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## MINORITY MENTAL HEALTH *(Part 1)*

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## NOTE FROM: *The Founder*

Minority Mental Health is the first of a two-part series. Typically, when people think of minorities they default to race and ethnicity, but minority groups are very diverse as they encompass much more than that. Individuals may be defined or categorized by age, education, socioeconomic status, geography, sexual orientation, gender identity, spirituality and faith, health beliefs and practices, linguistics, culture, military service, ability, and more. Even within groups, individuals have their own identities; and so it is vital that one does not generalize or make assumptions about any group.

With respect to this, it is important for mental health professionals (MHPs) to know that individuals are an amalgamation of identities belonging to multiple groups. Understanding and knowing which identities are the most important to an individual is key to connecting and providing treatment appropriate for that person. MHPs do not have to know all about a particular group, but they should ask their clients questions to learn about them and what matters to them. Additionally, MHPs should know their limitations. If they are unable to serve a particular individual or group for any reason, it is incumbent on them to make a referral to someone who is capable. Providing or connecting people to the right MHP is key to closing the gaps on inequitable mental health care outcomes between and among groups.

July is National Minority Health Awareness Month. The purpose of this observation is to bring awareness to the unique struggles that diverse minorities face regarding mental illness in the United States. Although we observe this month, we need to take time daily to reflect upon how we treat others who are different from ourselves, not only professionally but personally. No matter who we are, we all want to be heard and treated with respect.

Thank you, gracias, salamat, to all our contributors and advertisers for this issue. We truly appreciate your support. To our readers, we hope you discover something new. On a final note, I would like to take this opportunity to appeal for more funding. Without your much needed support, we will not be able to continue providing this free resource.

JACQUI RAGIN, PHD, MPH  
*Founder/Publisher*

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## SIGNS AND SYMPTOMS OF *Mental Health Issues*

Mental Health issues do not look the same in everyone.<sup>1</sup> Many people experience different symptoms, especially in minority groups. The levels of severity, duration, and combination of symptoms also tend to differ in people due to age, gender, race, and/or other circumstances. Some general signs and symptoms of mental health issues are illustrated below. A red flag is when someone has at least any five symptoms persisting daily for at least two weeks, especially having a low/sad mood or losing interest in almost all activities.<sup>1</sup> Note that differences in cultural belief systems and experiences influence how various communities might view these signs and symptoms (for example, hearing voices may be acceptable for some).<sup>1</sup>



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“*The effect of racism and racial trauma on mental health is real and cannot be ignored.* NATIONAL ALLIANCE OF MENTAL HEALTH (NAMI)

## HOTLINES (24/7)

EMERGENCIES	911
SUICIDE AND CRISIS LIFELINE <a href="http://988lifeline.org">988lifeline.org</a>	988
Ayuda en Espanol (Spanish National Suicide Prevention Lifeline)	1-888-628-9454
Boys Town National Hotline <a href="http://yourlifeyourvoice.org">yourlifeyourvoice.org</a>	800-448-3000
Center Advocacy Network Victim Crisis Hotline <a href="http://thecenterlv.org/can">thecenterlv.org/can</a>	702-745-4600
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline <a href="http://childhelphotline.org">childhelphotline.org</a>	1-800-422-4453
Children's Mobile Crisis Response Team <a href="http://knowcrisis.com">knowcrisis.com</a>	702-486-7865
Children of the Night (Street Rescue) <a href="http://childrenofthenight.org">childrenofthenight.org</a>	800-551-1300
Combat Trauma <a href="http://ptsdusa.org">ptsdusa.org</a>	877-717-7873
COPLINE (Officer's Lifeline) <a href="http://copline.org">copline.org</a>	1-800-267-5463
Crisis Support Services of Nevada <a href="http://cssnv.org">cssnv.org</a>	1-800-273-8255
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)	1-800-985-5990
DOD Safe Helpline (Dept. Of Defence/affected by sexual assault)	877-995-5247
Domestic Violence (National Hotline) <a href="http://thehotline.org">thehotline.org</a>	1-800-799-7233
Domestic Violence (SafeNest) <a href="http://safenest.org">safenest.org</a>	702-646-4981
Domestic Violence (S.A.F.E House) <a href="http://safehousenv.org">safehousenv.org</a>	702-564-3227
Fire/EMS (First Responders) <a href="http://nvfc.org/help">nvfc.org/help</a>	1-888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Hotline <a href="http://humantraffickinghotline.org">humantraffickinghotline.org</a>	1-888-373-7888
Military Helpline <a href="http://militaryhelpline.org">militaryhelpline.org</a>	888-457-4838
National Center Missing & Exploited Children <a href="http://missingkids.org">missingkids.org</a>	1-800-843-5678
Poison Control <a href="http://poison.org">poison.org</a>	1-800-222-1222
Rape, Abuse, & Incest National Network (RAINN) <a href="http://rainn.org">rainn.org</a>	1-800-656-4673
Runaway Hotline <a href="http://1800runaway.org">1800runaway.org</a>	1-800-786-2929
SafeVoice Nevada (Students, parents, faculty) <a href="http://safevoicenv.org">safevoicenv.org</a>	1-833-216-7233
Safe Place Hotline (Youth) <a href="http://nationalsafeplace.org">nationalsafeplace.org</a>	1-866-827-3723
SAGE Hotline (LGBT Elders) <a href="http://sageusa.org">sageusa.org</a>	1-877-360-5428
Sexual Assault Hotline <a href="http://rainn.org">rainn.org</a>	1-800-656-4673
Signs of Hope (Formerly Rape Crisis Center) <a href="http://sohlv.org">sohlv.org</a>	702-366-1640
Teen Dating Abuse <a href="http://loveisrespect.org">loveisrespect.org</a>	1-866-331-9474
The Network La-Red (LGBTQ Abuso de Pareja) <a href="http://tnlr.org/es/ESPANOL">tnlr.org/es/ESPANOL</a>	800-832-1901
The Network La-Red (LGBTQ Domestic Partner Violence) <a href="http://tnlr.org/en">tnlr.org/en</a>	800-832-1901
Trans Lifeline <a href="http://translifeline.org">translifeline.org</a>	1-877-565-8860
Trevor Project Crisis Line (LGBTQ < 25) <a href="http://thetrevorproject.org/get-help">thetrevorproject.org/get-help</a>	1-866-488-7386
Veteran Crisis Line <a href="http://veteranscrisisline.net">veteranscrisisline.net</a>	1-800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	1-800-799-4889
WestCare Nevada Crisis Hotline	702-385-3330

## Mental Health In Minority Groups: Therapy Seeking Behaviors

BY MARQUEZ WILSON\* | PsyD

As mental health becomes more accessible across the United States, more persons of color (POC) have decided to take the plunge into trying therapy. While the rate has increased over the years, there is still a large gap between how often POCs and Whites choose to access therapy. According to the McLean Hospital, “25% of Black people seek mental health treatment when needed, compared to 40% of white people.”<sup>1</sup> Meanwhile, for Hispanic/Latino/a populations, Murray and Henry (2022) reported that non-Hispanic White youth were 12-15% more likely than non-White youth to receive treatment for major depression; and for minority youth who experience suicidal ideation, the gap for mental health access was even larger at 18%.<sup>2</sup> This serves to indicate that while access has improved, utilization still appears to be low among POCs.

It appears there are two major reasons for these gaps: (1) lack of clinicians of color in the field, and (2) lack of culturally appropriate treatment approaches. In this short article, I look at both reasons and posit potential solutions.

### Lack of Clinicians of Color

According to Zippia, which is an online recruitment site which aggregates statistics about specific professions, 72.6% of therapists are White and 75.6% of therapists identify as women.<sup>3</sup> The American Psychological Association (APA) used census data to discover that in 2019, 83% of psychologists in the United States identified as White.<sup>4</sup> However, they were also able to comment that between 2000 and 2019, the number of psychologists who identify as POCs increased by 116%. This both demonstrates that progress is being done and just how low the numbers of POCs in the field was in 2000. A blog post written by Abby Kirchmeier for Ayana Therapy out of Los Angeles<sup>5</sup> points to one of the reasons for the dearth of therapists of color. She comments on the lack of exposure to the field, stating: “Just as minorities do not use psychology services because they do not know it exists, or choose not to adopt it because of stigma, individuals may not choose to work in the psychology field due to their own misconceptions or cultural stigma,” highlighting a circular problem. Since POCs are less likely to engage with mental health, they are less likely to have experiences with mental health providers, and as such, are less likely to think of becoming a mental health provider as a viable career option.

Additionally, it must be considered that for many POCs who interact with mental health providers at a young age, the experiences are not positive. Frequently, the interaction is from being referred either for behavioral intervention or assessment.<sup>6</sup> It is important to consider the circular nature of this problem as it shines light on the idea that the system must be adjusted from the ground, from the roots, in order to be effective in breaking the current status quo. I would like to offer the need for the introduction of mental health as a positive and voluntary concept to children from a very young age. This is to allow them time to become comfortable and ask questions. In addition to not pursuing this field due to misconceptions or lack of positive experiences, the high cost, not only of the education, but of the licensure process must be critically examined for other potential barriers for POCs who do wish to enter the mental health field.

### Lack of Culturally Appropriate Treatment Approaches

The lack of culturally appropriate treatment approaches also serves as a barrier to access. It must be noted most therapeutic approaches were not normed on or originally considered for POCs. Trends have been changing in more recent times as psychological assessments are re-normed to include more diverse populations. For example, the Minnesota Multiphasic Personality Inventory (MMPI) underwent re-norming as part of the release of the third edition of the personality assessment. The University of Minnesota Press released a statement concerning the release, reporting their priorities included, “focus on enrollment of people/persons of color or communities of color . . . toward the goal of increasing generalization of results and improving assessment of diverse individuals and/or groups.”<sup>7</sup> While this is an example for psychological assessment, the overall premise holds for therapeutic support, in order to address patterns of historic disenfranchisement and to work towards the re-norming of the psychological practice to apply to all racial groups equitably, there must be intentional investment. Largely, the focus has been on adapting already existing approaches and techniques, as shown above. However, we can also consider reaching for the knowledge held by communities of color and creating specific approaches from our own unique understandings of the world. An example is Cuento Therapy, or the use of storytelling from a Latino/a/x perspective in therapy. This was first mentioned by Constantino (1986)<sup>8</sup> as an approach for engaging Puerto Rican children and has recently seen a resurgence in literature and research by Latino/a/x clinicians and

researchers. This is a clear example of the use of a technique from a culture, to be applied to the culture, and demonstrates to be highly effective.<sup>9</sup> Many authors have done the work to highlight therapeutic approaches, techniques, and skills to work towards more culturally sensitive practice, so I will encourage those interested to seek out that literature.

In closing, I issue the challenge to consider in your circles how you can advocate for greater investment in POC related research, better visibility, and the easing of barriers for POC entry to these fields.

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**Active Minds**

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[activeminds.org/programs/chapter-network](http://activeminds.org/programs/chapter-network)

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

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

**American Foundation for Suicide Prevention (AFSP) Nevada Chapter**

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

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

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

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

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](http://averyburtonfoundation.org)

**Bamboo Bridges (725-222-0041)**

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](http://bamboobridges.org)

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

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

**Center for Autism Spectrum Disorders (CASD)**

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

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

Helps states, organizations, students, and the existing workforce apply research-based practices to improve prevention, treatment, and recovery services for individuals with addictive behaviors.  
[casat.org](http://casat.org)

**Clark County Children's Mental Health Consortium**

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

**Crisis Support Services of Nevada (CSSNV)**

Supports individuals through a hotline, text line and in-person advocacy. Services address suicide, depression, domestic violence, substance abuse, child abuse and elder abuse.  
[cssnv.org](http://cssnv.org)

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

Independent affiliate of the National DBSA devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.  
[dbasouthernnv.org](http://dbasouthernnv.org)

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

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

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

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

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

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

**Foundation for Recovery (FFR) (702-257-8199)**

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

**Harm Reduction Center/Trac B Exchange (702-840-6693, [trachexchange@gmail.com](mailto:trachexchange@gmail.com))**

Focused on ensuring the health of everyone in Southern Nevada. Trac-B Exchange is the storefront site committed to providing on-site consulting to the community for infectious disease prevention and harm reduction surrounding syringe use and disposal.  
[harmreductioncenterlv.com](http://harmreductioncenterlv.com)

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

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

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

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



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### **Hope Means Nevada**

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

### **Jean Nidetch Care Center (702-895-4475)**

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

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

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

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

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

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

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

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

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

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

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

### **Nevada Caregivers Coalition**

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

### **Nevada Care Connection**

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

### **Nevada Coalition to END Domestic and Sexual Violence**

A statewide voice advocating for the prevention and elimination of violence. [ncedsv.org](http://ncedsv.org)

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

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

### **Nevada Coalition for Suicide Prevention (NCSP)**

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

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

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

### **Nevada Counseling Association (702-638-0772)**

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

### **Nevada Crisis Intervention Team (CIT)**

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

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

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

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

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

### **Nevada Hospital Association (775-827-0184)**

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

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

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

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

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

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

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

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

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

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

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

### **Nevada State Opioid Response**

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

### **Nevada Statewide Coalition Partnership**

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

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

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

### **Nevada Tobacco Prevention Coalition**

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

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

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

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

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

Meetings: 3rd Wednesday monthly at 11:30am

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

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

### **reQ therapy bbq for mental health**

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

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

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

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

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

### **RubiesLV (725-251-0258)**

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

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

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

### **Signs of Hope (702-385-2153)**

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

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

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

### **Southern Nevada Adult Mental Health Coalition (Capt. Nita Schmidt 702-671-3955)**

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

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

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

## STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

### Southern Nevada Health District (702-759-1270)

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

### Southern Nevada Opioid Advisory Council

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

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

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

### The Cupcake Girls (702-879-8195, [info@thecupcakegirls.org](mailto:info@thecupcakegirls.org))

Provides confidential support to those involved in the sex industry, as well as those affected by domestic sex trafficking through resources, advocacy, and aftercare.  
[thecupcakegirls.org](http://thecupcakegirls.org)

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

Provides a safe place for the Clark County community by providing services to youth and families to address their immediate needs.  
[theharborlv.com](http://theharborlv.com)

### The LGBTQ Center of Southern Nevada

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

### The Phoenix

Is an innovative nonprofit organization that helps people recover from substance use disorder and heal by leveraging the intrinsic transformative power of social connection and activity.  
[thephoenix.org](http://thephoenix.org)

### The Pride Tree

Creates safe environments where LGBTQ+ youth and allies can explore their own identity. All people have the freedom to be whoever they want and to express their own identity openly and without fear.  
[thepridetreevlv.com](http://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.  
[tinhiihasvegas.info](http://tinhiihasvegas.info)

### Trauma Intervention Program (TIP) 702-229-0426

Dedicated to ensuring that those who are emotionally traumatized in emergency situations receive the assistance they need.  
[tipoflasvegas.org](http://tipoflasvegas.org)

### UNSHAKEABLE

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

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

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

### Vegas Stronger (702-234-1356)

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

### Veterans & Community Resource Center (702-633-1640)

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

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

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

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

### Youth MOVE Nevada (youthmovenv@nvpep.org)

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

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

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



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

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

#### Treatment for:

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

**YOU ARE NOT ALONE**

**OUR SERVICES**

NAMI Southern Nevada is a mental health nonprofit that offers education classes, support groups, and presentations at no cost to the community. If you or a loved one is experiencing mental health challenges, we are here for you. Join us for our virtual or in-person groups. Support available to families, caregivers, and peers.

2820 W. Charleston Blvd, Ste 19, Las Vegas, NV 89102  
[www.namisouthernnevada.org](http://www.namisouthernnevada.org)  
702-890-9729

**Community. Connection. Compassion.**

## Mental Health Treatment Is Not The Same For People Of Different Cultural Backgrounds

BY STEFANIE NAKADILOK-HUI\* I.M.S., M.A., PH.D. CANDIDATE, LADC

As a person of color and addictions counselor in Southern Nevada for a little over a decade, I have had my share of stories in dealing with dilemmas due to cultural differences. I have been contacted by insurance companies to do single case agreements because they cannot find any counselors who spoke Thai, Vietnamese, Mandarin, or Tagalog. My counseling agency was one of the few that had mental health therapists and substance use counselors that were mostly bilingual in various languages. Many clients sought out a provider that could speak and listen to them in a language which they are most comfortable expressing themselves. Additionally, many potential clients who were seeking therapy and counseling also contacted me simply based on my profile picture on Psychology Today. "You look Asian, so you probably understand us better." Parents sought counseling for their kids because they thought their kids did not understand them or their traditions, especially in families in which the kids are first generation-Americans. Clients entered treatment only to appease family and friends, but felt more comfortable with someone who looked like them or spoke a language that they mutually shared.

Nonetheless, looking and speaking alike are not the only traits that assist to make things easier for providers and clients with unique cultural backgrounds. There is less access to mental health care for minorities or persons of color<sup>1</sup>, including unequal access to resources and services, and this worsened during the COVID-19 pandemic<sup>2</sup>. When persons of color have to seek mental health care with providers who do not have similar cultural or ethnic backgrounds, **here are some tips that can assist in creating a positive therapeutic relationship.**

- 1. Don't be afraid to directly ask about the client's cultural background.** Sometimes providers are afraid to ask about specific traditions or behaviors that are common with a group of people, either because they do not want the session to be awkward, offend the client, or simply demonstrate that they are not knowledgeable about something. However, simply, but respectfully, just asking people about their traditions or their ways will not only show interest in understanding the client's cultural background but also provides opportunity for discussion and building rapport.
- 2. Be mindful that what works for you does not work for others, especially with different cultural backgrounds.** Sometimes, we are trained and educated that certain coping skills or interventions are most favorable for situations; however, these interventions may not always be favorable for those with different cultural backgrounds and may even cause more strain. For example, we may encourage a client to directly communicate concerns to their family member – find a time to sit down, directly look at the person they are speaking to, and use assertive speech. However, in some Asian cultures, especially if the family member is an "elder," like a parent or older adult, being so direct or even making eye contact may come off as disrespectful towards their elders. This may result in increased conflict and retaliation. Instead, ask clients what is favorable in their culture and traditions when it comes to communication or interacting with others. Help them find their comfort, their "healthy" and "positive" as they define it rather than as we define it.
- 3. Don't be afraid to use an interpreter, if needed.** I speak Thai fluently. Even though I can communicate and understand a client who speaks Thai, I will still find myself conversing in "Thai-glish". That's when I mix a little Thai and a little English- combination between Thai and English – because there were terms in English that I could not properly translate in Thai and even some descriptions in Thai that didn't really exist in English. Additionally, I was not trained or educated in Thai so there are clinical or therapeutic terminology that I am not familiar with even though I speak the language fluently. I have many colleagues who speak Spanish fluently and provide counseling in Spanish, but still request tutoring in Spanish just to better provide therapeutic interventions properly in correct Spanish terms. This is admirable!
- 4. Seek advice or provide a referral when necessary.** Consult a supervisor or colleague if things become difficult or if you feel something does not feel right when interacting with your client. There are also resource centers with information regarding a specific cultural background. I am sure this issue of the *Mental Health Spectrum* provides an abundance of resources, such as the Asian Community Resource Center (ACRC) or Asian Community Development Council (ACDC), here in Las Vegas. Lastly, don't be afraid to provide a referral to another provider, if necessary. We may not be able to fully help a client if the language or cultural barriers hinder us from doing so even if we try.

- 5. Notice your own implicit biases.** Sometimes we do not recognize our own biases against others, especially of specific cultures or people of specific backgrounds. Take an implicit bias test or ask a colleague or mentor to evaluate your own internal biases before engaging in counseling or therapy with clients of different backgrounds.
- 6. Have fun with it!** Sometimes I encourage clients to show me pictures or videos of cultural traditions, family parties, holiday activities, etc. I have had clients bring in props, snacks, games, and other items that they identify with. I have even watched soap operas and movies in different languages to relate to something a client mentioned or found influential to them. Providing therapy or counseling to someone with a different cultural and ethnic background does not have to be stressful or tedious. It can actually be pretty interesting, and you may be able to take this knowledge and help other clients as well!

### REFERENCES

- The National Council for Behavioral Health. *Four Ways Culture Impacts Mental Health*. From [www.thenationalcouncil.org](http://www.thenationalcouncil.org)
- Centers of Disease Control and Prevention. (July 121, 2022). *Prioritizing Minority Mental Health*. From [www.cdc.gov/healthequity/features/minority-mental-health/index.html](http://www.cdc.gov/healthequity/features/minority-mental-health/index.html)

*\*Stefanie Nakadilok-Hui is a first generation Asian-American Las Vegas native. She is a scholar-practitioner with a background in practice and research in mental health, addictions treatment, treatment courts, and leadership studies, with publications in women's mental health, gambling addiction, and, most recently, in defining happiness before and after a COVID-19 diagnosis. Her proudest achievement, though, is her two daughters- Katelyn and Chloe.*



## WE NEED YOUR HELP!

**MENTAL HEALTH SPECTRUM™ (MHS) IS IN CRITICAL NEED OF YOUR FINANCIAL SUPPORT TO CONTINUE OUR EFFORTS IN PROVIDING MHS FOR FREE.**

Launched in March 2021, MHS has been actively trying to facilitate free access to a wide array of mental health resources in a timely manner in order to help make a difference. But we are seriously in danger of shutting down due to lack of funding. That's why we are reaching out to you! We are seeking support at any level, from a personal donation to corporate sponsorships that can help with printing and staffing costs.

**According to the State of Mental Health in America's annual report, Nevada has ranked 51st overall for the past three years. This ranking indicates a higher prevalence of mental illness and lower rates of access to care.**

The purpose of *Mental Health Spectrum™* is to serve as a one-stop free resource tool for mental health issues and help make a difference to improve all matters concerning mental health. Please join us in this endeavor so that we can make a difference together. We rely solely on donations, advertising and sponsorships. Any support shall be greatly appreciated. **Please go online to support us at [mentalhealthspectrum.com](http://mentalhealthspectrum.com) to see the optional ways to make a donation.**

*We hope we can count on your help to keep MHS going.  
Thank you in advance for your support.*



## NATIONAL ORGANIZATIONS

### Diversity and Multicultural

Asians Do Therapy [asiansdotherapy.com](http://asiansdotherapy.com) Asian Mental Health Collective [asianmhc.org](http://asianmhc.org)  
Behavioral Health Indian Health Services [ihs.gov/communityhealth/behavioralhealth](http://ihs.gov/communityhealth/behavioralhealth)  
BIPOC Mental Health [mhanational.org/bipoc](http://mhanational.org/bipoc) Black Emotional & Mental Health Collective [beam.community](http://beam.community)  
Black Mental Health Alliance [blackmentalhealth.com](http://blackmentalhealth.com) Black Mental Wellness [blackmentalwellness.com](http://blackmentalwellness.com)  
Mental Health Technology Transfer Network [mhttcnetwork.org](http://mhttcnetwork.org) National Asian American Pacific Islander Mental Health Association [naapimha.org](http://naapimha.org) National Indigenous Women's Resource [niwrc.org](http://niwrc.org)  
National Latino Behavioral Health [nlbha.org](http://nlbha.org) The Network La-Red [tnlr.org](http://tnlr.org)  
The Trevor Project [thetrevorproject.org](http://thetrevorproject.org) We Are Native [wernative.org](http://wernative.org)

### General

Academy for Eating Disorders [aedweb.org](http://aedweb.org) Anxiety and Depression Association of America [adaa.org](http://adaa.org)  
Bring Change to Mind [bringchange2mind.org](http://bringchange2mind.org)  
Depression and Bipolar Support Alliance [dbsalliance.org](http://dbsalliance.org) Heads Up Guys [headsupguys.org](http://headsupguys.org)  
Healthy Brains [healthybrains.org](http://healthybrains.org) How Right Now [howrightnow.org](http://howrightnow.org)  
International OCD Foundation [iocdf.org](http://iocdf.org) Mental Health America (MHA) [mhanational.org](http://mhanational.org)  
National Alliance on Mental Illness (NAMI) [nami.org](http://nami.org)  
National Association of Anorexia Nervosa and Associated Disorders [anad.org](http://anad.org)  
National Eating Disorder Association [nationaleatingdisorders.org](http://nationaleatingdisorders.org)  
National Institute of Mental Health [nimh.nih.gov](http://nimh.nih.gov)  
Schizophrenia & Related Disorders Alliance of America [sardaa.org](http://sardaa.org) SMIAdvisor [smiadviser.org](http://smiadviser.org)  
The Jed Foundation [jedfoundation.org](http://jedfoundation.org)

### Grief

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

### Legal and Disability

American with Disabilities Act (ADA) [ada.gov](http://ada.gov) Bazelon Center for Mental Health Law [bazelon.org](http://bazelon.org)  
Charleston Law Center [charlestonlawcenter.org](http://charlestonlawcenter.org) Civil Law Self Help Center [civilawselfhelpcenter.org](http://civilawselfhelpcenter.org)  
Family Law Self Help Center [familylawselfhelpcenter.org](http://familylawselfhelpcenter.org)  
Know Your IX [knowyourix.org](http://knowyourix.org) The Kennedy Forum [thekennedyforum.org](http://thekennedyforum.org) Legal Aid Center of SN [lacsno.org](http://lacsno.org)  
Nevada Disability Advocacy & Law Center [ndalc.org](http://ndalc.org) Nevada Legal Services [nevadalegalservices.org](http://nevadalegalservices.org)

### Substance Use

Addiction Technology Transfer Center [attcnetwork.org](http://attcnetwork.org)  
Celebrate Recovery [celebraterecovery.com](http://celebraterecovery.com) Community Anti-Drug Coalitions of America [cadca.org](http://cadca.org)  
Faces & Voices of Recovery [facesandvoicesofrecovery.org](http://facesandvoicesofrecovery.org)  
Families Against Narcotics [familiesagainstnarcotics.org](http://familiesagainstnarcotics.org) Generation Rx [generationrx.org](http://generationrx.org)  
Meth Project [methproject.org](http://methproject.org) National Institute on Drug Abuse [drugabuse.gov](http://drugabuse.gov)  
National Institute on Alcohol Abuse & Alcoholism [niaaa.nih.gov](http://niaaa.nih.gov)  
National TSAC [nationaltasc.org](http://nationaltasc.org) Partnership to End Addiction [drugfree.org](http://drugfree.org)  
Prevention Technology Transfer Center [pttcnetwork.org](http://pttcnetwork.org) SmokeFree [smokefree.gov](http://smokefree.gov)  
Substance Abuse and Mental Health Services Administration (SAMHSA) [samhsa.gov](http://samhsa.gov) White Bison [whitebison.org](http://whitebison.org)

### Suicide Prevention and Postvention

American Association of Suicidology [suicidology.org](http://suicidology.org) American Foundation for Suicide Prevention [afsp.org](http://afsp.org)  
National Action Alliance for Suicide Prevention [theactionalliance.org](http://theactionalliance.org) Postvention Alliance [postvention.org](http://postvention.org)  
Suicide Awareness Voices of Education [save.org](http://save.org) Suicide Prevention Resource Center [sprc.org](http://sprc.org)  
The Speedy Foundation [thespeedyfoundation.org](http://thespeedyfoundation.org) ULifeline [ulifeline.org](http://ulifeline.org)

### Trauma and Abuse

End Rape on Campus [endrapeoncampus.org](http://endrapeoncampus.org) National Center for PTSD [ptsd.va.gov](http://ptsd.va.gov)  
National Coalition Against Domestic Violence [ncadv.org](http://ncadv.org) Nevada Victims of Crime [voc.nv.gov](http://voc.nv.gov)  
PTSD Alliance [ptsdalliance.org](http://ptsdalliance.org) RAINN [rainn.org](http://rainn.org) S.A.F.E. Alternatives (Self Abuse Finally Ends) [selfinjury.com](http://selfinjury.com)  
Sidran Institute: Traumatic Stress Education & Advocacy [sidran.org](http://sidran.org) Shared Hope International [sharedhope.org](http://sharedhope.org)

### Veterans

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

## Cultural Diversity In Minority Mental Health Care

BY ANJUM KHAN | MA, PMP, PMI-ACP

Mental health can affect anyone, regardless of race, age, gender, religion, or socio-economic status. There are certain demographic groups, however, that experience mental health issues more disproportionately than others. According to the CDC, "health disparities are preventable differences in the burden of disease, injury, violence, or in opportunities to achieve optimal health that are experienced by socially disadvantaged populations."<sup>1</sup>

### What is cultural diversity?

Cultural diversity is about the various aspects of cultural and demographic differences that "... contribute to a person's view of themselves."<sup>2</sup> Demographic characteristics include age, race, religion, ethnicity, gender, sexual orientation, income, education, and marital status. Cultural aspects include shared values, knowledge, language, norms and belief systems, and social habits or patterns (behaviors, cuisine). All these combined may impact and/or influence the emotional, social, and psychological well-being of a person.<sup>1,2</sup>

### What is culturally competent care?

Mental health professionals (MHPs) often have to work with clients who are not from the same culture as their own. The implications for mental health care is that more often than not, inadvertent inequitable and unsustainable care is sought (and provided) because of cultural diversity.<sup>2</sup> Cultural diversity's impact on mental health ranges from the ways that people view health and illness to treatment seeking behaviors and approach, the nature of the therapeutic/treatment relationship with their MHP, and issues of stigma, racism and discrimination.<sup>2</sup> Thus, health care and services need to build in a fundamental understanding of the role of cultural diversity in health care seeking behaviors and treatment options and outcomes. One must be comfortable with one's therapist in order for the therapeutic relationship to have positive outcomes; and being able to "click" with one's MHP is an essential component of the therapy. For tips on how to find a culturally competent MHP, go to the NAMI article "Finding Mental Health Care that Fits Your Cultural Background."

### What are some barriers to care for minority populations?

Although individual reasons may vary for why or why not mental health care is sought and received, there are three broad categories of barriers affecting minority groups: **Access to Care:** insurance barriers (uninsured, underinsured); financial barriers (affordability); physical access (proximity to services); **Stigma, Mistrust, and Cultural Attitudes:** social stigma, religious affiliation and spirituality, systemic racism; and **Finding Appropriate Therapists:** Lack of diversity and cultural sensitivity; microaggressive comments or actions; overdiagnosis.<sup>3</sup>

Generally, people of color receive mental health services at lower rates than white Americans. Amongst the various racial groups, Blacks and Hispanics are more likely than Asian Americans and Pacific Islanders to seek and receive care; while Native Americans are the least likely to seek and receive any care.<sup>3</sup> This shows a significant disparity amongst minority groups themselves. It also indicates that individuals from these minority groups experience different situations/circumstances that impact their mental health and care. Therefore, it is essential for MHPs to understand that there is an underlying component of cultural diversity when dealing with patients from minority groups. More so, it is also important to understand that different populations comprise different demographic characteristics, and go through different experiences, which influences how they perceive and react to situations. As such, mental health care for minority groups must evolve to encompass an inclusive approach where an understanding of intersectional identities and diverse cultures enables a healthy and constructive connectivity between MHPs and clients to achieve optimal mental health outcomes.

***Showing compassion and empathy not just to self but also to others can help build a sense of connection that can make a big difference in someone's life.***

### REFERENCES

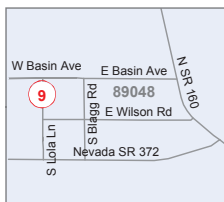
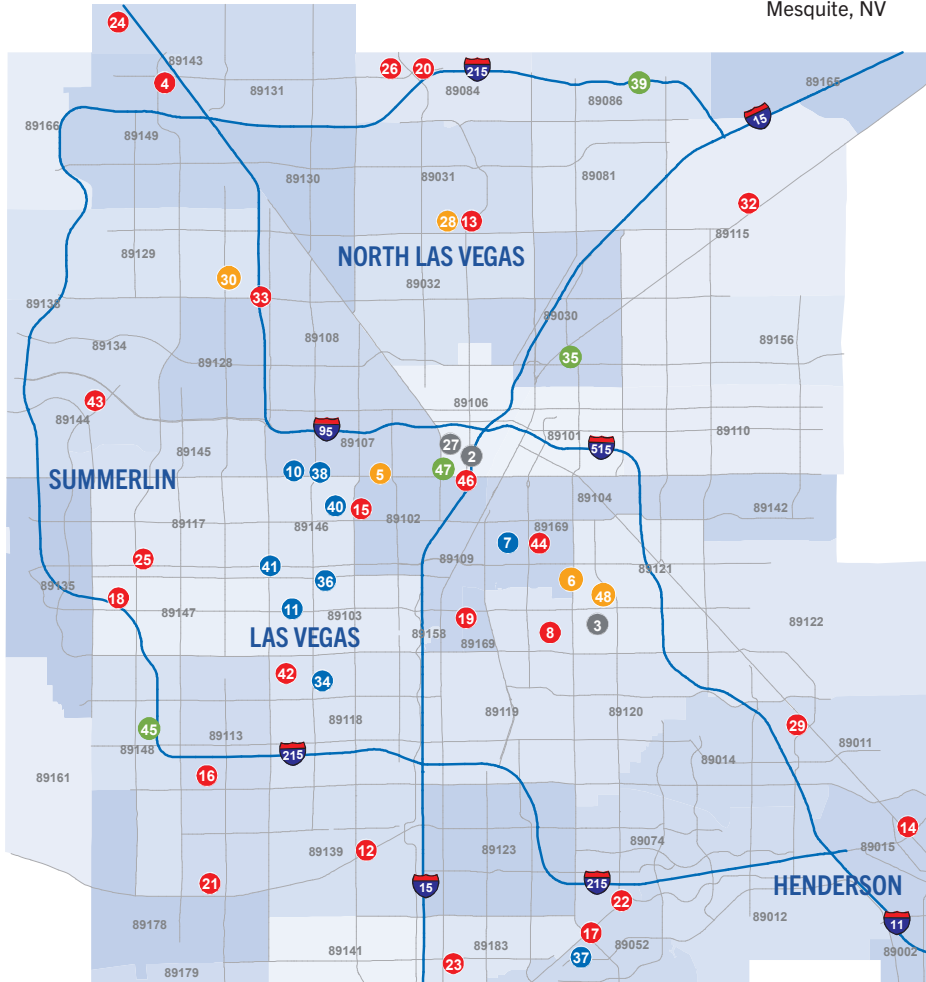
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HOSPITAL LISTING

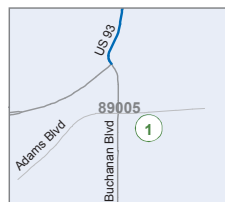
- Hospital
- Hospital with Psychiatric Unit
- Psychiatric Hospital
- Addiction Inpatient Facility
- Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

1. **Boulder City Hospital, Geriatric Behavioral Medicine** 901 Adams Blvd, Boulder City, 89005 702-293-4111
2. **Bridge Counseling Associates** 1640 Alta Dr, Suite 4, LV, 89106 702-474-6450
3. **Bridge Counseling Associates** 4221 McLeod Dr, LV, 89121 702-474-6450
4. **Centennial Hills Hospital** 6900 N Durango Dr, NLV, 89149 702-835-9700
5. **Crossroads of Southern Nevada** 2121 W Charleston Blvd, LV, 89102 702-382-7746
6. **Desert Hope Treatment Center** 2465 E Twain Ave, LV, 89121 702-848-6223
7. **Desert Parkway Hospital** 3247 S Maryland Pkwy, LV, 89109 877-663-7976
8. **Desert Springs Free Standing Emergency Department\*** 2075 E Flamingo Rd, LV, 89119 702-894-5508
9. **Desert View Hospital** 360 S Lola Ln, Pahrump, 89048 775-751-7500
10. **Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 702-486-8900
11. **Desert Winds Hospital** 5900 W Rochelle Ave, LV, 89103 702-522-7922
12. **Dignity Health St Rose, Blue Diamond** 4855 Blue Diamond Rd, LV, 89139 702-216-7305
13. **Dignity Health St Rose, North LV** 1550 W Craig Rd, NLV, 89032 702-777-3615
14. **Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Pkwy, HEN, 89015 702-564-2622
15. **Dignity Health St Rose, Sahara** 4980 W Sahara Ave, LV, 89102 702-216-7365
16. **Dignity Health St Rose, San Martin** 8280 W Warm Springs Rd, LV, 89113 702-616-4666
17. **Dignity Health St Rose, Siena** 3001 St Rose Pkwy, HEN, 89052 702-616-5000
18. **Dignity Health St Rose, West Flamingo** 9880 W Flamingo Rd, LV, 89147 702-216-7335
19. **Elite Medical Center** 150 E Harmon Ave, LV, 89109 702-546-0911
20. **ER at Aliante** 7207 Aliante Pkwy, NLV, 89084 702-962-5100
21. **ER at Blue Diamond** 9217 S Cimarron Rd, LV, 89178 702-776-4800
22. **ER at Green Valley** 2581 St Rose Pkwy, HEN, 89074 702-780-2700
23. **ER at S Las Vegas Blvd** 10700 Giles St, LV, 89183
24. **ER at Skye Canyon** 9860 W Skye Canyon Park Dr, LV, 89166 702-962-0700
25. **ER at The Lakes** 3325 S Fort Apache Rd, LV, 89117 702-962-0500
26. **ER at Valley Vista** 7230 N Decatur Blvd, NLV, 89084 702-534-7200
27. **FirstMed Health + Wellness** 400 Shadow Ln, Ste 106, LV, 89106 702-731-0909
28. **Gallus Medical Detox** 1550 W Craig Rd, Ste 330, LV, 89032 702-857-7164
29. **Henderson Hospital** 1050 W Galleria Dr, HEN, 89011 702-963-7000
30. **Landmark Recovery** 3371 N Buffalo Dr, LV, 89129 844-332-2076
31. **Mesa View Regional Hospital** 1299 Bertha Howe Ave, Mesquite, 89027 702-346-8040
32. **Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd, Nellis AFB, 89191 702-653-2273
33. **MountainView Hospital** 3100 N Tenaya Way, LV, 89128 702-962-5000
34. **Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 702-909-3440
35. **North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 702-649-7711
36. **Sana Behavioral Health Hospital** 5975 W Twain Ave, Suite B, LV, 89103 725-605-0310
37. **Seven Hills Behavioral Health Hospital** 3021 W Horizon Ridge Pkwy, LV, 89052 866-598-6327
38. **Southern Nevada Adult Mental Health/Rawson Neal Hospital** 6161 W Charleston Blvd, LV, 89146 702-486-6000
39. **Southern Nevada Veterans Medical Center** 6900 N Pecos Rd, NLV, 89086 702-791-9000
40. **Spring Mountain Sahara** 5460 W Sahara Ave, LV, 89146 702-216-8900
41. **Spring Mountain Treatment Center** 7000 W Spring Mountain Rd, LV, 89117 702-873-2400
42. **Spring Valley Hospital** 5400 S Rainbow Blvd, LV, 89118 702-853-3000
43. **Summerlin Hospital Medical Center** 657 N Town Center Dr, LV, 89144 702-233-7000
44. **Sunrise Hospital + Medical Center** 3186 S Maryland Pkwy, LV, 89109 702-961-5000
45. **The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd, LV, 89148 702-916-5100
46. **University Medical Center (UMC)** 1800 W Charleston Blvd, LV, 89102 702-383-2000
47. **Valley Hospital, Behavioral Health Unit** 620 Shadow Ln, LV, 89106 702-388-4000
48. **Vogue Recovery Center Nevada** 4011 McLeod Dr, LV, 89121 702-533-4154

\*All inpatient operations to end March 11, 2023.

For Emergencies call 911 for immediate assistance.

# It's All About Self-Care

*"To get through the hardest journey we need take only one step at a time, but we must keep on stepping." – CHINESE PROVERB*

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:**  
WORLD  
Example: Secret Journey – Omar Akran  
Free songs available on youtube.com

**SUGGESTED SHOW:**  
SITCOM  
Example: Lopez vs Lopez  
Available on nbc.com

WATCHING

**SUGGESTED ACTION:**  
PRACTICE GRATITUDE  
Reduces stress and makes you feel better.  
Learn to practice (www.cdc.gov/howrightnow/gratitude/index.html)

**SUGGESTED READING:**  
INDIGENOUS  
Example: Quiet Thunder: The Wisdom of Crazy Horse – Joseph M. Marshall III  
Free reading materials available at public libraries (lvccld.org or hendersonlibraries.com)

## READING

### ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

- 1 behavioralhealthnv.org
2. **betterhelp.com**
3. brightside.com
4. **emdr.com**
5. faithfulcounseling.com
6. **findatherapist.com**
7. findtreatment.gov
8. findtreatment.samhsa.gov
9. **goodtherapy.org**
10. APA Psychologist Locator: locator.apa.org
11. musictherapy.org/about/find
12. **nvpsychology.org (Find a Psychologist)**
13. onlinetherapy.com
14. openpathcollective.org
15. **Perinatal: psidirectory.com**
16. pridecounseling.com
17. Psychology Today Black & African American: psychologytoday.com/us/therapists/african-american
18. psychologytoday.com/us/therapists
19. **regain.us**
20. talkspace.com
21. **teencounseling.com**
22. therapistlocator.net
23. **therapyden.com**
24. therapyforblackgirls.com
25. **treatmentconnection.com**
26. Veterans – Make the Connection: maketheconnection.net/resources
27. **Vitals (Professional Listing): vitals.com**

### PSYCHOLOGY TODAY BLACK AND AFRICAN AMERICAN THERAPISTS

Extensive directory of Black and African American Therapists searchable by city, zip or name. The Psychology Today profile provides the therapist name, photo (when available), phone number, type of credentials, location, website (if available) email contact form, specialties, finances, and an about description of the provider.

## OUTPATIENT LISTING

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

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

### FOCUS / SPECIALTY

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

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
A Better Tomorrow <a href="http://abettertomorrowlv.com">abettertomorrowlv.com</a>	725-238-6990		EMDR, Play Therapy, PTSD
Aaron Williams Therapy <a href="http://aaronwilliamstherapy.com">aaronwilliamstherapy.com</a>	702-480-7960	89106	Anxiety, Coaching, Pre-martial
ABC Therapy <a href="http://abctherapy.net">abctherapy.net</a>	702-598-2020	89101	General
Achievable Behavior Strategies <a href="http://bxtherapy.com">bxtherapy.com</a>	702-565-1894	89147	ABA, ASD
Adelson Clinic for Drug Abuse Treatment <a href="http://adelsoncliniclasvegas.com">adelsoncliniclasvegas.com</a>	702-735-7900	89169	OUD, MAT
Adonai Counseling & Consulting	725-208-1960	89146	EMDR, Grief/Loss, Relationships
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatry Inc. <a href="http://advancedpsychiatryinc.com">advancedpsychiatryinc.com</a>	702-763-7811	89032	ADHD, CM, PHP, SAT
Agape Behavioral Center <a href="http://agapebehavioral.org">agapebehavioral.org</a>	702-656-5683	89130	BST, PSR
All About You Counseling <a href="http://alaboutyoucounseling.org">alaboutyoucounseling.org</a>	702-754-0807	89123	General
Alliance Mental Health Specialists <a href="http://alliancemhs.com">alliancemhs.com</a>	702-485-2100	89103	Telepsychiatry
Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma
Apple Grove Treatment Center <a href="http://applegrovetreatmentcenter.com">applegrovetreatmentcenter.com</a>	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute <a href="http://abainstitute.us">abainstitute.us</a>	702-502-8021	89107	ABA, ASD
Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services

**OUTPATIENT LISTING**

Aroma Functional Nutrition Psychiatry afnpsych.com	702-907-7924	89144	Women/Maternal Mental Health
ASPECTS for Behavior aspects4behavior.org	702-825-1010	89130	ABA
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 bridgescounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, 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 Services, 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
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 cccofsn.org	702-369-8700	89104	General

**OUTPATIENT LISTING**

Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	TELE, Military, Veterans, First Responders
Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopelv.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	702-486-7850	89103	DD
Desert Rose Counseling desertroselv.com	702-843-6500	89102	Trauma Recovery
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
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
Elevating to New Heights	702-485-5838	89120	BST, Crisis, PSR
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
Forward Impressions	702-848-1411	89130	BST, PSR, IOP, Youth
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
Grand Desert Psychiatric Services brainsway.com/find-a-provider	702-202-0099	89146	Deep Transcranial Magnetic Stimulation
Guevara Counseling Center guevaracounselingcenter.com	702-366-0251	89106	Grief, PTSD, Refugee, Spanish
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

**OUTPATIENT LISTING**

Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindslv.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, TELE
HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
Higher Ground Counseling Services highergroundcounselingservicesllc.com	702-525-8402	89117	MFT, TELE
High Risk Pregnancy Center hrpregnancy.com	702-664-8279	89106	OUD, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
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
Insight Therapy Solutions insighttherapyolutions.com	702-685-0877	89120	TELE
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
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
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
Mbrace Counseling	702-749-6926	89146	BST, PSR, Family Therapy
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	

**OUTPATIENT LISTING**

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	BST, CM, Crisis, PSR
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
Nueva Vida Mental Health nvbhs.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
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occurring, 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	
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

**OUTPATIENT LISTING**

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 sfstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center 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
Sunshine Family Support Services sunshinefamilyss.net	702-433-0063	89104	TELE
Synergy KTC synergyktc.com	725-222-4582	89113	Ketamine Therapy
Tancell Care tancell-care.business.site	702-476-0262	89119	DD
Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development thecenterforchildandfamilydevelopment.com	702-912-5848	89120	Pediatric Neuropsychology
The Evidence Based Practice of Nevada theebpnv.com	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM
The Healthy Foundations Center healthyfoundations.center	702-489-2117	89117	BST, PSR
The Lovaas Center thelovaascenter.com	702-877-2520	89103	ABA, ASD
The Nestled thenestledrecovery.com	702-848-6406	89146	IOP, SAT
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE

**OUTPATIENT LISTING**

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
There is Hope thereishopenv.com	702-684-7757	89146	Anger Management, IOP
Thrive Behavioral Health & Trauma Centers tbhandtc.com	702-740-0188	89102	LGBTQ, Trauma
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thriveworks Counseling thriveworks.com	702-820-3061	89146	ADDICT, ED
TIM Care	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities tourocadd.org	702-777-4808	89014	ASD
Transitional Wellness Center transitionalwellnesscenter.com	702-339-0346	89120	
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation ucfoundation.com	702-888-6300	89147	School-based, TELE
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
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
Westcare westcare.com	702-385-3330	89101	SAT
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT



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# DON'T LET THEIR RECOVERY GO UP IN SMOKE

Evidence suggests exposure to secondhand smoke is detrimental to behavioral health and substance use treatment plans. Learn more about smoke-free campus policies for your clinical setting.

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# Q&A WITH JOSE MELENDREZ\*

MSW, CHAIR OF THE NEVADA MINORITY HEALTH AND EQUITY COALITION

## Mental Health Spectrum (MHS): What would you like the community to know about the Nevada Minority Health And Equity Coalition (NMHEC)?

**Jose Melendrez (JM):** I would like the community to know that we are committed to everything Health Equity. The pandemic brought to light the incredible inequities that have existed and that populations who identify with some type of Diversity continue to be impacted and hurt. The NMHEC is committed to ending that. Our mission is: “to promote the health and well-being of diverse communities by pursuing research, capacity building, and advocacy that recognizes the unique cultural and linguistic differences of Nevadans.”

## MHS: What are the benefits of agencies/organizations joining NMHEC as partners?

**JM:** By far, the opportunity to network and connect on multiple levels that include policy, advocacy, professional development, social justice, education, respect, access, and equality. All of these are critical elements in the work of coalition building. At our core we value and work towards full inclusion ensuring all have a seat at the table.

## MHS: Describe and address the top two minority mental health issues or challenges facing Nevada?

**JM:** Well as a Coalition this is very difficult to say or choose. Every issue in mental health is critical. If I had to choose, it would be more of a personal choice, including working with youth and those dealing with suicide. Youth in Nevada, like many across the world, faced great disruption and loss of what is a critical time for their development. School, friendships, social development, mental development, loss of life, and so many things changed for them. This loss is something they will live with for the rest of their lives. The other area from my lens has been the impact from suicide. So much loss and anxiety at this time. So many not having the resources or the capacity to deal with their feelings has really taken a toll on our community. It seems that no age group was spared from this issue. More among communities of color. Much of our work in the past 2 years has dealt with the fall out of the pandemic that includes outreach and awareness to prevent suicide. We still have a lot of work to do in this area especially when you place a cultural lens on that area.

## MHS: What kind of legislative policies may facilitate improving mental health conditions for black, indigenous, people of color (BIPOC)?

**JM:** There are some very specific areas in policy work that stand out. First is the requirement for service providers to undergo cultural competence training. This is perhaps some of the most critical legislation passed in Nevada in my team here. This requirement is currently being reviewed and discussed to improve the process for Nevada. This is critical work if we are to support the diverse populations in Nevada. The NMHEC is currently engaged in these conversations, and we will do all that we can to move these efforts forward.

Another area in policy is the use of Community Health Workers in Nevada. Elected officials are reviewing legislation and how CHW's can be utilized in Nevada. This is a critical element in serving diverse communities. I have seen the success of CHW's in Michigan, California, and yes, even in Nevada with key members of the Coalition utilizing CHW's in their work and with great impact. This will be a critical component of the workforce in Nevada.

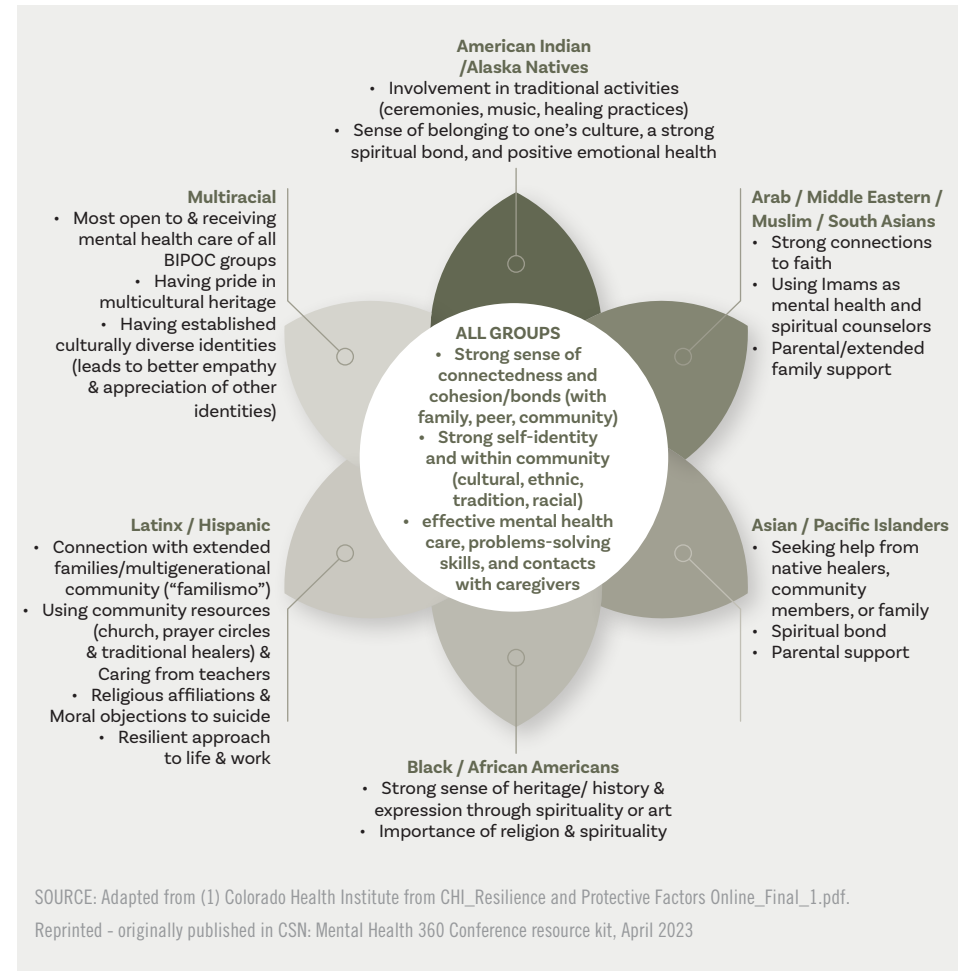
## MHS: How could the community address stigma among black, indigenous, people of color (BIPOC) communities?

**JM:** Simple - Everyone must be willing to educate and raise their level of awareness. Then we begin work among all communities. We must each as individuals accept our responsibility and our place in this work. The first step is acknowledging our own biases and then moving towards our personal education. Through education we will be empowered to become part of the solution and not continue to feed the problem. I know this is not easy and we have so much work to do but this is a commitment from NMHEC to bring health equity to all of Nevada.

*\*Jose is the Executive Director at UNLV School of Public Health Office of Community Partnership and serves as the staff Chair of NMHEC. He also is the liaison for UNLV to the Nevada System of Higher Education and Minority Serving Institution task force that includes MSI-Title III Asian American, Native American, Pacific Islander Serving Institutions and Title V- Hispanic Serving Institution initiatives. Jose is also a UNLV instructor in Social Work and Public Health. His professional experience includes training in diversity, equity, and multicultural programming, coalition building, and community based participatory research.*

## PROTECTIVE FACTORS FOR BLACK, INDIGENOUS, PEOPLE OF COLOR (BIPOC) COMMUNITIES BY MHS STAFF WRITERS

“Protective factors can build resilience and...are critical to ensuring positive outcomes...”<sup>1</sup> Mental health stressors can be triggered or exacerbated by the lack of certain protective factors, e.g., isolation can be increased by lack of connectedness.<sup>1</sup> It is important to know that factors are neither exclusive to, nor universal within, a community. However, there are specific protective factors that are significant to non-white racial and ethnic groups, as shown next.



As a result of AB 327 and the legislative changes to NRS641C.450 all licensees and interns are required to complete 1 hour of Diversity/Cultural Competency training every year. This is required for any renewal after January 1, 2023.

See CASAT for available Cultural Competency Trainings.



SPECIAL FEATURE

# SHARED EXPERIENCES

*"It is O.K. to not be O.K., and it is O.K. to talk about it." – NAOMI OSAKA*

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

## Seeking Therapy (An Asian Immigrant Woman's Story)

Counseling, therapy, and mental health services have become more widely accepted in the past decade. Nonetheless, some people may not be familiar with mental health services, especially those in cultures where therapy and mental health counseling is not widely accessible or understood the same.

An insurance company referred a client to me because the client, Lina\*, could not find a provider in her network who spoke her native language, Thai. Apparently, I was the only one that took her call personally after asking my receptionist if she could speak with me directly. She was seeking counseling because she recently lost her husband of over 30 years. Her adult daughter, who lived out of state, recommended that she seek counseling because she began having unhealthy thoughts and would cry for days. After explaining that she was mainly calling because her daughter begged her to, Lina says to me in Thai, "I don't even know what I'm doing. What IS therapy?"

I asked Lina to come in for an appointment so that I could explain the process to her in person. Lina had never received any type of mental health counseling or therapy before. She kept referring to me as "doctor" even though I kept explaining to her that I was not a doctor but assured her that I do have a graduate degree and many years of training to get my license. In the initial session, I prompted her to speak about how she was feeling and what she felt she needed help with – her challenges, her concerns, etc. She would ask questions such as, "Do I just keep talking?" or "Do you think there is something wrong with me?" and "Can you fix me?" Lastly, she would ask me, "Can you call my daughter and tell her how I'm doing?"

Throughout our sessions, I realized that I had to explain each step of "what therapy is" and how the process works – from how to fill out the paperwork and consents to why I had to ask specific questions to gather information for the intake and assessment. We spoke "Thai-glish" most of the time – a combination between Thai and English – because there were terms in English that I could not properly translate in Thai and even some descriptions in Thai that didn't really exist in English. However, it was the mutual understanding of exactly THIS that allowed us to be successful together.

Lina and I continued a therapeutic rapport for almost two years. Our one-hour sessions included interventions beyond talk therapy. There were sessions spent pulling up resources in Thai so she could read and understand her symptoms in her native language. At times, Lina would bring in documents or notices that she received in the mail and asked me to help make sense of them. Sometimes doing so would help her declutter the overwhelm that filled her life. The interaction that I had with Lina may not be traditional therapy, but the interventions were presented in a way that helped Lina feel supported rather than judged, alone, or confused. I understood her culture. I spoke her language. I also helped bridge the difference between her daughter's generation of first-generation Asian American and Lina's upbringing from a different culture. Lina decided to move to California to be closer to her daughter after finally being able to let go of the things that she was attached to – she no longer felt like leaving Las Vegas meant leaving her late husband.

*\*Actual name of patient changed due to confidentiality. Story told by Stefanie Nakadilok-Hui, M.S. Clinical Psychology, M.A. Human Development, Ph.D. candidate, LADC*

## LOCAL SHELTER AND TRANSITIONAL HOUSING

### FAMILIES

#### Family Promise

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

#### HELP of Southern Nevada

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

#### Safe Families for Children, Olive Crest

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

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

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

### MEN

#### Catholic Charities Shelter for Men

702-387-2282  
1511 Las Vegas Blvd North, Las Vegas 89101  
Provides year-round emergency night shelter for adult homeless men from 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, NLV 89030  
Day resource center and emergency lodging.  
salvationarmyusa.org

### WOMEN

#### Destiny House (Hookers for Jesus)

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

#### Refuge for Women

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

#### Safe Nest

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

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

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

#### The Shade Tree for Women

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

### YOUTH

#### Nevada Partnership for Homeless Youth

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

#### Shannon West Homeless Youth Center

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

*“Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone. LISA OLIVERA*

## Minority Mental Health And...

### RACE

#### Asian American and Pacific Islanders (AAPI)

- A diverse group with Chinese, Japanese, Filipino, Vietnamese, Korean, Hawaiian, South Asian (all Indian sub-continent), and/or other Asian and Pacific Islander origins.<sup>1</sup>
- Have the lowest rates for seeking help and least likely to receive mental health treatment due to stigma and lack of culturally relevant and integrated care.<sup>1</sup>
- Mental illness is considered a weakness or sign of poor parenting, and shameful to everyone; thus tend to restrain in expressing negative feelings to maintain self-esteem and interpersonal harmony; and often report somatic or physical manifestations instead of psychological symptoms.<sup>1</sup>
- Second-generation AAPI immigrants are bilingual (with English often becoming the first language), and often face a cultural identity dilemma due to struggles to balance familial ties and traditional cultural values with the pressure to assimilate to mainstream American society.

#### Black/African Americans

- The experience of being black in America varies greatly (depending on socio-economic status, location, family history of poverty or racism, etc.).<sup>1</sup>
- Are more likely than white adults to report persistent symptoms of emotional distress (e.g., feeling sad or low, struggling to make an effort).<sup>1</sup>
- Adults living below the poverty line are at least twice more likely to report serious psychological distress than those with stronger financial security.<sup>1</sup>
- Males tend to talk less or avoid seeking professional support, increasing risk for mental illness or suicide.<sup>2,3</sup>

#### Hispanic/Latinx

- A diverse group from Central and South America, but with some shared cultural factors that connect individuals, including being bilingual (with the majority speaking Spanish as a first language).<sup>1</sup>
- Rely on family as a primary system of support and need to feel connected (often expect healthcare providers to include family members in any therapeutic process).<sup>1</sup>
- Stigma prevents them from seeking treatment as talking about mental health is often taboo, and there is fear of being labeled as “locos” (crazy) or bringing shame on the family.<sup>1</sup> So often prefer to seek help from general health care providers rather than MHPs.<sup>1</sup>

#### Indigenous/Native

- Have lived in the U.S. for centuries prior to colonization by European settlers (a fact often ignored). Continue to face discrimination and lack of support, causing on-going multi-generational trauma.<sup>1,4</sup>
- A diverse group with 574 federally recognized tribal nations (many tribes are still unrecognized officially) and over 200 indigenous languages. Some shared culture includes: close attachment to land and nature; connectedness with past and community; following and fostering meaningful traditions;<sup>4</sup> have strong family bonds and rely heavily on extended family support systems.<sup>1</sup>
- Endure many burdens like economic and political marginalization, educational disparities, discrimination and mental health challenges rooted in a long history of trauma.<sup>1</sup>
- Are disproportionately affected by suicide: have highest rates compared to general population resulting in a local epidemic of suicide.<sup>1,4</sup> Women showed the largest increase in suicide rates since 1999 (higher risk due to more violence, trauma, poverty, and limited access to mental health care).<sup>1,4</sup> Risk factors: history of interpersonal violence/abuse; unemployment; unwillingness to seek help; alcohol abuse; perceived discrimination; isolation on reservations/feeling cut off from others.<sup>1,4</sup>

### OTHER FACTORS/GROUPS

#### Disability

- Some categories include: physical or mobility-related disabilities; cognitive, developmental or intellectual disabilities; and sensory disabilities (blindness or deafness).<sup>1,2</sup>
- Struggle with physical (immobility and pain) and social (isolation, exclusion, or discrimination) aspects.<sup>1</sup>
- Have increased risk of mental illness due the challenges and barriers like: accessible and effective mental health care; dehumanizing stigmas (ableism); lack of integrated care; and communication.<sup>1,2</sup>

#### Education

- Low educational level is a significant factor amongst minority groups for increased odds of psychiatric issues and health care disparities as it correlates with poor socioeconomic circumstances (e.g., accessing care, ability to communicate in English for immigrants, affordability of health insurance, etc.).<sup>3,5</sup>

#### Historical/Familial Trauma

- Traumatic experiences by specific cultural, racial/ethnic group (or family) in history or recent past (e.g., Holocaust, savagely violent colonization of Native Americans, slavery, parent death by violent attack) can result in a cumulative, lingering (often indirect) impact across subsequent generations—and often results in a damaged (cultural) identity that affects their mental health.<sup>6</sup> For example, younger generations can exhibit signs/symptoms such as depression, fixation on original direct trauma on ancestors/parents, low self-esteem, anger, and self-destructive behavior as a result of historical or familial trauma/adversity.<sup>6</sup>

#### Religion

- Many cultures tend to rely on religious coping methods or spiritual connections for mental health issues.<sup>1,2,3</sup>

#### Sexual Orientation/LGBT+

- Also experience higher rates of mental disorders, suicidal ideation, nonsuicidal self-injury, & substance use.<sup>5</sup>
- Stressors (e.g., discrimination, stigma, harassment) are directly associated with suicidal behavior and indirectly with risk factors for suicide.<sup>7</sup>
- Suicide risk: highest during the teens and early 20s. Youth (15-24) attempt suicide more frequently than straight peers.<sup>7</sup> Protective factors for youth (ages 15-24) that can make a difference: family acceptance, connection to friends and others who care about them, sense of safety, and access to care.<sup>7</sup>

#### Veterans

- Have higher than average rates of suicide than civilians; 67% of deaths by suicide are by using firearms.<sup>8</sup>
- May possess service-related risk factors (e.g., injury, recent transition from military services to civilian life).<sup>8</sup>
- Are more likely to experience at least one traumatic event; 1 to 3 combat veterans suffer from PTSD.<sup>8</sup>

### RECOMMENDATIONS AND OPPORTUNITIES

- **Promote connectedness.** A key protective factor across all minority groups is getting support from family, peers, community, faith, and socially.<sup>1,3,5</sup>
- **Promote safe reporting, suicide prevention programs & messaging to help reduce stigma/contagion effect.** Stigma is a barrier to care in many cultures. Suicide is often preventable.<sup>1,3,4,5</sup>
- **Educate & train MHPs in cultural humility:** MHPs should be aware of and know how to relate to people from diverse backgrounds, as well as recognize unique needs for those with disabilities and underserved populations.<sup>1,2,3,5</sup>
- **Ask questions or learn about a person's culture, family, history, beliefs.** Individuals have multiple identities as they belong to many groups and have varying experiences. As a clinician, it is impossible to know all things about every culture or minority group. The best way to know what matters to a person, is to ask.
- **Expand & increase accessibility to mental health services for diverse minority groups to match needs:** Minorities from diverse populations experience various situations that can impact their mental health, e.g., financial hardships, fear of discrimination and stigma. Mental health services must meet such various needs.

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## 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
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
Parenting Project (free parenting classes)	702-455-5295
Solutions of Change solutionsofchange.org	702-343-3610
Turning Point Nevada (Substance Use)	702-743-7384

### CRISIS AND TRAUMA

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

### GRIEF AND LOSS

Adams Place 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 survivingsuicidelosslv.com	
Suicide Bereavement Support Group	702-735-5544
Survivors of Suicide Loss Support Group	702-807-8133

### OTHER

ADHDOutLoud	702-518-9539 ext 7
Alzheimer's Associaton alz.org	702-248-2770
Cleveland Clinic Caregiver Support and Programs	702-483-6000
Depression and Bipolar Support Alliance (DBSA)	702-750-5919
Dignity Health Womens Center (Support Groups) dignityhealth.org	702-616-4900
Give Me a Break (GAB) - Respite	702-219-0394
National Organization Parents of Murdered Children pomc.com	513-721-5683
Nevada Senior Services adultdaycarelv.org	702-648-3425

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

*Arms Of Support*

A Survivors Of Suicide Attempt Support Group

[armsofsupport.org](http://armsofsupport.org) • [tuffarmsofpeace@gmail.com](mailto: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 ( <a href="http://nevada211.org">nevada211.org</a> )	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	<a href="http://1in6.org/helpline">1in6.org/helpline</a>
AARP Friendly Voice ( <a href="http://aarpcommunityconnections.org/friendly-voices">aarpcommunityconnections.org/friendly-voices</a> )	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) ( <a href="http://APSGethelp.com">APSGethelp.com</a> )	702-486-6930
Al-Anon ( <a href="http://al-anon.org">al-anon.org</a> )	1-800-344-2666
Alcoholics Anonymous (AA) ( <a href="http://aa.org">aa.org</a> )	702-598-1888
Alzheimer's Association Helpline ( <a href="http://alz.org">alz.org</a> )	1-800-272-3900
American Addiction Centers Resource ( <a href="http://centers.org">centers.org</a> )	1-866-892-4547
American Chronic Pain Association (ACPA) ( <a href="http://theacpa.org">theacpa.org</a> )	1-800-533-3231
American Pregnancy Association	1-800-672-2296
Care Solace (CCSD students) ( <a href="http://caresolace.com/ccsd">caresolace.com/ccsd</a> )	888-515-0595
Cocaine Anonymous ( <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a> )	702-941-0950
Codependents Anonymous ( <a href="http://coda.org">coda.org</a> )	602-277-7991
Crystal Meth Anonymous ( <a href="http://crystalmeth.org">crystalmeth.org</a> )	855-638-4373
Debtors Anonymous ( <a href="http://debtorsanonymous.org">debtorsanonymous.org</a> )	800-421-2383
Depression & Bipolar Support Alliance (DBSA) ( <a href="http://dbsalliance.org">dbsalliance.org</a> )	1-800-826-3632
Eating Disorders ( <a href="http://anad.org">anad.org</a> )	1-888-375-7767
Eldercare Locator ( <a href="http://eldercare.acl.gov">eldercare.acl.gov</a> )	1-800-677-1116
Empower Work (Work issues) ( <a href="http://empowerwork.org">empowerwork.org</a> )	TXT HELLO to 510-674-1414
Food Addicts in Recovery Anonymous (FA)	<a href="http://foodaddicts.org">foodaddicts.org</a>
Gamblers Anonymous ( <a href="http://gasn.info">gasn.info</a> )	855-222-5542
GriefShare ( <a href="http://griefshare.org">griefshare.org</a> )	1-800-395-5755
IMAlive (online crisis chat)	<a href="http://imalive.org/online">imalive.org/online</a>
International OCD Foundation ( <a href="http://iocdf.org">iocdf.org</a> )	617-973-5801
Lap of Love - Pet loss resource line ( <a href="http://lapoflove.com">lapoflove.com</a> )	855-352-5683
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous ( <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a> )	1-800-766-6779
Military OneSource (Military Community) ( <a href="http://militaryonesource.mil">militaryonesource.mil</a> )	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
Narcotics Anonymous ( <a href="http://na.org">na.org</a> )	888-495-3222
National Abortion Federation Hotline	1-800-772-9100
National Alliance on Mental Illness (NAMI) Helpline ( <a href="http://nami.org/help">nami.org/help</a> )	1-800-950-6264

## HELPLINES

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 ( <a href="http://nicotine-anonymous.org">nicotine-anonymous.org</a> )	1-877-879-6422
Nevada Health Connection ( <a href="http://treatmentConnection.com">treatmentConnection.com</a> )	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 ( <a href="http://oa.org">oa.org</a> )	505-891-2664
Partnership to End Addiction (Concerned Parents) ( <a href="http://drugfree.org">drugfree.org</a> )	TXT CONNECT to 55753
Physician Support Line ( <a href="http://physiciansupportline.com">physiciansupportline.com</a> )	1-888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) ( <a href="http://postpartum.net">postpartum.net</a> )	1-800-944-4773
Problem Gamblers Helpline	1-800-522-4700
SAMHSA's Helpline ( <a href="http://samhsa.gov/find-help/national-helpline">samhsa.gov/find-help/national-helpline</a> )	1-800-662-4357
Schizophrenia & Pyschosis Action Alliance ( <a href="http://sczaction.org">sczaction.org</a> )	1-800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives ( <a href="http://selfinjury.com">selfinjury.com</a> )	1-800-366-8288
Sex Addicts Anonymous ( <a href="http://saa-recovery.org">saa-recovery.org</a> )	1-800-477-8191
Sidran Institute - Trauma or Dissociation ( <a href="http://sidran.org">sidran.org</a> )	410-825-8888
Stop It Now! (Abuse helpline)	1-888-773-8368
Survivors of Incest Anonymous ( <a href="http://siawso.org">siawso.org</a> )	877-742-9761
TARA for Borderline Personality Disorder ( <a href="http://tara4bpd.org">tara4bpd.org</a> )	888-482-7227
Teen Help Inc	1-800-400-0900
Teen Line (TXT 839863)	1-800-852-8336
The StrongHearts Native Helpline ( <a href="http://strongheartshelpline.org">strongheartshelpline.org</a> )	1-844-762-8483
Tobacco (Nevada) Quit Line ( <a href="http://nevada.quitlogix.org">nevada.quitlogix.org</a> )	800-784-8669
Tragedy Assistance Program for Survivors (Military) ( <a href="http://taps.org">taps.org</a> )	800-959-8277
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211 ( <a href="http://211.org">211.org</a> )	1-800-233-4357
UNLV Careline (Sexual Assault, Violence, Stalking)	702-895-0602
Vet Center Call Center ( <a href="http://vetcenter.va.gov/media/Call-Center-PSA.asp">vetcenter.va.gov/media/Call-Center-PSA.asp</a> )	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.



*Don't be afraid to cry. It will free your mind of sorrowful thoughts.*

HOPI TRIBE



# A MATTER OF WORDS

*“Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives.” – Bessel A. van der Kolk (Writer & Psychologist)*

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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OUR CULTURE, BELIEFS, SEXUAL IDENTITY, VALUES, RACE AND LANGUAGE ALL AFFECT HOW WE PERCEIVE AND EXPERIENCE MENTAL HEALTH CONDITIONS. IN FACT, CULTURAL DIFFERENCES CAN INFLUENCE WHAT TREATMENTS, COPING MECHANISMS AND SUPPORT WORK FOR US. IT IS THEREFORE ESSENTIAL FOR CULTURE AND IDENTITY TO BE A PART OF THE CONVERSATION AS WE DISCUSS BOTH MENTAL HEALTH AND MENTAL HEALTH CARE.

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI)

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