundation.org
National Center for Missing and Exploited Children missingkids.org Polaris Project polarisproject.org
Shared Hope International sharedhope.org

Legal and Disability

Bazelon Center for Mental Health Law bazelon.org Civil Law Self Help Center civillawselfhelpcenter.org
Family Law Self Help Center familylawselfhelpcenter.org Gender Justice Nevada genderjusticenv.org
Legal Aid Center of Southern Nevada lacsns.org Nevada Disability Advocacy and Law Center ndalc.org
Nevada Legal Services nevadalegalservices.org Women's Law womenslaw.org

Substance Use

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

Suicide Prevention and Postvention

American Association of Suicidology (AAS) suicidology.org
American Foundation for Suicide Prevention (AFSP) afsp.org
National Action Alliance for Suicide Prevention theactionalliance.org
Now Matters Now nowmattersnow.org Postvention Alliance postvention.org
Suicide Awareness Voices of Education save.org Suicide Prevention Resource Center sprc.org
The Speedy Foundation thespeedyfoundation.org ULifeline ulifeline.org

Trauma and Abuse

Love is Respect loveisrespect.org National Center for PTSD ptsd.va.gov
National Coalition Against Domestic Violence (NCADV) ncadv.org
National Network to End Domestic Violence nnev.org National Organization for Victim Assistance trynova.org
Prevent IPV preventipv.org PTSD Alliance ptsdalliance.org
RAINN rann.org S.A.F.E Alternatives (Self Abuse Finally Ends) selfinjury.com
Sidran Institute: Traumatic Stress Education & Advocacy sidran.org
The National Child Traumatic Stress Network nctsn.org

Veterans

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

Q&A ON ELDER ABUSE

WITH JOHN P. MICHAELSON* | JD, OWNER AND MANAGING PARTNER, MICHAELSON LAW

Mental Health Spectrum (MHS): What is elder abuse? What would you like the community to know about elder abuse and exploitation?

John P. Michaelson (JPM): Elder abuse is the catch-all term that describes the physical and nonphysical adverse treatment of an individual over the age of 60 in Nevada. Elder abuse is inclusive of, but not limited to, Physical Abuse, Mental Abuse, Neglect, Self-Neglect, Exploitation, Isolation and Abandonment. Elder abuse is a very serious crime and can be considered a category B felony and can carry with it up to 20 years in prison if the victim suffers substantial bodily or mental harm.

MHS: What type of elder abuse issues do you commonly see?

JPM: One of the most common types of elder abuse that I regularly see is a caregiver (official or unofficial) withholding certain things from their elderly ward. Things like medicine, access to the outside world, access to connectivity like their phone or internet, and even addictive substances like tobacco or alcohol may be withheld. Many times, this happens if the caregiver is trying to manipulate their ward to do things like give them money and valuable items, write them into a will, or cut off other members of the family who are perceived as a threat to an inheritance. This is commonly referred to as isolation abuse and is extremely cruel.

MHS: How can family or friends tell if their elderly are being abused when in a home or by another caregiver?

JPM: Family and friends of an older individual need to keep close track of their loved one's schedule. If, for instance, you almost always talk to your grandmother on Thursday at 6PM and all of a sudden, she's no longer available, she doesn't pick up the phone, her caregiver intercepts the call to tell you she's not available, or you see a breakdown in routine you should start being concerned that some abuse for manipulation purposes is happening.

MHS: How can older adults proactively maintain their well-being and protect themselves?

JPM: One of the easiest things to do is to look for changes in your elderly loved one's routine. If they miss a call, are absent from social media, seem slow to respond to emails, or even in-person visits seem to be dropping off, it's a red flag that something might be happening. For the elderly in question, be aware and report immediately to your friends, family, loved ones, or even the authorities if there is even a slight inclination that your caregiver may not have the best intentions for you. It is much better to be an alarmist and tell people you are uncomfortable rather than let it evolve into a perilous situation.

MHS: Any other thoughts or comments you would like to share regarding the topic of elder abuse and exploitation?

JPM: Sadly, some people will prey on our elders. It's one of the most sadistic and disgusting practices; these are our mothers, fathers, and grandparents, and it's become a big business for a lot of evil individuals. With ever-expanding digital access to everyone, it's even harder to separate our loved ones from predators; the technology is just too open, and access to our elderly loved ones is easier than ever. We always try to share five fundamental rules when educating the elderly about abuse and fraud:

1. It is not your fault. Evil people will do bad things, so always focus on fixing it rather than feeling guilty/ashamed.
2. Have a secondary support system. If you can't reach your children, for example, make sure you have a friend next door with whom you regularly stay in contact.
3. Always question the way your caregiver is treating you. Often, people see the person in the white coat as the absolute authority and overlook negative treatment. It's your right to ask, "Why are you doing this?" If you can't get a straight answer, it's time to tell someone else.
4. Handing essential decisions to your loved ones is not a negative thing. If you have invoked any kind of trust or Power of Attorney that lets your chosen people take care of your life and important decisions, you become much less of a target to an abuser.
5. We recommend writing down or storing the Elder Abuse Hotline, 888.729.0571 in Nevada and 702.486.6930 in Las Vegas, in your phone so you have a professional resource should things get out of hand.

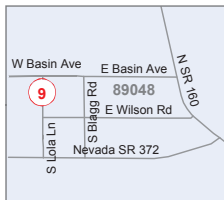
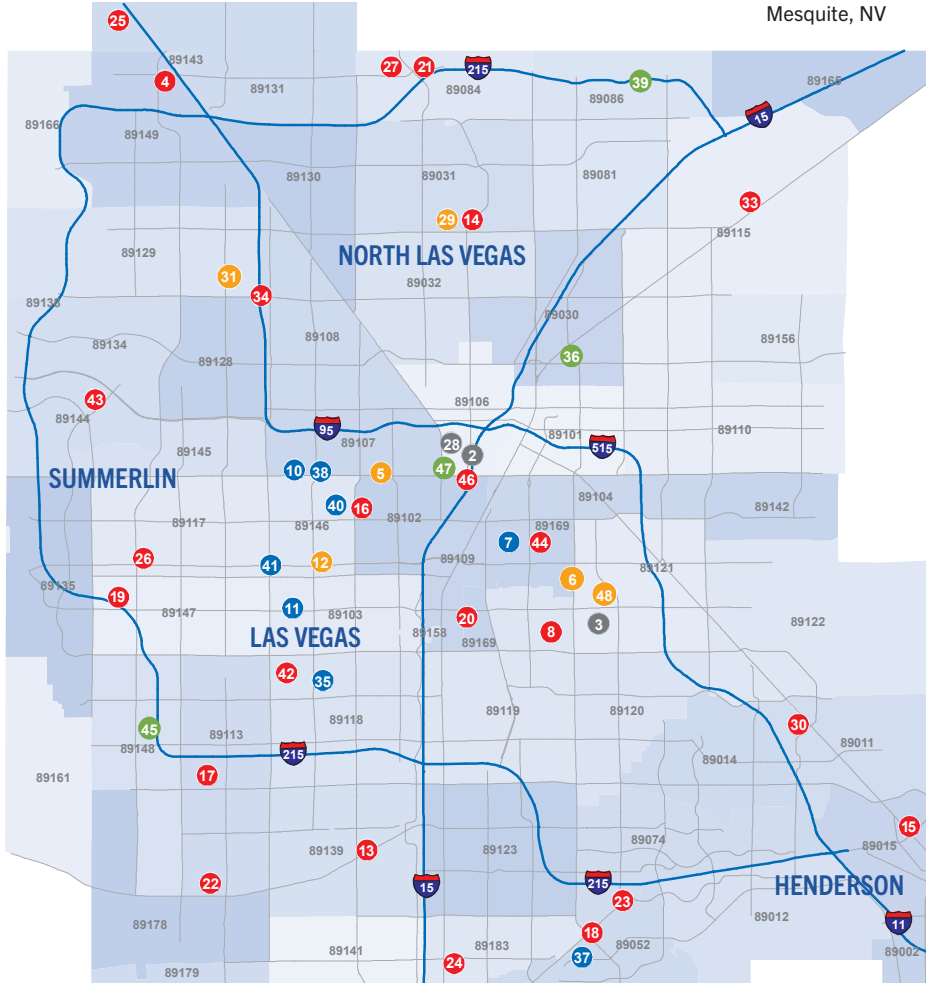
*John P. Michaelson is an active member of WealthCounsel, ElderCounsel, and the National Academy of Elder Law Attorneys. In law school, John was a senior staff member of the Utah Law Review and co-founder of the Law Students for Children, an advocacy organization for abused, neglected and underprivileged children.

HOSPITAL LISTING

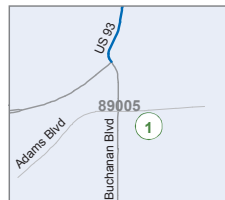
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

- Boulder City Hospital, Geriatric Behavioral Medicine** 901 Adams Blvd, Boulder City, 89005 702-293-4111
- Bridge Counseling Associates** 1640 Alta Dr, Suite 4, LV, 89106 702-474-6450
- Bridge Counseling Associates** 4221 McLeod Dr, LV, 89121 702-474-6450
- Centennial Hills Hospital** 6900 N Durango Dr, NLV, 89149 702-835-9700
- Crossroads of Southern Nevada** 2121 W Charleston Blvd, LV, 89102 702-382-7746
- Desert Hope Treatment Center** 2465 E Twain Ave, LV, 89121 702-848-6223
- Desert Parkway Hospital** 3247 S Maryland Pkwy, LV, 89109 877-663-7976
- Desert Springs Free Standing Emergency Department** 2075 E Flamingo Rd, LV, 89119 702-894-5508
- Desert View Hospital** 360 S Lola Ln, Pahrump, 89048 775-751-7500
- Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 702-486-8900
- Desert Winds Hospital** 5900 W Rochelle Ave, LV, 89103 702-522-7922
- Desert Winds Recovery Center** 633 Palmyra Ave, LV, 89146 702-904-8255
- Dignity Health St Rose, Blue Diamond** 4855 Blue Diamond Rd, LV, 89139 702-216-7305
- Dignity Health St Rose, North LV** 1550 W Craig Rd, NLV, 89032 702-777-3615
- Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Pkwy, HEN, 89015 702-564-2622
- Dignity Health St Rose, Sahara** 4980 W Sahara Ave, LV, 89102 702-216-7365
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Rd, LV, 89113 702-616-4666
- Dignity Health St Rose, Siena** 3001 St Rose Pkwy, HEN, 89052 702-616-5000
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Rd, LV, 89147 702-216-7335
- Elite Medical Center** 150 E Harmon Ave, LV, 89109 702-546-0911
- ER at Aliante** 7207 Aliante Pkwy, NLV, 89084 702-962-5100
- ER at Blue Diamond** 9217 S Cimarron Rd, LV, 89178 702-776-4800
- ER at Green Valley** 2581 St Rose Pkwy, HEN, 89074 702-780-2700
- ER at S Las Vegas Blvd** 10700 Giles St, LV, 89183
- ER at Skye Canyon** 9860 W Skye Canyon Park Dr, LV, 89166 702-962-0700
- ER at The Lakes** 3325 S Fort Apache Rd, LV, 89117 702-962-0500
- ER at Valley Vista** 7230 N Decatur Blvd, NLV, 89084 702-534-7200
- FirstMed Health + Wellness** 400 Shadow Ln, Ste 106, LV, 89106 702-731-0909
- Gallus Medical Detox** 1550 W Craig Rd, Ste 330, LV, 89032 702-857-7164
- Henderson Hospital** 1050 W Galleria Dr, HEN, 89011 702-963-7000
- Landmark Recovery** 3371 N Buffalo Dr, LV, 89129 844-332-2076
- Mesa View Regional Hospital** 1299 Bertha Howe Ave, Mesquite, 89027 702-346-8040
- Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd, Nellis AFB, 89191 702-653-2273
- MountainView Hospital** 3100 N Tenaya Way, LV, 89128 702-962-5000
- Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 702-909-3440
- North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 702-649-7711
- Seven Hills Behavioral Health Hospital** 3021 W Horizon Ridge Pkwy, LV, 89052 866-598-6327
- Southern Nevada Adult Mental Health/Rawson Neal Hospital** 6161 W Charleston Blvd, LV, 89146 702-486-6000
- Southern Nevada Veterans Medical Center** 6900 N Pecos Rd, NLV, 89086 702-791-9000
- Spring Mountain Sahara** 5460 W Sahara Ave, LV, 89146 702-216-8900
- Spring Mountain Treatment Center** 7000 W Spring Mountain Rd, LV, 89117 702-873-2400
- Spring Valley Hospital** 5400 S Rainbow Blvd, LV, 89118 702-853-3000
- Summerlin Hospital Medical Center** 657 N Town Center Dr, LV, 89144 702-233-7000
- Sunrise Hospital + Medical Center** 3186 S Maryland Pkwy, LV, 89109 702-961-5000
- The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd, LV, 89148 702-916-5100
- University Medical Center (UMC)** 1800 W Charleston Blvd, LV, 89102 702-383-2000
- Valley Hospital, Behavioral Health Unit** 620 Shadow Ln, LV, 89106 702-388-4000
- Vogue Recovery Center Nevada** 4011 McLeod Dr, LV, 89121 702-533-4154

For emergencies, call 911 for immediate assistance.

It's All About Self-Care

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

LISTENING

SUGGESTED MUSIC:
MUSICAL

Example: A little fall of rain from Les Miserables – Claude-Michel Schoenberg

Free songs available on youtube.com

SUGGESTED SHOW:
TED TALKS

Influential videos from experts on many topics with subtitles in 100+ languages.

Available on ted.com/talks

WATCHING

SUGGESTED ACTION:
SCRAP BOOKING

Helps improve memory function while stimulating the mind. Also relaxing and can lower blood pressure.

To get started review - How to Scrap at wikihow.com/Scrapbook

SUGGESTED READING:
SCIENCE

Example: Breath: The New Science of a Lost Art – James Nestor

Free reading materials available at public libraries (lvclld.org or hendersonlibraries.com)

READING

"Every one of us needs to show how much we care for each other and, in the process, care for ourselves." – PRINCESS DIANA

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

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

Nevada Care Connection (nevadacareconnection.org/assess-my-needs)

Nevada Care Connection Resource Navigators work with community resources, organizations, and services in order to support one's independence. Resource Navigators explain available services, help apply for them, and navigate the health/social services systems and community resources.

OUTPATIENT LISTING

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

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

FOCUS / SPECIALTY

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

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
ABC Therapy abctherapy.net	702-598-2020	89101	DV, EAP, Problem Gambling
Access Possibilities accesspossibilities.com	909-233-4242	89123	Access Bars, PTSD, Trauma
Achievable Behavior Strategies bxtherapy.com	702-565-1894	89147	ABA, ASD
Adelson Clinic for Drug Abuse Treatment adelsoncliniclasvegas.com	702-735-7900	89169	OUD, MAT
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatry Inc. advancedpsychiatryinc.com	702-763-7811	89032	ADHD, CM, PHP, SAT
All About You Counseling allaboutyoucounseling.org	702-754-0807	89123	General
Alliance Mental Health alliancemhs.com	702-485-2100	89103	Telepsychiatry
Aloha Care Therapy alohacaretherapy.com	702-935-0025	89146	ADDICT, Grief, Sexual Identity
American Grace Wellness Center	702-444-0235	89052	OCD, PTSD
Apple Grove Treatment Center applegrovetreatmentcenter.com	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute abainstitute.us	702-502-8021	89107	ABA, ASD
Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services
Aroma Functional Nutrition Psychiatry afnpsych.com	702-907-7924	89144	Women/Maternal Mental Health
ASPECTS for Behavior aspects4behavior.org	702-825-1010	89130	ABA

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Autism & Behavioral Consulting abcservices.co	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being bamboocenter.us	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise bamboosunrise.net	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavior Essentials behavioressentials.com	702-445-0465		Parent Focused Therapy
Behavioral Health Group bhgrecovery.com	702-796-0660	89121	ADDICT, SAT
Behavioral Healthcare Options bhoptions.com	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Health Solutions bhs.health	702-589-4871	89052	Family, MOOD, SAT
Behavioral Learning Solutions blsolutionsaba.org	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada behavioralservicesnv.com	702-816-3400	89121	BST, PSR
Beyond Expectation bepsyc.com	702-779-3956	89141	Neurofeedback
Beyond Therapy beyondtherapylv.com	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health bcbhlv.com	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic boystown.org	702-888-1340	89148 89113	Ages 0-22, ASD
Bridge Counseling Associates bridgecounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP, Problem Gambling
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, PTSD
Brighter Tomorrow brightertomorrowtherapy.com	725-238-6990	89120	Human Trafficking, PTSD
Browning Neurobehavioral Associates browningnba.com	702-305-0234	89145	Psychotherapy
Cal Psychiatric Services calpsychservices.com	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry calmclinic.vegas	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism campbellcenterforautism.com	702-260-2360	89117	ABA, ASD
Center for Compassionate Care	702-733-0320	89119	Bereavement, Spiritual Care
Center for Individual, Couple and Family Counseling unlv.edu/cicfc	702-895-3106	89154	TELE
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry changingmindspsych.com	702-405-8088	89074	Psychotherapy, Psychopharmacology
Charlie Health charliehealth.com	866-491-5196		Virtual IOP (Ages 11-34)
Choices Group choiceslasvegas.com	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center claritywclv.com	702-578-4505	89121	Military, Minorities
Clear View Counseling clearviewcounseling.com	702-254-4883	89101	ADHD, Crisis, MFT, PTSD
Clinical Solutions clinicalsolutionslv.com	702-212-3008	89117	CBT, DBT, MOOD
Collaborative Center Foundation collablv.org	702-329-3208	89113	CM, DD
Collier Counseling and Life Coaching colliercounseling.org	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center cccfnv.org	702-369-8700	89104	General
Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	TELE, Military, Veterans, First Responders

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Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopevlv.com	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections cbcautism.com	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada crossroadsofsonv.com	702-382-7746	89102	ADDICT, SAT
DCFS-Neighborhood Care, North dcfs.nv.gov/Programs/CMH/Contact_CMHS	702-486-5610	89032	Children Mental Health Services
DCFS-Neighborhood Care, South	702-486-6726	89015	
DCFS-Neighborhood Care, West	702-486-0000	89146	
Desert Hope Outpatient americanaddictioncenters.org	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry	702-685-3300	89146	Psychiatric Services
Desert Psychological desertpsychological.com	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) adsd.nv.gov	702-486-6200	89103	DD
Desert Treatment Clinic deserttreatment.com	702-248-0000	89014	Methadone/Suboxone
Desert Winds Recovery Center desertwindsrecovery.com	702-904-8255	89146	ADDICT, Detox, Sober Living
Diamond Mental Health diamondmentalhealth.net	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy vegasmusictherapy.com	702-257-0792	89102	Music Therapy
Earth's Edge Wellness earthsedgewellness.com	702-582-9474		Faith Crisis, Sex Therapy, Sleep Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	ED, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Emma's House Inc emmashouseinc.org		89052	CBT, MFT, TELE, Grief, Trauma
Empowerment Center of NV	702-636-8729	89032	Crisis Intervention, General
Estra Healthcare Services estrahealth.com	725-502-7699	89102	OCD, Compulsive Gambling
Evergreen Counseling evergreencounselinglv.com	702-248-6290	89146	ODD, Sexual Problems, Trauma
Evolving Minds Therapy evolvingmindstherapy.com	702-881-1234		Virtual General, Crisis Services
Focus Mental Health Solutions focusmentalhealth.com	702-790-2701	89102 89052	Psychiatric Services
Foundations Counseling Center foundationsnv.com	702-240-8639	89128	Youth, ADHD, ASD, ED
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
Grace from Grief gracefromgrief.com	702-339-4100	89134	Grief, Spiritual Counseling
H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Harmony Healthcare harmonyhc.com	702-251-8000	89102	Insurance Provider
Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindslv.com	702-622-2491	89106	Co-occurring, SAT

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Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, TELE
HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
High Risk Pregnancy Center hrpregnancy.com	702-382-3200	89106	OUD, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
Hope Medical Center hopemedicalcenter.org	702-425-8511	89104	Mind Body Therapies
Horizon Behavioral Health horizonbehavioralmedicine.com	702-463-4788	89052	Psychiatric Services
Human Behavior Institute (HBI) hbinetwork.com	702-248-8866	89146	Insurance Provider, CM
Ignite Teen Treatment igniteteentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandrgray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Integrated Psychological Solutions lvpsych.com	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, PSR, SAT
International Problem Gambling Center gamblingproblems.org	702-363-0290	89146	Problem Gambling
Jewish Family Services (JFS) jfsalv.org	702-732-0304	89119	Anxiety, MOOD
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	TELE
Landmark Recovery landmarkrecovery.com	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Lake Mead Wellness Center lakemeadwellnesscenter.org	702-900-5040	89015	Abuse, Parenting, Trauma
Las Vegas Counseling lasvegascounselingcenter.com	702-466-3750	89117	TELE
Las Vegas Grief and Loss Counseling Center	702-580-4912	89117	Grief
Las Vegas Indian Center lvindiancenter.org	702-647-5842	89106	SAT
Las Vegas Therapy lvtmentalhealth.com	702-659-4825	89129	Postpartum, Sexual Issues
Legacy Counseling & Workforce Connections legacycounselingandworkforceconnections.com	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness legacynv.com	702-942-1774	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry lifebridgekids.com	702-765-4965	89117	Youth
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free livingfreehealth.org	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
LV Comprehensive Treatment Center	888-660-9506	89109	Opioid Use Disorder Programs
Meadows Behavioral Health meadowsbh.com	866-412-1891	89148	ADDICT, ED, IOP
Mental Health Counseling & Consulting	702-400-6413	89123	Problem Gambling
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Miracle Minds Therapy miraclemindstherapy.org	702-888-6300	89147	School-based, TELE

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Mobile Mental Health Support Services mmhssnv.com	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	CBT, Mindfulness, MOOD, Rogerian
Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health nevadamentalhealth.com	702-440-8430	89106	
Nevada Mental Health Associates nevadamha.com	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc nevadamercyandcare.org	702-444-0599	89119	Refugee
Nevada State Behavioral Health	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center nevergiveupbhs.com	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic nipponclinic.vegas	702-994-7267	89119	MOOD, ED, PTSD
No Limits Counseling nolimitscounseling.com	702-600-5251	89144	Couples, MOOD, Teens, TELE
Nueva Vida Mental Health nvms.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113	
Open Arms Counseling openarmscounseling.org	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center olwtreatment.com	702-742-3093	89012	ASD
Overton Psychological Services facebook.com/Overtonpsych	702-563-1000	89074	
Pathways Therapy & Wellness Center pathwaystherapynv.com	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Progressive Psychiatric Services progressivepsychlv.com	702-899-1208	89146	ADDICT, CBT, MM
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, TELE
Puzzle Pieces Autism & Behavioral Services LLC puzzlepiecesnv.com	702-704-5112	89131	ASD
Red Rock Counseling redrockcounseling.com	702-389-4500		
Red Rock Psychological Health redrockph.com	702-898-5311	89119	

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Resolutions Behavioral Health Therapy resolutionsbehavioralhealththerapy.com	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services resourcefamilyservices.com	702-331-5608	89119	Couples, Family Therapy
Restorative Behavioral Health LLC myrestorativehealth.com	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health serenitymentalhealth.org	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies sfsstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center sohvl.org/counseling	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	
Solutions of Change solutionsofchange.org	702-445-6937	89120	General
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center snchc.org	702-759-1700	89107	General
Southern Nevada Pediatric Center southernnevadapediatriccenter.com	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services snvpsyc.com	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southern NV Care Center lasvegas-clinic.com	702-625-0022	89169	Evaluations, Counseling, Referrals
Southwest Autism & Behavioral Solutions swbehavior.com	702-270-3219	89120	ASD
Strong Minds Addiction & Recovery Therapy strongminds.vegas	702-708-2559	89146	SAT, Sober Living Houses
Summit Mental Health	702-727-4459	89102	MOOD, Trauma, PTSD
Synergy KTC synergyktc.com	725-222-4582	89113	Ketamine Therapy
Tancell Care tancell-care.business.site	702-476-0262	89119	DD
Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development thecenterforchildandfamilydevelopment.com	702-912-5848	89120	Pediatric Neuropsychology
The Evidence Based Practice of Nevada theebpnv.com	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group hamiitongrouplv.com	702-289-4883	Virtual	MM
The Healthy Foundations Center healthyfoundations.center	702-489-2117	89117	BST, PSR
The Lovaas Center thelovaascenter.com	702-877-2520	89103	ABA, ASD
The Meadows Outpatient Center meadowsoutpatient.com	866-681- 3457	89148	ADDICT, Women's Intimacy Issues

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The Nestled thenestledrecovery.com	702-299-6406	89146	IOP, SAT
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE
The Peaceful Mind Counseling Center thepeacefulmindcounseling.com	702-766-9063	89129	ED, MOOD
The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thrive Wellness Reno thrivehere.com	775-525-8103		Virtual IOP
Tilton's Therapy tiltonstherapy.com	702-381-1839		Mobile Therapy
TIM Care	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities tourocadd.org	702-777-4808	89014	ASD
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
Tribe Sin City triberecoveryhomes.com	702-899-1924	89030	IOP, PHP, SAT, Trauma Based Therapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
U.S. VETS usvets.org/locations/las-vegas	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC vegascaresllc.com	725-206-5434	89121	General, PSR, BST
Vegas Stronger vegasstronger.org	702-202-6647	89101	SAT
Ventana Health Associates	702-360-2800	89134	
Veridian Wellness veridianwellness.com	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health victoriousbhs.com	702-723-0125	89119	BST/PSR, Psychiatric Services
Virtue Recovery Center virtuerecoverycenter.com/nevada	866-806-0960	89149 89113	ADDICT, ED, SAT
Visions Health and Wellness visionshw1.com	702-527-6337	89108	Neurofeedback, SAT, Trauma
We Are Hope wearehopelv.com	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic thewellcaregroup.com	702-291-7121	89122	BST, CM, PSR
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Music Supports Aging Well

BY JUDITH PINKERTON, LPMT, MT-BC

The intersection of mental health, aging, and music is a captivating field that's been capturing more and more interest in recent times. It's an exciting journey delving into how music impacts the mind and well-being as we age. There are six areas in particular from which we can learn more about the effects of music to support aging well.

1. COGNITIVE BENEFITS. Music offers numerous cognitive benefits, particularly for older adults, improving memory, attention, and executive functioning. It serves as mental stimulation, potentially reducing the risk of cognitive decline and dementia.¹ A study found that piano training may positively impact brain health and the integrity of the fornix, especially in older adults.²

2. EMOTIONAL WELL-BEING. Music has powerful effects on emotions, and it can be a valuable tool for managing stress, anxiety, and depression. Listening to music or participating in musical activities can uplift mood, increase feelings of relaxation, and provide a sense of emotional comfort, particularly for older adults who may be facing challenges related to aging. Music has significant health benefits for older adults including stress relief, mood enhancement, and increased energy.³ A study showed that 98% experienced at least one health benefit, emphasizing music's vital role in improving the quality of life for individuals aged 50 to 80.³ Additionally, 65% found music improved their mental health or mood, 60% felt energized by it, and 41% considered music crucial for their wellbeing.³

3. SOCIAL CONNECTION. Music has a unique ability to foster social connections and combat feelings of loneliness and isolation, which are common concerns among older adults. Participating in group music-making activities, such as singing in a choir or playing in a band, can promote a sense of belonging and camaraderie, enhancing overall mental well-being. A study investigated multicultural perspectives on group singing, focusing on the role of social connections with participants from varied ethnic and socioeconomic backgrounds, and explored how group singing fosters social bonds.⁴ Findings underscored the significance of cultural identity and emotional connections, emphasizing how group singing enhances social cohesion among older adults from diverse backgrounds.

4. THERAPEUTIC APPLICATIONS. Music therapy, a specialized form of therapy by a credentialed music therapist who uses music as a therapeutic tool, is effective in addressing a wide range of mental health issues among older adults, including depression, anxiety, and loneliness. Music therapists work with clients to create personalized music experiences tailored to their specific needs and goals. Music therapy offers a promising solution for transitioning older adults to long-term care when negative emotions create challenges.⁵ By focusing on individual strengths, fostering relationships, and providing a platform for expression, a model was developed, highlighting how music therapy helps residents feel their best selves by being accessible, personal, transformative, and fostering community integration.⁵

5. LIFELONG ENGAGEMENT. Music used daily can have lasting benefits for mental health as individuals age. Research shows how music benefits cognitive development, emotional well-being, brain function, and cognitive decline across different life stages.⁶ Whether through listening to favorite songs, learning to play an instrument, or participating in community music groups, maintaining an active involvement with music can contribute to overall well-being and quality of life in later years.⁶

6. NEUROLOGICAL EFFECTS. Research suggests that music profoundly affects the brain, potentially slowing cognitive decline and promoting neuroplasticity.¹ Both listening to and making music can benefit health and help manage symptoms of diseases, as per the National Center for Complementary and Integrative Health.⁷ Music activates various brain areas linked to thinking, sensation, movement, and emotion, leading to physical and psychological benefits. Moreover, music triggers neurotransmitters and hormones, eliciting emotional responses, memories, and social connections. Regular music engagement may even induce structural brain changes.

The following are 11 ways to incorporate music into our lives to improve well-being and quality of life:⁸

1. Share melodies that resonate with your current life experiences within your family and social circles to foster connection and understanding.
2. Whether individually or with loved ones, engage in rhythmic movements, vocalizations, or musical exercises to promote stress reduction, cognitive vitality, and communal bonding.

3. Draw on familiar musical selections to create a sense of belonging and evoke positive memories within your community.
4. Explore diverse musical genres to inspire creativity and promote collective exploration of new cultural expressions.
5. Address hearing impairments to enhance community members' ability to engage with music, thereby promoting social inclusion and shared experiences.
6. Encourage participation in musical activities, such as playing instruments, to foster a sense of achievement and collective artistic expression.
7. Embrace music as a shared tool for emotional expression and support within the community, particularly during times of distress or uncertainty.
8. Promote the use of music as a communal resource for well-being, especially for individuals facing physical or mental health challenges, to cultivate a sense of joy and connection within the community.
9. Integrate music-based mindfulness practices into community wellness initiatives to enhance collective resilience and promote mental well-being.
10. Utilize music as a means of enhancing the care giving environment within the community, leveraging its therapeutic potential to support individuals and families facing caregiving responsibilities and dementia-related challenges.
11. When providing care, incorporate the individual's preferred music to alleviate anxiety, depression, and agitation, and to strengthen family connections, particularly in situations involving dementia-related challenges.

During my work as a music therapist, I recognized certain mood inflexibility that manifested as emotion dysregulation in more than 11,000 clients over ten years. This results in their poor ability to cope with unsettled moods including anger, anxiety, depression, and sadness, thereby disrupting positive mental health. The following are five resources in response to mood problems I have encountered. These options support improved well-being and quality of life according to the evidence-based practice of the Music4Life® Music Medicine Protocol.

1. Explore technology and find new music with expanded access across multiple devices, e.g., iTunes.
2. Expand your knowledge of music listening habits by enrolling in online courses to learn self-care strategies at MusicMedicineAcademy.com, or theMusic4Life.com.
3. Access easily the Music4Life® Music Medicine formulaic system from the new Key2MEE.com Music APP to create personalized, prescriptive Music Medicine playlists. In the hands of trained therapists, Key2MEE™ may enhance treatment regimens.
4. Learn more about Music4Life's Music Medicine Protocol adaptability to environments, moods, and genre preferences, for empowerment music listening or active music-making.⁹
5. Access evidence-based arts and health programs tailored for eldercare organizations from EsteamHealth.com.

Music can play a significant role in promoting mental health and well-being as individuals age. Its cognitive, emotional, social, and neurological benefits make it a valuable tool for maintaining mental wellness and enhancing quality of life in later years.

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Tell me and I forget. Teach me and I remember. Involve me and I learn.

BENJAMIN FRANKLIN

RISK AND PROTECTIVE FACTORS FOR SUICIDE AMONG OLDER ADULTS

In most cases, suicide results from a combination of factors rather than a single cause. Studies suggest that the following factors may be particularly important among older adults (Conwell, Van Orden, & Caine, 2011).

Risk Factors	Protective Factors
<p>Risk factors are “characteristics that make it more likely that a person will think about suicide or engage in suicidal behaviors” (HHS Office of Surgeon General & NAASP, 2012, p. 13). Some factors may be long lasting—such as a chronic health condition—while others may be short-lived (e.g., a stressful event or a brief illness). Risk factors in older adults include the following:</p> <p>Mental and/or substance use disorders</p> <ul style="list-style-type: none"> Major depression and other mood disorders Substance use problems, particularly involving alcohol and medications <p>Physical illness, disability, and pain</p> <ul style="list-style-type: none"> Medical conditions that are painful and/or affect one’s function and autonomy Having several health problems at the same time <p>Social factors</p> <ul style="list-style-type: none"> Social isolation Important losses (e.g., of a loved one, job due to retirement, driver’s license) Relationship problems or conflicts The feeling that one is a burden to others <p>Individual factors</p> <ul style="list-style-type: none"> Being timid or hostile Finding it difficult to adjust to change Having serious financial problems <p>Other risk factors</p> <ul style="list-style-type: none"> A previous suicide attempt and/or having a family member who died by suicide Access to lethal means, such as firearms 	<p>Protective factors are characteristics of individuals and the environment that “strengthen, support, and protect individuals from suicide” (HHS Office of Surgeon General & NAASP, 2012, p. 13). Protective factors in older adults include the following:</p> <p>Behavioral health and health care</p> <ul style="list-style-type: none"> Assessment and care for mental and substance use disorders Care for medical conditions and physical health problems <p>Social connectedness</p> <ul style="list-style-type: none"> Connections to others at the personal, family, and community levels Friends and family members in whom to confide Participation in community activities Relationships that create positive interactions and feelings of being cared about <p>Personal characteristics and skills</p> <ul style="list-style-type: none"> Sense of purpose or meaning Self-esteem Social skills Flexibility Skills in coping and adapting to change Cultural or religious beliefs that discourage suicide and support self-preservation

SOURCE: Substance Abuse and Mental Health Services Administration. (2015). *Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers*. HHS Publication No. SMA-15-4416. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2015. Reproduced from public domain.

Prescription and Over-the-Counter Medications

It is important to ensure that older adults use their medications properly as taking multiple medications and herbal supplements can lead to serious side effects and drug interactions. It is essential to identify, prevent, and treat misuse of medications early to prevent injuries, loss of independence, hospitalization, and death. **Side Effects of Some Medications:** Excessive daytime drowsiness; loss of coordination, leading to falls & other problems; depression; delirium; insomnia; urinary problems; weakness; loss of appetite; constipation; withdrawal seizures.

REFERENCE: SAMHSA — Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health. HHS Pub. No. (SMA) 03-384. Rockville, MD: Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration, 2017

LOCAL SHELTER AND TRANSITIONAL HOUSING

FAMILIES

Family Promise

702-638-8806 • 1410 S Maryland Pkwy, LV 89104
Provides short term transitional shelter, bridge housing, case management and essential needs to displaced families.
familypromiselv.com

HELP of Southern Nevada

702-369-4357 • 1640 E Flamingo Rd, LV 89119
Provides housing and intensive case management to formally homeless and chronically homeless individuals and families who have a documented disability.
helpsonv.org

Safe Families for Children, Olive Crest

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

S.A.F.E. House

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

MEN

Catholic Charities Shelter for Men

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

Las Vegas Rescue Mission

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

Salvation Army

702-701-5347 • 35 W Owens Ave, NLV 89030
Day resource center and emergency lodging.
salvationarmyusa.org

WOMEN

Destiny House (Hookers for Jesus)

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

Refuge for Women

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

Safe Nest

702-877-0133 | Hotline: 702-646-4981
Confidential domestic violence shelter. Provides legal services, safe housing and long-term counseling.
safenest.org

Shelter of Hope (LV Rescue Mission)

702-382-1766
Single women and mothers with children. Shelter intake is located off D Street.
vegasrescue.org/emergencysshelter

The Shade Tree for Women

702-385-0072 | Hotline: 1-855-385-0072
Provides safe shelter to homeless and abused women & children in crisis.
theshadetree.org

YOUTH

Nevada Partnership for Homeless Youth

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

Shannon West Homeless Youth Center

702-526-4990 • 1650 E Flamingo Rd, LV 89119
Provides services for homeless and at-risk youth, onsite emergency shelter. Certified to provide residential substance abuse treatment and Level I outpatient substance abuse and co-occurring treatment.
helpsonv.org/shannon-west-homeless-youth-center

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



Photo Credit: RDNE Stock project from Pexels

SHARED EXPERIENCES

"Oh, the worst of all tragedies is not to die young, but to live until I am seventy-five and yet not ever truly to have lived." — MARTIN LUTHER KING JR.

A Caregiver's Journey: Amy's Story

Reagan Knoblauch/Alzheimer's Association (RK/AA): Tell us the story about your relationship with your husband. How did you meet? When did you marry him? What did you enjoy doing together?

Amy: I met Drew in college, but we were young and in pursuit of our careers, so we each went in our own direction. I was teaching in the Midwest, and he was living in the Pacific Northwest, flying for a major airline. Seven years later I ran into him, and it was magic and sparks all over again. After a six-month long-distance relationship, he bought a house and offered to help me move at the end of my school year. It was not the most romantic proposal, but I married him anyway! He mentioned his mother had recently died of Alzheimer's in her late fifties, but her alcoholism had sped up the disease. This gave me pause, but I saw a young man who did not drink much, did not smoke or use drugs; he did not eat red meat, fried food, refined sugar, and he was in good physical condition. Not knowing about Alzheimer's disease, I figured I could have forty or fifty good years and we could deal with Alzheimer's in our eighties. We had an adventurous life, traveling the world, flying shorter trips in our own plane, and I even learned how to fly. We enjoyed entertaining family and friends. Then I began to think my marriage was falling apart because suddenly everything was my fault; I could not do anything right, and Drew's mood swings were erratic. He became less sociable, less agreeable, and just not himself. Two weeks after his 47th birthday, he voluntarily surrendered his pilot's license and quit his flying job with a major airline because he was having memory issues at work. A year later he was diagnosed with early age onset Alzheimer's disease, confirmed by genetic testing.

RK/AA: Tell us about your journey with being a caregiver?

Amy: We were both stunned with a diagnosis of a terminal disease. There was never any question in my mind as to whether I would share this journey, although Drew seemed to test my resolve again and again. The early stage of Alzheimer's disease was difficult because Drew's moods were erratic. I felt like I was "walking on eggshells" to keep everything calm and avoid anything that might agitate him. I was full of self-doubt, constantly second guessing myself, and thinking I was responsible for the changes in our relationship. The moderate stages were the most challenging because as much as I thought I was prepared, something else would happen, unexpected or unnerving, and I would realize how unprepared I was. Wandering and getting lost, endless repetitive questions, following me like a puppy, leaving the water running, putting the ice cream in the cupboard, daily life was endless adaptation and accommodation. It was exhausting, especially as I was learning and doing what had been Drew's role in the relationship: how to do our complicated taxes, rewiring a lamp, fixing the vacuum cleaner, troubleshooting plumbing & appliance malfunctions. In the final stage of the disease as we prepared for the end, it was just heartbreaking to watch this brilliant, creative, vibrant man with a zest for living dissolve into a shell of what he once was; unable to communicate or to feed himself. I was grieving yet trying to provide reassurance and comfort to a dying man who had been my rock for so long. I often share with my support group: we never know how strong we are until we have no other choice.

RK/AA: Alzheimer's is a progressive disease, meaning the symptoms will worsen over time. How did this impact your role in your relationship with your husband?

Amy: There is a fine line and delicate dance you do as a caregiver for a spouse with any form of dementia. The person you fell in love with and had the deepest and most intimate conversations with is losing their ability to use logic, to converse effectively, and to remember the most basic things. You want to help them as much as possible, while maintaining their dignity and independence. Whatever roles you each had in the relationship become blurred, and eventually the caregiver must take on all the responsibilities. The caregiver becomes responsible for making decisions for their loved one.

RK/AA: Caregiver stress is, unfortunately, a common problem amongst those who are caring for someone with dementia. What are some signs that caregivers should look for that may indicate their stress levels may be high?

Amy: Personally, my first signs of stress were silent: high blood pressure and increased blood sugar levels. As my stress levels increased, I was less mindful of what I was doing, hence I was more accident prone. Broken bones, cracked molars from grinding my teeth, heart issues (atrial fibrillation and supraventricular tachycardia), digestive problems, depression, and insomnia were my red flags. Obsessive or compulsive behaviors are common such as overeating, self-medicating with alcohol or drugs, gambling or engaging in other addictions.

RK/AA: Was there anything you found to be helpful to help manage stress?

Amy: I learned how to "take a time out" for myself. Stop and slowly count to ten. I learned how to walk away from the moment and breathe deeply. Meditation, yoga, visualization, soothing music are all healthy ways of relieving stress.

RK/AA: As a Support Group Facilitator for caregivers at the Alzheimer's Association, what are some things you discuss with the group members about engaging in self-care? How do you define self-care?

Amy: I define self-care in the airline safety terms: "Don your own oxygen mask first before assisting others." Self-care means taking care of yourself so that you may be a more effective caregiver. It means getting adequate and quality sleep, eating healthy, staying hydrated, exercise, a healthy routine of hygiene, maintaining friendships and social contacts, doing things that bring you joy such as gardening, cooking, reading, painting, or any other activity that brings you enjoyment. Self-care also includes educating yourself about the journey through Alzheimer's or another dementia. Being knowledgeable about the disease is an important part of your toolbox so you feel prepared and confident to address whatever happens on this journey.

RK/AA: What is something you would like for others to understand about what it means to be a caregiver?

Amy: Being a caregiver is a choice. Not everyone is cut out to care for others who are ill, and there is no shame in admitting to not being "of the nurturing kind." However, those who choose to care for their loved ones with dementia need to understand that this commitment may develop into a situation that requires more detailed care than what the average non-healthcare professional is able to provide, and even if you are the most skilled nurse or doctor, you cannot provide the 24/7 care eventually needed without some additional help and personal respite for yourself. Self-care is necessary and is not selfish on your part as the caregiver. Part of being a responsible caregiver is to provide a safe alternative, respite care, or daycare, resulting in healthy interaction for the person with dementia and the caregiver. Asking for help is not a sign of weakness or defeat; it is a sign that you are wanting what is best for your loved one. Last, but by no means least, do NOT be so hard on yourself as a caregiver. We tend to focus on what is wrong or not working; instead, we need to celebrate what worked and the successes. Caregivers are not miracle workers, but that is acceptable if we care with patience and a pure heart. We are only human, and we are doing the best we can.

RK/AA: What resources does the Alzheimer's Association offer to caregivers and individuals living with Alzheimer's or other dementias?

Amy: The Alzheimer's Association is in communities across the country, providing direct services to individuals and families facing the disease. The Association is available wherever and whenever you need reliable information and support. A free 24/7 Helpline (1-800-272-3900) is staffed by master's-level clinicians who are available around the clock. Helpline staff can help with education, decision-making support, crisis assistance and resource identification. Also offering caregiver support groups, educational presentations and further information and tools are available online at www.alz.org. The Southern Nevada office also offers a Caregiver Respite Voucher program. To apply, call 702-248-2770.

Amy Peterson is a former classroom teacher, reading specialist, and a private pilot. An early retirement allowed Amy to become full time caregiver for her husband who was diagnosed in his late forties with younger age Alzheimer's Disease. She uses her experience from her eleven-year Alzheimer's journey to facilitate caregiver support groups, present community educations, and advocate at the state and national levels for dementia related legislation. She currently co-chairs the NV Public Policy Committee, writes a column on dementia for a local magazine, and is working on her book.

Reagan Knoblauch is the Community Engagement Coordinator for the Alzheimer's Association Southern Nevada Regional Office

Aging, Mental Health And ...

ANXIETY DISORDERS

- Anxiety is one of the two most common mental health conditions in the elderly.¹
- *Agoraphobia* is the most common anxiety disorder in the elderly. It is the fear of being trapped in a place or a situation that causes panic, helplessness, or embarrassment. It results in many elderly becoming isolated as they are scared to go out, leave their home.²
- *Generalized Anxiety Disorder* is the second most common in the elderly. It is characterized by excessive worrying that interferes with daily activities.^{2,3}
- *Social Anxiety Disorder* is a chronic fear of social situations; it is characterized by intense feelings of self-consciousness and worry over being judged by others (e.g., self-conscious about changes in their appearance or behavior due to illness or memory loss).^{2,3}
- *Panic Disorder* is when an abrupt attack of feeling intense fear or discomfort occurs with physical symptoms (e.g., palpitations, sweating, chest pain, trembling, shortness of breath, dizziness, nausea or abdominal pains). These attacks often reoccur unexpectedly and may be mistaken for a heart attack.^{2,3}

COGNITIVE HEALTH

- Cognition is the ability to think clearly, learn, and remember. It tends to decline with age, but is more severe and debilitating in people with forms of dementia.³
- Cognitive impairment is one of the top three common conditions in the elderly; over a third of adults in the US will develop cognitive impairment or dementia after age 65.⁴
- Factors that help sustain cognitive health include keeping *physically active* (moderate exercise of 30 minutes daily), *maintaining meaningful relationships* (social interactions play a positive role in counteracting cognitive decline), *engaging in mentally stimulating activities* (learning new skills, reading, writing, playing games), *eating healthy* (eating a Mediterranean-style diet, reduce salt and sugar, no smoking/substance abuse), and *getting good sleep* (about 8 hours).⁴
- Research shows that following the above healthy lifestyle behaviors can lower risk of developing Alzheimer's by 60%. Practicing just two or three activities lowers the risk by 37%.⁴

DEMENTIA

- Dementia is a form of cognitive impairment that impacts the ability to do daily activities.⁴ It is NOT a part of normal aging.³ Some common types of dementia include Alzheimer's, Lewy Body, Parkinson's, Frontotemporal.⁴
- By 2060, it is estimated that 14 million adults will be diagnosed with dementia, compared to 7 million in 2014.⁴
- Alzheimer's disease is the most common type of dementia, affecting almost 80% of cases.⁴
- Early symptom of Alzheimer's is trouble remembering recent events; as it progresses, there are changes to personality, walking, taking, and difficulty with long-term memory also.⁴
- Alzheimer's disease and related dementias are among the top ten leading causes of death and disability - and the only ones with no prevention or cure.^{1,4}

DEPRESSION

- Depression is the most prevalent mental health condition in the elderly;^{1,4} 80% of cases are treatable.⁴
- Depression in the elderly is often under-recognized by primary care providers because the symptoms do not always meet the criteria for clinical depression. Rather than sadness, there is usually loneliness, forgetfulness, confusion, and numbness (which often gets mistaken for dementia).⁵
- Grief/bereavement, loneliness, and loss of social contact/isolation are key risk factors for depression.^{4,5}
- Recurrent depression is a risk factor for dementia, heart disease, cognitive decline, and metabolic disorders.³
- Depression can adversely affect treatment and outcome of other chronic diseases.^{4,5}

DISABILITY

- Nearly 50% over age 65 have difficulty or need help with activities of daily living.⁶
- Depression, dementia, arthritis, stroke, sensory loss, heart attack are some common causes of disability in the elderly.⁶ Mental health conditions account for almost 11% of total global disability in the elderly.¹
- Aging in people with long-term disabilities (from birth or early childhood/adulthood, e.g., cerebral palsy, spinal cord injury, congenital heart defect) is often overlooked.⁶ These conditions trigger premature aging due to higher biological age, and also affect their mental health negatively.⁶

DISORDERS OF ACCELERATED AGING

- Progeroid Syndromes cause premature (biological/physical) aging and shorten life expectancy. These are rare disorders that begin in early childhood (Hutchinson-Gilford syndrome) or in adolescence or early adulthood (Werner syndrome).⁷
- Down Syndrome is more common and impairs the central nervous system also, causing intellectual disability.⁷

- Mental health concerns are greater in these cases both for the patient and the family.⁷

SOCIAL AND EMOTIONAL SUPPORT

- Social and emotional support is critical for the elderly and is known to reduce risk of mental and physical illness.⁴
- Social support for the elderly serves 3 major functions: *emotional support* (e.g., sharing problems), *informational support* (e.g., advice), and *instrumental support* (e.g., transport or homecare assistance).⁴
- Older men are more likely than women to NOT receive any type of support, but especially emotional support.⁴ Older women with little to no emotional support are 2x more likely to die than those with high levels of emotional support.^{3,4}
- Life dissatisfaction is associated with depression and risky behaviors such as smoking, drinking, physical inactivity (often leading to obesity), and suicide attempts.^{1,3,4}

SUICIDE

- Mental health issues are often a factor in cases of suicide.⁸ Yet, about 63% of older adults with a mental health problem do not receive services they need, and in over 70% of elderly deaths by suicide, the person had visited a physician within a month before.⁸ Depression is most commonly associated with suicide.⁸
- Older adults aged 65+ are at much higher risk for completing suicide than other demographics; 1 in 4 older adults who attempt suicide complete it compared to 1 in 200 youth.⁸
- Since 2022, adults aged 65+ accounted for almost 17% of all suicides in the US.⁸
- In adults over 55, men had 3 to 5 times higher suicide rates than women for all age groups.⁸ In ages 75–84, the rate for men was almost 8 times higher, and for those aged 85+, the rate for men was nearly 17 times higher.⁸
- White men over 65 are at the highest risk for suicide (nearly 70% of all suicides in 2020).⁸
- Older adults are more likely to use lethal weapons like firearms, and tend to plan suicide more carefully.⁸

RECOMMENDATIONS AND OPPORTUNITIES

- **Be proactive:** Make healthier life choices. Write down any symptoms such as confusion, falls, loss of appetite, dizziness, etc. Learn more about your conditions and discuss treatment options with your qualified health care providers. Get all your prescriptions from one pharmacist. You should never stop taking your medications without consulting your healthcare provider. Visit your doctor regularly to monitor/assess your health and medications.
- **Consider joining a support group:** You are not alone, there are MANY support groups available for a wide range of issues that are offered in different formats (in person, online, etc.) and are usually free. To find a support group, ask your provider, check with reputable non-profit organizations and agencies. There are many benefits but also some risks, do your research. Don't hesitate to ask for help.
- **Promotion and prevention strategies:** State and national support should focus on supporting healthy aging. Includes creating safe and secure physical and social environments, such as: ensuring safe and accessible housing and transport, improving social support systems, promoting health behaviors like exercise, diet.¹
- **Increase mental health care for the elderly:** There is need to expand training and promotion of geriatric healthcare specialists (especially to identify those at risk for suicide) and access to mental health services.^{3,4,8}

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DID YOU KNOW

The stigma of ageism is detrimental to seniors. Seniors who feel disrespected are more likely to engage in risky health behaviors, such as smoking, drinking, inactivity, and poor diet choices. Seniors need **Validation and Respect**; they want to feel appreciated and respected for their life experiences, contributions, and opinions. Acknowledging this and recognizing their wisdom helps them feel valued and preserves their dignity when all else seems to be fading away. Respect also plays a key role in preserving seniors' **Autonomy and Independence**. While they may need help with certain tasks, it is essential to respect their ability to make decisions and maintain some degree of control over their lives.
Source: From <https://www.cdc.gov/aging/publications/mental-health.html>

SUPPORT GROUPS

ADDICTION

Al-Anon for Families/Alateen al-anon.org	702-615-9494
Alcoholics Anonymous (AA) aa.org	702-598-1888
Cocaine Anonymous (CA) snvca.org or ca.org	702-941-0950
Compulsive Eaters Anonymous (CEA) ceahow.org	702-389-9077
Crystal Meth Anonymous (CMA) crystalmeth.org	855-638-4373
Gambler's Anonymous (Gam-Anon) gasn.info	702-529-0202
Groups (Opioid Recovery) accepts insurance & Medicaid joingroups.com	775-238-4471
Heroin Anonymous heroinanonymous.org	
Marijuana Anonymous marijuana-anonymous.org	800-766-6779
Nar-anon (families & friends of addicts) nar-anon.org	800-477-6291
Narcotics Anonymous (NA) na.org	702-369-3362
Narcotics Anonymous Region 51 region51na.org	888-495-3222
Overeaters Anonymous (OA) oa.org	702-593-2945
Pills Anonymous pillsanonymous.org	
Sex Addictions Anonymous saa-recovery.org	1-800-477-8191
Sex and Love Addicts Anonymous (S.L.A.A.) slaafws.org	1-800-477-8191
SMART Recovery smartrecovery.org or smartinhenderson@gmail.com	
Southern Nevada Codependents Anonymous sonvcoda.org	702-706-2632
The Meeting Space/The Recovery Store themetingspace.com	702-726-9218

CHILDREN AND YOUTH

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

CRISIS AND TRAUMA

Hands of Comfort Foundation	702-683-6373
Ladies of Destiny (Trafficking Victims) hookersforjesus.net	702-623-0958
Signs of Hope Groups sohlv.org	702-366-1640

GRIEF AND LOSS

Adams Place adamsplacelv.org	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
Bereavement Support (Dignity Health)	702-616-4912
CompassionCare Hospice	702-636-0200
Concerns of Police Survivors (COPS) concernsofpolicesurvivors.org	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544
Griefshare griefshare.org	1-800-395-5755
Grief Recovery After a Substance Passing (GRASP)	302-492-7717

SUPPORT GROUPS

Grief Recovery (death, divorce, career and other losses)	702-980-8303
Nathan Adelson Hospice nah.org	702-796-3157
Pet Loss Family Support Group	702-735-5544
Southern Hills / Compassionate Care and Grief Support	702-916-7776
Suicide and Murder Victims Support Group	702-735-5544
The Compassionate Friends compassionatefriends.org	877-969-0010
Tragedy Assistance Program for Survivors (TAPS) Military Survivor	800-959-8277

LGBTQ

Henderson Equality Center hendersonequalitycenter.org	855-955-5428
The Center thecenterlv.org	702-733-9800

SUICIDE

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

OTHER

ADHDOutLoud	702-518-9539 ext 7
Alzheimer's Associaton alz.org	702-248-2770
Cleveland Clinic Caregiver Support and Programs	702-483-6000
Depression and Bipolar Support Alliance (DBSA)	702-637-0094
Dignity Health Womens Center (Support Groups) dignityhealth.org	702-616-4900
Give Me a Break (GAB) - Respite	702-219-0394
National Organization Parents of Murdered Children pomc.com	513-721-5683
Nevada Senior Services adultdaycarelv.org	702-648-3425

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

Arms Of Support

A Survivors Of Suicide Attempt Support Group

armsofsupport.org • tuffarmsofpeace@gmail.com
702.209.3425 (T) • 702.370.5736 (Cell) • 702.568.7760 (Fax)

THE MISSION: "Arms of Support" (a free Survivors of Suicide Attempt Support Group) created by Tuff Services Ministries, offers suicide attempt survivors a safe, non-judgmental place to talk about their common experience of having survived a suicide attempt. Members are encouraged to share their stories of recovery to support each other and learn new ways to cope with suicidal thoughts. Through peer support, trained and certified guided facilitation, we seek to encourage a supportive community to foster the development of effective coping skills and create hope for the future.

Group Schedule: Meets every two weeks, Wednesday's from 6:00pm to 7:30pm
Group Facility Location: THE CARE COALITION, 1919 S. Jones Blvd, Suite #A, LV NV 89146

*SPONSORED (IN PART) BY SAMHSA AND/OR THE SUBSTANCE ABUSE PREVENTION AND TREATMENT AGENCY OF NEVADA (SAPTA) *



HELPLINES

Nevada 211 - Connect to Services [nevada211.org]	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
AARP Friendly Voice [aarpcommunityconnections.org/friendly-voices]	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) [APSGethelp.com]	702-486-6930
Afghan Behavioral Health Support (Dari, Pashto, & English)	800-615-6514
Al-Anon [al-anon.org]	1-800-344-2666
Alcoholics Anonymous (AA) [aa.org]	702-598-1888
Alzheimer's Association Helpline [alz.org]	1-800-272-3900
American Addiction Centers Resource [centers.org]	1-866-892-4547
American Chronic Pain Association (ACPA) [theacpa.org]	1-800-533-3231
American Pregnancy Association	1-800-672-2296
Care Solace (CCSD students) [caresolace.com/ccsd]	888-515-0595
Cocaine Anonymous [snvca.org or ca.org]	702-941-0950
Codependents Anonymous [coda.org]	602-277-7991
Crystal Meth Anonymous [crystalmeth.org]	855-638-4373
Debtors Anonymous [debtorsanonymous.org]	800-421-2383
Depression & Bipolar Support Alliance (DBSA) [dbsalliance.org]	1-800-826-3632
Drug Free Workplace Helpline	800-967-5752
Eating Disorders [anad.org]	1-888-375-7767
Eldercare Locator [eldercare.acl.gov]	1-800-677-1116
Empower Work (Work issues) [empowerwork.org] TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous [gasn.info]	855-222-5542
GriefShare [griefshare.org]	1-800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation [iocdf.org]	617-973-5801
Lap of Love - Pet loss resource line [lapoflove.com]	855-352-5683
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous [marijuana-anonymous.org]	1-800-766-6779
Military OneSource (Military Community) [militaryonesource.mil]	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
NAMI Teen and Young Adult	TXT FRIEND to 62640 800-950-6264

HELPLINES

Narcotics Anonymous [na.org]	888-495-3222
Naseeha (Muslim and Non-Muslim) [naseeha.org]	1-866-627-3342
National Abortion Federation Hotline	1-800-772-9100
National Alliance on Mental Illness (NAMI) Helpline [nami.org/help]	1-800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	1-800-931-2237
National Resource Center on ADHD	1-866-200-8098
National Teen Dating Violence Abuse Helpline	1-866-331-9474
Nicotine Anonymous [nicotine-anonymous.org]	1-877-879-6422
Nevada Health Connection [treatmentConnection.com]	1-800-450-9530
Nevada Teen Peer Support Text Line (ages 14-24)	TXT 775-296-8336
Office on Women's Health (Resource line)	1-800-994-9662
Overeaters Anonymous [oa.org]	505-891-2664
Partnership to End Addiction (Concerned Parents) [drugfree.org]	TXT CONNECT to 55753
Physician Support Line [physiciansupportline.com]	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) [postpartum.net]	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's Helpline [samhsa.gov/find-help/national-helpline]	1-800-662-4357
Schizophrenia & Pyschosis Action Alliance [sczaction.org]	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives [selfinjury.com]	1-800-366-8288
Sex Addicts Anonymous [saa-recovery.org]	1-800-477-8191
Sidran Institute - Trauma or Dissociation [sidran.org]	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous [siaswo.org]	877-742-9761
TARA for Borderline Personality Disorder [tara4bpd.org]	888-482-7227
Teen Help Inc	1-800-400-0900
Teen Line (TXT 839863)	1-800-852-8336
The StrongHearts Native Helpline [strongheartshelpline.org]	1-844-762-8483
Tobacco (Nevada) Quit Line [nevada.quitlogix.org]	800-784-8669
Tragedy Assistance Program for Survivors (Military) [taps.org]	800-959-8277
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211 [211.org]	1-800-233-4357
UNLV Careline (Sexual Assult, Violence, Stalking)	702-895-0602
Vet Center Call Center [vetcenter.va.gov/media/Call-Center-PSA.asp]	1-877-927-8387
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044

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

A MATTER OF WORDS

"Aging is not lost youth but a new stage of opportunity and strength." – BETTY FRIEDAN

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

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THE KEY TO THE FUTURE IN AN AGING SOCIETY IS NOT
FOUND IN INCREASING JUST OUR LIFE SPAN; WE NEED TO
INCREASE OUR HEALTH SPAN AT THE SAME TIME.

CHUCK NORRIS

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