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NOTE FROM: *The Editor*

Life was hard enough before COVID-19 hit us in 2020. From children to adults, individuals experience events and situations at home, school, or work that impact their lives in some way on a daily basis. The constant stress and struggles in our day-to-day lives were compounded and exacerbated by the pandemic. For over two years now, people of all ages and all over the world have faced such significant challenges that it has brought about a global mental health crisis that is lingering despite all efforts to resume normal life. The reason for this is that there already was a mental health crisis on the horizon—the pandemic only amplified it, especially in the US, as noted by the CDC. This problem remains a major public health concern.

In this issue, we address the concept of mental health fitness in an effort to raise awareness and increase knowledge on how to improve mental health and overall well-being. We highlight the role of meditation, sleep, nutrition, self-care, and much more, all in terms of fitness of mental health. There's a saying, "practice makes perfect" – actively practicing to gain mental health fitness is imperative to gaining good overall health. It is my hope that this information will help educate and inspire you to better manage both external and internal struggles so that you may attain a more positive attitude and a healthier, happier overall wellbeing. There is growing research evidence that shows that appropriate lifestyle choices and practices can boost mental health. So take the time to pay attention to matters of the mind: nurture it, exercise it, take care of it...after all, your mind is your greatest asset.

On a closing note, I would like to thank our guest contributors for their support of this Issue and all those who have donated to help keep *Mental Health Spectrum* afloat. In particular, a very special thanks to Care Coalition for their part sponsorship of this issue. Positive feedback and support from our readers and donors is what helps us to continue providing this free resource. Thank you and a Happy Thanksgiving to all!

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

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SIGNS AND SYMPTOMS OF *Poor Mental Health Fitness*

Mental health (MH) fitness is about the overall well-being of our brain because that controls our psychological, emotional, and social well-being.¹ How we think, feel, and act depends on our level of MH fitness.¹ This means our (or our brain's) ability to make healthy choices, handle stress, and perform daily tasks with normal functioning is influenced by our state of MH fitness. It is important to be aware of the signs of poor MH fitness because it can change over time, and can even impact physical health. Stress is a common leading cause of poor MH fitness.² Signs and symptoms can vary for different people and circumstances. The table below provides some common examples of how poor mental health fitness can affect a person:^{1,2}

MOOD	BEHAVIOR	BODY
Anxiety or feeling overwhelmed	Overeating or under eating	Headaches, migraines, dizziness
Irritability or anger	Physical or verbal aggression	Muscle tension or jaw clenching
Panic attacks	Abusing alcohol or other substances	Chest pain or feeling like your heart is racing
Restlessness	Tobacco use, smoking, vaping	Random aches and pain
Lack of motivation or focus	Poor self-hygiene or self-injury	Exhaustion, fatigue
Memory problems	Participating compulsively in sex, shopping, gambling, or internet browsing	Change in sex drive, trouble having sex
Brain fog or confused thinking	Avoiding routine responsibilities	Stomach or digestive problems
Feeling guilty or worthless	Avoiding physical activity	Sleep problems
Sadness or depression	Avoiding friends and staying at home or excessive social media use	Weak immune system—getting sick easier or often

A healthcare professional can evaluate symptoms and assist with treatment such as offering advice/counseling, prescribing medication, or referring you to a specialist/qualified mental health professional. Always seek medical attention if you feel overwhelmed, are engaging in risky behaviors, or if you have thoughts about hurting/killing yourself.

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HOTLINES (24/7)

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

Mental Health Fitness: An Overview

BY ANJUM KHAN | MA, PMP, PMI-ACP

“I think therefore I am.”—René Descartes

Fitness is often associated with the body and its ability to perform normal daily functions without difficulty. In fact, until recent times, a person’s well-being was usually set by that person’s level of physical fitness – if you’re fit, you’re healthy! But as the World Health Organization (WHO) constitution states, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”¹ So BOTH the mind and the body make up the total well-being of a person. To better understand this concept, let’s first look at the mind, then address the definition of mental health and aspects of mental health fitness.

What is the mind? Mind vs Brain

So one might ask, what’s the difference between the mind and the brain? Well, it is important to note that the two are separate yet linked entities. The brain is an actual physical organ that performs critical functions to enable cognitive skills which are “essential to the existence [and quality] of the mind”² for our basic development and survival. So “when the brain is damaged, so is the mind.”² We are constantly bombarded by information received from our five senses and daily experiences. The brain is like a computer that processes, organizes, and stores these stimuli. The mind is a non-physical entity that needs the brain to function and respond appropriately to these stimuli.²

The mind is, in essence, the control seat of the human brain for conscious and unconscious decision-making processes, cognitive functions, and physical behavior. It is like the power source that affects both mental and physical agency. It controls not only all our mental capabilities (e.g., awareness, emotions, reasoning, memory), but also the processes that direct our body movements and physical actions.² This means that the mind doesn’t just play a key role in our daily lives, but it *is* the key to be able to function normally.

What is mental health and what factors affect it?

According to WHO:

Mental health is a state of well-being that enables people to cope with the normal stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health. . . fundamental to our . . . ability as humans to think, emote, interact with each other, earn a living, and enjoy life.¹

Mental health can be negatively affected by factors such as: biological/genetic factors, poor physical health, history of abuse/violence/bullying, unhealthy lifestyles, poverty, stress, and experiencing sudden and/or drastic change in circumstances (e.g., divorce, loss of income/job or a loved one).^{1,3} Such a range of potentially risky factors means that anyone, at any stage in life, is at risk of developing poor mental health, regardless of one’s gender, age, income status, or race.¹ Protective factors include strong resilience, ability to regulate emotions, financial stability, education, safe environments, and positive family and social connections.^{1,3}

What is mental health fitness and why does it matter?

Remember, total wellbeing is about both the body and the mind. Just as physical fitness is about keeping your body in shape, mental fitness is about keeping your mind in shape. It is about building resilience and learning how to maintain an active brain and a positive state of mind so that you can regulate your emotions, think logically, and adequately cope with life’s challenges. Mental health fitness matters because it plays a crucial role in the quality of life—our feelings, thoughts, and behaviors impact the decisions and choices we make about the lifestyle and relationships we have and how we handle them. Mental health issues can lead to decreased productivity at home, school, or in

the workplace and are the leading cause of disability worldwide.^{1,3} Key findings on the 2023 State of Mental Health in America⁵ show that:

- Approximately 75% of mental health disorders start before the age of 24; 50% by age 14.
- 1 in 5 adults, and 1 in 6 youth aged 6-17, experience a mental illness each year.
- More than 1 in 10 youth are experiencing major depression; 60% do not receive treatment.
- Suicide is the 2nd leading cause of death among 8-34-year-olds.
- Approximately 75% of mental health disorders can be effectively treated; yet over 50% of people with mental health disorders do not receive treatment due to lack of access, money, insurance, or no insurance participation.

How can one practice mental health fitness?

Building resilience – your psychological strength – is a key factor in handling challenges and is a skill that can be worked on. There are three components to mental fitness that impact how we think, feel and act: cognitive, emotional, and behavioral. Here are 6 evidence-based ways to practice mental fitness and build resilience.^{3,4}

1. **Brain exercises.** Target cognitive skills like memory, focus, and problem-solving. Some examples include: actively using all the 5 senses, engaging in diverse activities, reading, doing a crossword or jigsaw puzzle, playing scrabble, learning something new, writing using a pen, and using your non-dominant hand to do some activities. Consider this power strength training for the mind – the brain muscles: “use it or lose it.”
2. **Meditative exercises.** Target emotions by engaging in mindfulness and bringing a sense of calm through focused and controlled deep breathing. Tai Chi, Qi Gong are ancient eastern practices that are supported by research evidence on their benefits to mental health and facilitating emotional regulation.
3. **Physical exercises.** Regular exercise reduces stress, bolsters self-esteem, as well as helps manage weight, improve sleep, and overall health. Physical fitness involves cardiovascular, muscular, and weight components that impact our strength, endurance, balance, and flexibility. Examples are weightlifting for strength; dancing, running or walking for cardio; pilates or yoga for balance and flexibility.
4. **Gratitude and positivity.** Change your thoughts – thinking calmly and positively can influence how you feel, perceive, and experience a situation. Engage in activities that build a sense of positivity, confidence, and achievement. Embrace gratitude - find one thing to be grateful for each day. Doing just one positive thing or being thankful for one thing can tip the scale to boosting mental health.
5. **Selfcare.** Make this a priority. Take care of your basic needs like eating healthy, getting quality sleep, exercising, having a routine for daily activities, maintaining personal hygiene, and spending time outdoors.
6. **Social connections.** Having strong, positive connections with family and friends is known to be a significant buffer and support in handling and overcoming mental health issues.

Conclusion

Poor mental health fitness can make not only everyday life even harder for us, but also have a ripple-effect on our physical health, school/work, family, and relationships. It is imperative that we each recognize the importance of having a mental health fitness routine that can help our overall wellbeing and enable a better quality of life. Taking care of yourself is a necessity, a basic need to build resilience and learn coping skills to develop and maintain your ability to have a positive mindset, regulate emotions, and make logical choices that can help you handle the challenges of life in a healthy way. Set up and follow a daily self-care routine that encompasses both physical and mental health activities. Long-term poor mental health fitness can lead to more serious mental health issues and require professional diagnosis and treatment.^{1,3} So mind your mind and mind your brain. Being mindful matters.

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STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Active Minds

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

Alzheimer's Association – Desert Southwest Chapter

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

American Foundation for Suicide Prevention (AFSP) Nevada Chapter

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

Autism Coalition of Nevada

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

Avery Burton Foundation

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

Bamboo Bridges

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

CARE Coalition

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

Center for Autism Spectrum Disorders (CASD)

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

Center for the Application of Substance Abuse Technologies (CASAT)

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

Clark County Children's Mental Health Consortium

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

Crisis Support Services of Nevada (CSSNV)

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

Depression Bipolar Support Alliance (DBSA) Southern Nevada

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

Emma's House, Inc

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

Family and Child Treatment Center of Southern Nevada (FACT)

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

Family TIES of Nevada

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

FEAT of Southern Nevada

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

Foundation for Recovery (FFR)

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

Harm Reduction Center/Trac B Exchange

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

Health Services Coalition

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

Henderson Equality Center

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

Pink Chair (formerly Hookers for Jesus)

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



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STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Hope Means Nevada

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

hopemeansnevada.org

Jean Nidetch Care Center

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

unlv.edu/carecenter (702-895-4475)

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

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

lasvegasheals.org (702-952-2477)

Lou Ruvo Center for Brain Health

Medical Center dedicated solely to the pursuit of more effective treatments for brain diseases and to the provision of state-of-the-art care for patients affected by these diseases and their families.

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

National Alliance on Mental Illness (NAMI)

Southern Nevada Chapter

The nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental illness.

namisouthernnevada.org (775-470-5600)

National Association of Social Workers (NASW)

Nevada Chapter

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

naswnv.socialworkers.org

Nevada Action Coalition

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

nvactioncoalition.org (702-522-7034)

Nevada Caregivers Coalition

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

nvcaregiverscoalition.com

Nevada Care Connection

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

nevadaadrc.com

Nevada Coalition to END Domestic and Sexual Violence

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

ncedsv.org

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

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

dcfs.nv.gov/Programs/CWS/CSEC/CSEC

Nevada Coalition for Suicide Prevention (NCSP)

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

nvsuicideprevention.org

Nevada Council on Problem Gambling

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

nevadacouncil.org (702-369-9740)

Nevada Counseling Association

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

nvcounseling.org (702-638-0772)

Nevada Crisis Intervention Team (CIT)

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

nvcit.org

Nevada Disability Advocacy & Law Center

Provides services statewide to promote and advocate for the human and legal rights, interests and welfare of Nevadans with disabilities.

ndalc.org (702-257-8150)

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

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

suicideprevention.nv.gov (702-486-8225)

Nevada Hospital Association

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

nvha.net (775-827-0184)

Nevada Minority Health and Equity Coalition (NMHEC)

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

nmhec.org

Nevada Outreach Training Organization

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

nevadaoutreach.org (775-751-1118)

Nevada PEP

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

nvpep.org (702-388-8899)

Nevada Psychological Association (NPA)

Advances and represents psychology as a science and a profession, as well as to serve the professional needs of its membership and the community.

nvpsychology.org (888-654-0050)

Nevada Public Health Association

Serves as the voice for public health in Nevada in order to improve health and achieve equity in health status.

nphaonline.org (775-996-3908)

Nevada School Counselor Association (NvSCA)

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

nvsca.org

Nevada State Opioid Response

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

nvopioidresponse.org

Nevada Statewide Coalition Partnership

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

healthiernv.org

Nevada Statewide Maternal and Child Health Coalition

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

nvmch.org

Nevada Tobacco Control & Smoke-Free Coalition

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

nvtobaccopreventioncoalition.org

New Zeal

Dedicated to the total restoration of drug addicts and their families through the gospel and ministry.

newzeal-iv.org (702-366-0558)

PACT Coalition

Seeks to empower Southern Nevada with the resources to prevent substance misuse for all ages and promote recovery through culturally competent advocacy, education, stigma reduction, support, and outreach.

drugfreelasvegas.org (702-582-7228)
Meetings: 3rd Wednesday monthly at 11:30am

Prevent Child Abuse Nevada

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

preventchildabusenevada.org (702-895-1040)

reQ therapy bbq for mental health

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

reqtherapybbq.com

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

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

theembracingproject.org

RITE Renew Interactive Training & Education

Works broadly across the community to help affect positive change for vulnerable populations. Committed to the betterment of the community and uplifting those who serve our most vulnerable residents, with a mission to elevate the standards of care.

ritetrainings.org (702-882-0752)

RubiesLV

Faith-based, sex-industry-survivor-led nonprofit committed to addressing and preventing sex trafficking in Las Vegas—and helping its victims and their families heal together.

rubieslv.com (725-251-0258)

S.H.E.R.O Foundation

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

sherofoundation.org

Signs of Hope

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

sohlv.org (702-385-2153)

Solutions of Change

Free counseling/therapy and crisis intervention services to youth ages up to 18 and their families. Individual, family and group sessions available.

solutionsofchange.org (702-848-1696)

Southern Nevada Adult Mental Health Coalition

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

(Capt. Nita Schmidt 702-671-3955)

Southern Nevada Harm Reduction Alliance (SNHRA)

Reduces drug related stigma, overdoses and the harmful effects of drugs within the Southern Nevada Community regardless of their circumstances.

facebook.com/SoNVHarmReductionAlliance
(702-800-6693)

Southern Nevada Health District

Addresses chronic disease risk factors including tobacco use, exposure to secondhand smoke, physical inactivity and unhealthy diets. Offers free, evidence-based programs to assist with chronic disease prevention and self-management. Advocates for policies that support healthy communities.

gethealthyclarkcounty.org (702-759-1270)

Southern Nevada Opioid Advisory Council

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

Meetings: Once every quarter

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

State of Nevada Association of Addiction Professional (SNAAP)

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

The Cupcake Girls

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

The Harbor

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

The LGBTQ Center of Southern Nevada

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

The Phoenix

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

The Pride Tree

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

There is No Hero in Heroin Foundation (TINHIIH)

Informs the public of the growing epidemic of opiate/heroin substance use disorder in our town and across the US, and to provide resources and solutions to families and heroin addicts alike. tinhiihasvegas.info

UNSHAKEABLE

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

Vegas Strong Resiliency Center

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

Vegas Stronger

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

Veterans & Community Resource Center

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

WestCare Nevada

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

Women's Sustainable Recovery (WSR) Coalition

Advocates through a network of providers and resources to help women to sustain recovery and restore their lives. wsrcoalition.org

Young: Equal (contact@youngequal.org)

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

Youth MOVE Nevada (youthmovenv@nvpep.org)

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

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



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

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



The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health conditions.

www.namisouthernnevada.org 702-890-9729

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- Mandala Art with The Phoenix
- Vision Boarding

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SCAN QR CODE
for class schedule



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



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

Mental Health Fitness and Meditation: Breathe Your Way to Inner Peace

BY COSMIN MAHADEV SINGH*

In the whirlwind of modern life, maintaining our mental and emotional well-being has become an ever-elusive challenge. The relentless influx of negative information, the breakneck pace of our daily routines, and the ubiquitous "I don't have time" mantra can take a toll on our mental health, leading to stress, negative thoughts, and a host of other issues. It's a domino effect that can spiral us into a vortex of despair. But there is very good news: a timeless solution that has helped countless individuals throughout history - meditation. Originating thousands of years ago in India as an integral aspect of the yogic tradition, this technique has now proliferated worldwide, manifesting in diverse modalities accessible to people everywhere.¹ Let's explore the power of meditation and how it can put your mind, thoughts, and emotions on a path to relaxation, balance, and inner peace.

Meditation: Beyond the Buzzword

You've undoubtedly heard the term "meditation," but what is it exactly, and how can it benefit you? Meditation is more than just a buzzword; it's a technique that can transform your mental and emotional landscape,^{1,2} offering a haven of serenity in our chaotic world. In the same manner that we tend to our physical bodies (akin to hardware maintenance), it is equally crucial to oversee and manage our minds (comparable to upkeep software). Rather than reading about it, the best way to understand meditation is to experience it for yourself. While meditation can take various forms, one of the simplest and most direct methods involves focusing on your breath.² Yes, you read that correctly: your breath, the one thing that remains free in this world, can be your ticket to immediate relaxation and well-being. Your breath has the power to center you, uplift your spirits, and give you control over your thoughts and emotions.² It's a tool that influences not only your mental and emotional state but also your physical and even spiritual well-being.²

The Breath-Mind-Body Connection²

Don't just take my word for it; the next time you find yourself stressed, pay attention to your breath. Chances are, you'll notice it becomes fast and shallow. The beauty of this situation is that you have the power to consciously shift your breath to deep and slow. In just a minute, you'll observe the remarkable difference it makes. This simple act of changing your breath, filling both your lungs fully, can have a profound impact on your well-being.

Your breath is your constant companion, accompanying you through life's ups and downs. It sustains you, so why not harness its potential to navigate the turbulence of life? While correct breathing won't miraculously pay your bills or change your workplace dynamics, it can put you in a mental and emotional space where the stress around you loses its power to affect you negatively.

Breathe Your Way to Positivity

Correct breathing isn't a magic cure-all, but it's a foundational practice that sets the stage for a more positive outlook. When you breathe deeply and consciously, you oxygenate your body and calm your nervous system.² This, in turn, sends signals to your brain that everything is okay, reducing the release of stress hormones.² As you embrace the power of your breath, you'll find yourself feeling centered, lighter, and happier. Negative thoughts will lose their grip, and you'll discover newfound energy within. Your breath becomes a bridge to inner peace, a refuge from the chaos outside. It's a technique that's always available to you, no matter where you are or what you're doing.

Implementing Change in Your Life

More than 90% of the population breathes shallowly, a habit formed over time due to stress and anxiety.² The good news is that you can change this. Learning to breathe correctly is a skill that anyone can acquire with practice. It's a gift that keeps on giving, benefiting you not only immediately but throughout your life. Incorporating correct breathing into your daily routine doesn't require extra time or special equipment. It's a simple but powerful tool that can transform your life!

Conclusion

In a world overflowing with negativity and stress, maintaining your mental and emotional fitness is crucial. Meditation, with a focus on conscious and deep breathing, is a timeless practice that offers a path to inner peace, positivity, and resilience. By tapping into the power of your breath, you can create

a foundation for mental clarity, emotional balance, and overall well-being. The key is not just to read about it but to practice it. So, take a moment now, close your eyes, and take a deep, mindful breath. Your journey to a healthier, more positive mindset starts right here, right now.

Practical Tip: Instant Stress Relief Through Conscious Breathing – 3 minutes

When stress takes hold, you don't need hours to regain your composure. Try this quick, effective breathing exercise: **Take a Short Break:** Pause for a few minutes in a safe, quiet space. **Lie Down:** Lay on your back for instant relaxation. **Hand Placement:** Position your left hand on your navel for tactile feedback. **Nasal Breathing:** Inhale and exhale solely through your nose. **Conscious Breathing:** As you inhale, feel your abdomen rise, lifting your hand gently. Exhale slowly, letting your hand lower. **Repeat:** Continue this pattern for a few minutes. **Results:** Feel the stress melt away, leaving you relaxed and centered.

This practical exercise is a valuable tool for managing stress in the midst of a busy day. Practice it regularly to harness the power of your breath for a calmer, more composed you.

REFERENCES:

1. Sharma, H. (2015). *Meditation: Process and Effects*. From ncbi.nlm.nih.gov/pmc/articles/PMC4895748
2. Carter K.S. & Carter R., 3rd. *Breath-based meditation: A mechanism to restore the physiological and cognitive reserves for optimal human performance*. From pubmed.ncbi.nlm.nih.gov/27099859

* Cosmin Mahadev Singh was born in Romania - a country with a deep-rooted history in diversity and spirituality. Mahadev is the founder of RYK Yoga & Meditation Center (rykyoga.com), OM FEST – the largest Yoga and Meditation festival in Las Vegas, NV and RYK Spiritual Retreat & Training Center, near Asheville, NC. He is certified with Kundalini Research Institute and registered with the International Kundalini Yoga Teachers Association and Yoga Alliance. He is also an accomplished Traditional Reiki Master having trained in both the United States and Europe. He offers yearly Kundalini Yoga Teacher Trainings, Reiki Attunements and International Yoga and Meditation retreats to Bali and India.



Contact Us!

702-445-6937
www.solutionsofchange.org
2310 Paseo Del Prado #A101-03, Las Vegas, NV 89102
Age Group: All Ages
Payment: Cash, Sliding Scale, Visa, Free and Low Cost Services Available
Languages: English and Spanish

About Us

Solutions of Change is a 501c3 non-profit organization providing therapy, counseling, and family support services to members of the community struggling with behavioral, mental, and/or emotional health challenges. We gladly service all members of the local and state community with a central focus on those who are uninsured or underinsured, including those who are undocumented. Solutions of Change also provides informational workshops and seminars to local organizations in an effort to bring awareness to the multifaceted nature of mental wellbeing.

NATIONAL ORGANIZATIONS

Diversity and Multicultural

Behavioral Health Indian Health Services [ihhs.gov/communityhealth/behavioralhealth](https://www.ihhs.gov/communityhealth/behavioralhealth)
BIPOC Mental Health mhanational.org/bipoc Black Mental Wellness blackmentalwellness.com
National Latino Behavioral Health nlbha.org The Network La-Red tnlr.org

General

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

Grief

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

Legal and Disability

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

Substance Use

Addiction Technology Transfer Center atcnetwork.org Celebrate Recovery celebraterecovery.com
Community Anti-Drug Coalitions of America (CADCA) cadca.org
Faces and Voices of Recovery facesandvoicesofrecovery.org Families Against Narcotics familiesagainstnarcotics.org
Generation Rx generationrx.org National Council on Alcoholism and Drug Dependence ncadd.us
National Institute on Alcohol Abuse and Alcoholism niaaa.nih.gov
Partnership to End Addiction drugfree.org Preventional Technology Transfer Center pttcnetwork.org
SmokeFree smokefree.gov Treatment Advocacy Center treatmentadvocacycenter.org

Suicide Prevention and Postvention

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

Trauma and Abuse

Futures Without Violence futureswithoutviolence.org
Love is Respect loveisrespect.org National Center for PTSD ptsd.va.gov
National Center on Domestic Violence, Trauma, and Mental Health nationalcenterdvtraumamh.org
National Coalition Against Domestic Violence (NCADV) ncadv.org
National Network to End Domestic Violence nnev.org National Organization for Victim Assistance trynova.org
Prevent IPV preventipv.org PTSD Alliance ptsdalliance.org
RAINN rainn.org S.A.F.E. Alternatives (Self Abuse Finally Ends) selfinjury.com
Sidran Institute: Traumatic Stress Education & Advocacy sidran.org Shared Hope International sharedhope.org
The National Child Traumatic Stress Network nctsn.org

Veterans

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

Wellness, Well-being, Positive Psychology

American Mental Wellness Association americanmentalwellness.org
Center for Mindful Self Compassion centerformsc.org Global Wellness Institute globalwellnessinstitute.org
National Center for Complementary and Integrative Health nccih.nih.gov
National Sleep Foundation thensf.org Pursuit of Happiness pursuit-of-happiness.org

Q&A WITH TIFFANY M. SMITH* | MD

AROMA FUNCTIONAL NUTRITION PSYCHIATRY

Mental Health Spectrum (MHS): Tell us a little about Aroma Functional Nutrition Psychiatry (AFNP)?

Tiffany M. Smith (TMS): AFNP focuses on root-cause treatment using alternative holistic and natural modalities. Our practice is about empowering individuals to take an active role in their mental health. We conduct a comprehensive life assessment understanding that mental health is more than just the brain but everything about the person.

MHS: What type of mental health issues do you see? What is your treatment approach in general?

TMS: I see all mental health conditions from challenges to navigating life to chronic lifelong trauma to psychosis. I see people struggle the most with lifestyle navigation. People get stuck and lost with the demands of the world and I find that it can express itself as depression and anxiety or insomnia in most cases.

We have a framework that uses the acronym of the company name, AFNP. It stands for **A**spire, **F**ortify, **N**ourish, and **P**rosper. When we first meet with a client it is important to understand their aspirations; what do they want for themselves and why now are they seeking a nontraditional form of mental healthcare. Fortify is the next step and its objective is to build up and strengthen the individual mentally, physically, and spiritually. Nourish is the support that provided to our clients as they are working through their transformation. Last, is Prosper - the transitional phase when they are preparing to maintain independently the transformation they have just underwent. This approach is unique to every individual and meets them where they are.

MHS: What is the connection between nutrition and mental health? Please elaborate.

TMS: Nutrition is very closely connected to mental health, but adjustment alone will not do. We have to look at the whole individual. But with changes in nutrition to whole clean organic foods, it would help inflammation, hormonal disruptions, and weight gain. But if you eat good and are still in a toxic relationship, or work in toxic conditions, nutrition alone will not do. So, nutrition is one component in our approach to better mental health albeit a very significant one.

MHS: Is there a particular evidence-based diet or food group that boosts mental health?

TMS: While there's no one-size-fits-all diet, research suggests that diets rich in omega-3 fatty acids, antioxidants, and probiotics can have mental health benefits. We believe it is more important to know what foods are not good for you, to understand how the food you eat responds to your body and digestive system. Individualized nutritional strategies can be a transformative element in mental health care.

MHS: Provide and explain two ways a person could proactively work on their mental health fitness?

TMS: First, self-awareness is invaluable. I often recommend journaling or using tracking apps to monitor mood, sleep, and other behavioral patterns. This self-data can offer profound insights into your mental state. Second, get rid of things that do not bring you joy, no longer serve you, or no longer aligns with who you are today or who you aspire to be.

MHS: Any other thoughts or comments you would like to share regarding the topic of mental health fitness?

TMS: Mental health is a lifelong endeavor that requires proactive engagement. It's not merely the absence of disease but the presence of overall well-being. Your mental health and well-being begins with how you feel about yourself. Start your 21 day Love Thyself journey by Dr. Tiffany M Smith by texting SELFLOVE to 702-919-4149.

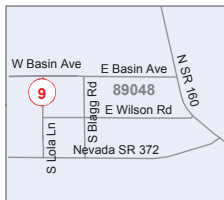
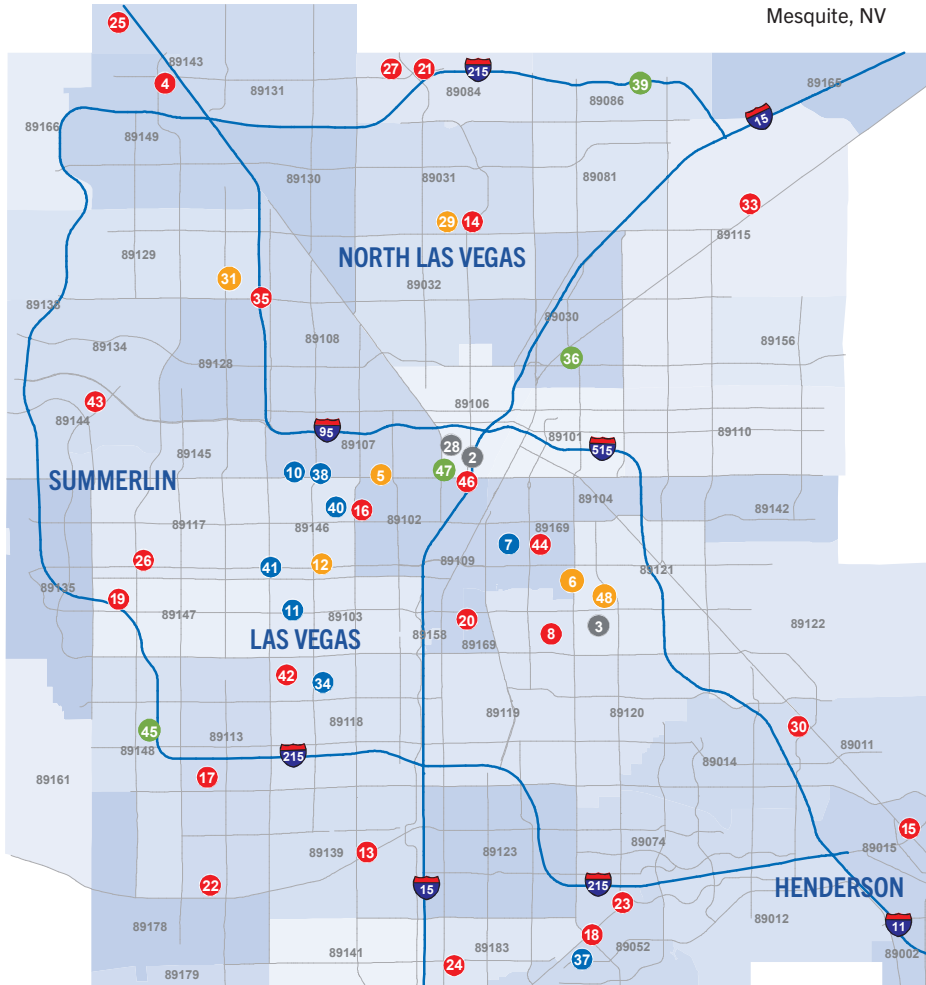
*Dr. Tiffany M. Smith is not your typical psychiatric nurse practitioner. Specializing in lifestyle and functional medicine, she understands that mental health struggles are often symptoms of deeper, underlying issues. More information about Dr. Smith maybe found at www.afnpsych.com or follow on IG: [dr.tiffanysmith](https://www.instagram.com/dr.tiffanysmith) or Facebook: [DrTiffanyMSmith](https://www.facebook.com/DrTiffanyMSmith).

HOSPITAL LISTING

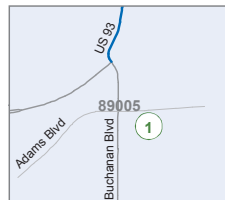
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

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


For Emergencies call 911 for immediate assistance.

It's All About Self-Care

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

LISTENING

SUGGESTED MUSIC:
CLUB



Example: It Don't Matter – Alok, Sofi Turner & INNA
Free songs available on youtube.com


SUGGESTED SHOW:
HEALTHY EATING

Example: Downshiftology with Lisa Bryan
Available on youtube.com



WATCHING

SUGGESTED ACTION:
FINGER EXERCISES



Improves memory and boosts brain health. The stimulation helps rejuvenate the body and make the brain more efficient.

YouTube Search – 9 Brain exercises to strengthen the mind developed by Yoshiro Tsutsumi

SUGGESTED READING:
COMEDY



Example: Stay Hungry – Sebastian Maniscalco
Free reading materials available at public libraries (lvccld.org or hendersonlibraries.com)

READING

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel." – ELEANOR BROWN

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

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

Talkspace

Talkspace is a comprehensive online counseling platform that helps individuals get access to therapy, medication management, and personalized treatment. Offers therapy for couples, teens, and adults. Psychiatric services are also available for adults.

OUTPATIENT LISTING

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

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

FOCUS / SPECIALTY

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

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
A Better Tomorrow abettertomorrowlv.co	725-238-6990		EMDR, Play Therapy, PTSD
Aaron Williams Therapy aaronwilliamstherapy.com	702-480-7960	89106	Anxiety, Coaching, Pre-martial
ABC Therapy abctherapy.net	702-598-2020	89101	DV, EAP, Problem Gambling
Access Possibilities accesspossibilities.com	909-233-4242	89123	Access Bars, ASD, MOOD, PTSD, Trauma
Achievable Behavior Strategies bxtherapy.com	702-565-1894	89147	ABA, ASD
Adelson Clinic for Drug Abuse Treatment adelsoncliniclasvegas.com	702-735-7900	89169	OUD, MAT
Adonai Counseling & Consulting	725-208-1960	89146	EMDR, Grief/Loss, Relationships
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatry Inc. advancedpsychiatryinc.com	702-763-7811	89032	ADHD, CM, PHP, SAT
Agape Behavioral Center agapebehavioral.org	702-656-5683	89130	BST, PSR
All About You Counseling allaboutyoucounseling.org	702-754-0807	89123	General
Alliance Mental Health Specialists alliancemhs.com	702-485-2100	89103	Telepsychiatry
Andres Counseling Services	702-803-3481	89128	Anxiety, MOOD, Trauma
Apple Grove Treatment Center applegrovetreatmentcenter.com	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute abainstitute.us	702-502-8021	89107	ABA, ASD

OUTPATIENT LISTING

Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services
Aroma Functional Nutrition Psychiatry 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 bridgecounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP, Problem Gambling
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, PTSD
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

OUTPATIENT LISTING

Community Counseling Center cccofsn.org	702-369-8700	89104	General
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 corridorofhopevl.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
Earth's Edge Wellness earthsedgewellness.com	702-582-9474		Faith Crisis, Sex Therapy, Sleep Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	ED, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Elevating to New Heights	702-485-5838	89120	BST, Crisis, PSR
Emma's House Inc emmashouseinc.org		89052	CBT, MFT, TELE, Grief, Trauma
Empowerment Center of NV	702-636-8729	89032	Crisis Intervention, General
Estra Healthcare Services estrahealth.com	725-502-7699	89102	OCD, Compulsive Gambling
Evergreen Counseling evergreencounselinglv.com	702-248-6290	89146	ODD, Sexual Problems, Trauma
Evolving Minds Therapy evolvingmindstherapy.com	702-881-1234		Virtual General, Crisis Services
Focus Mental Health Solutions focusmentalhealth.com	702-790-2701	89102 89052	Psychiatric Services
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

OUTPATIENT LISTING

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
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
Hope Medical Center hopemedicalcenter.org	702-425-8511	89104	Mind Body Therapies
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 drsandrargray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Integrated Psychological Solutions lvpsych.com	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, PSR, SAT
International Problem Gambling Center gamblingproblems.org	702-363-0290	89146	Problem Gambling
Jewish Family Services (JFS) jfsalv.org	702-732-0304	89119	Anxiety, MOOD
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	TELE
Landmark Recovery landmarkrecovery.com	725-217-9910	89129	ADDICT, IOP, PHP, SAT
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

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Mbrace Counseling	702-749-6926	89146	BST, PSR, Family Therapy
Mental Health Counseling & Consulting	702-400-6413	89123	Problem Gambling
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Mobile Mental Health Support Services mmhssnv.com	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	CBT, Mindfulness, MOOD, Rogerian
Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health nevadamentalhealth.com	702-440-8430	89106	
Nevada Mental Health Associates nevadamha.com	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc nevadamercyandcare.org	702-444-0599	89119	Refugee
Nevada State Behavioral Health	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center nevergiveupbhs.com	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic nipponclinic.vegas	702-994-7267	89119	MOOD, ED, PTSD
Nueva Vida Mental Health nvms.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113	
Open Arms Counseling openarmscounseling.org	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center olwtreatment.com	702-742-3093	89012	ASD
Overton Psychological Services facebook.com/Overtonpsych	702-563-1000	89074	
Pathways Therapy & Wellness Center pathwaystherapynv.com	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occurring, LGBTQ, MM, SAT, TELE

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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
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 sohlv.org/counseling	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	
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

OUTPATIENT LISTING

The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM
The Healthy Foundations Center healthyfoundations.center	702-489-2117	89117	BST, PSR
The Lovaas Center thelovaascenter.com	702-877-2520	89103	ABA, ASD
The Meadows Outpatient Center meadowsoutpatient.com	866-681-3457	89148	ADDICT, Women's Intimacy Issues
The Nestled thenestledrecovery.com	702-848-6406	89146	IOP, SAT
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE
The Peaceful Mind Counseling Center thepeacefulmindcounseling.com	702-766-9063	89129	ED, MOOD
The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
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
Tilton's Therapy tiltonstherapy.com	702-381-1839		Mobile Therapy
TIM Care	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities tourocadd.org	702-777-4808	89014	ASD
Transitional Wellness Center transitionalwellnesscenter.com	702-339-0346	89120	
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
Tribe Sin City triberecoveryhomes.com	702-899-1924	89030	IOP, PHP, SAT, Trauma Based Therapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
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
Wongu Health Center wongu.edu/wongu-health-center	702-852-1280	89123	Breathing Techniques, Psychiatry
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT

Self-Love: A Transformation from Existing to Living

BY CHIANTE' JOSIAH JEMISON* | LADC, LADC-S, CPC-I

The experiences that come with being human incorporate many events that dictate the lives lived on this beautiful planet we call Earth. For example, there are events like experiencing the birth of a child, marriage, buying a home, getting a job, graduating from college, or having that spiritual connection with a higher power that serve as life-changing events that make life on this Earth pleasurable. The examples listed above are just a short list of life-changing events experienced that generate a plethora of different positive emotions that are individualized. Through those experiences, it is not uncommon to experience an intense feeling called love. The meaning of love has several definitions based on an individual's views. Love is defined as the deepest interpersonal affection to the simplest pleasure.¹ It is often easy to connect the link to love as a powerful connection with others like a spouse, significant other, children, family members, and friends.

Love is a significant life experience; however, nothing is more foundational than experiencing love for self, which often lies dormant. The concept of self-love being in the shadows means that the love is there, however, the individual has yet to see it come to light. What is self-love? Self-love is having awareness of your own happiness and well-being while appreciating your own value and worth.² Self-love consists of four significant aspects: self-awareness, self-worth, self-esteem, and self-care. When one is missing, it can be challenging to truly love oneself as all must be aligned.³ Being self-aware means having such a connection with yourself that you have full awareness of what is right or wrong for you. The ability to know your worth holds a high standard of being and existence where you know what you deserve. Self-esteem is what we think of ourselves, which builds contentment with ourselves and our abilities.⁴ Self-care is an individual's ability to care for their physical, emotional, mental, behavioral, and spiritual wellness. Traumatic experiences, substance use issues, untreated mental health needs, homelessness, and grief/loss are just some of the life events that can harm an individual's ability to love themselves. As a result of those experiences life can become less pleasurable where some people live in a manner of autopilot where they are only existing and not living. To begin the transformation from existing to living starts with discovering the inner beauty you possess that brings out the love for yourself.

As beautiful and glorious as the sun is and as impressive as the rainbow in the sky after a rainy day, we must see the beauty in ourselves after the rain. Taking the bold step to get on the journey of self-love begins by doing the following:

Building Self-Awareness

- Ask yourself the question- Do I show love for myself in the manner of how I show love in my life to others?
- Recognize what love means to you and create an actionable plan to abide by your definition.

Building Self-Worth

- Know your inner critic well, and do not run away from it. Your job is to embrace those thoughts and not push them down in your soul. Once you recognize those thoughts you must replace the negative thoughts with a positive view of yourself. When this is done, you begin to combat your inner critic as a reminder of who you are and what you deserve.

Self-Esteem

- Look at yourself in that mirror each day and see the beauty you possess by embracing your flaws and utilizing daily positive affirmations that resonate with you. If you find it challenging to produce your own affirmations, you can find many positive affirmation videos on sites like YouTube.

Self-Care

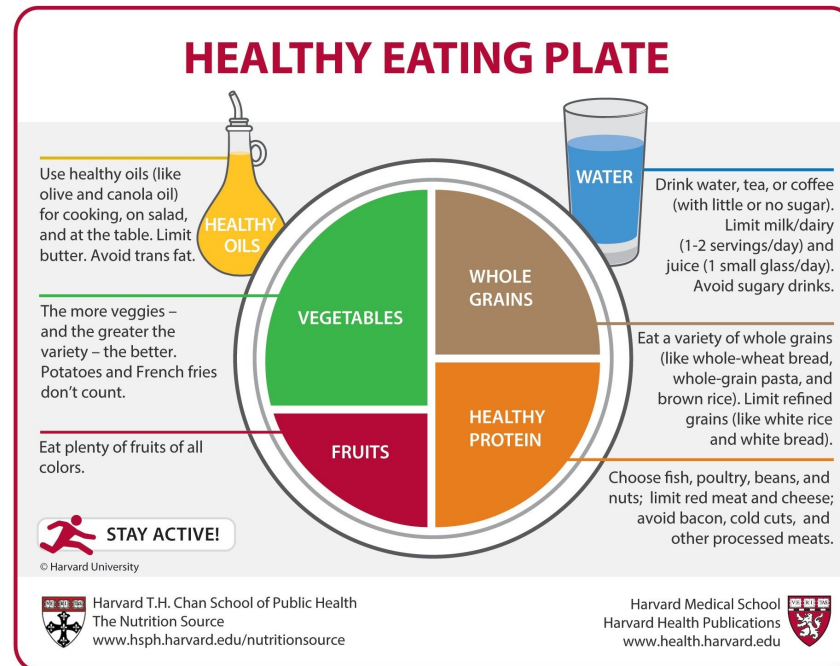
- Incorporate mental health hygiene techniques that include journaling, meditation, yoga, religious participation, and any spiritual wellness that create emotional and behavioral regulation. Say "no" to things that cause unnecessary stress, permitting yourself to pause when necessary.⁵
- Take care of your personal hygiene (e.g., taking a shower every day).
- Take care of your physical health by incorporating holistic or traditional medical approaches to help improve your physical health and overall well-being.
- Seek counseling services that include a life coach, mental health, and/or substance use counselor who can help you with challenges you may have struggled to overcome.

The self-love techniques are just a small list of what is available to help you on your journey to the love you deserve in your life, which is the love given to yourself. Remember, challenges in your life will come, but there is no greater love than the love you give to yourself, which provides shelter for your soul amid your storms. When self-love is activated, you will emerge victorious every time because love truly conquers all.

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*Mr. Chiante' Josiah Jemison is an Army Veteran, college professor and a licensed alcohol-drug counselor, clinical professional counselor-intern, and licensed clinical supervisor for drug and alcohol counselor interns in the state of Nevada specializing in addictions, behavioral and mental health disorders. Chiante' has been treating addictions, behavioral, and mental health disorders using traditional evidenced based practices and holistic treatment approaches for over 8 years. Currently Chiante' is working towards obtaining a PhD in clinical psychology.



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DID YOU KNOW

The Veterans Comprehensive Prevention, Access to Care, and Treatment (COMPACT Act) is in effect. All Veterans and former service members can get free, emergency suicide care when they need it, no matter where they are. For more information: www.va.gov/COMMUNITYCARE/programs/veterans/Emergency_Care.asp

6 Tips to Reduce Stress and Increase Overall Wellness

BY JULIE D. MAYO

Our busy lifestyles and demanding schedules can sometimes make it challenging for us to make time for ourselves or to take personal time out for self-care. Many people push their body far beyond what works for their body, and they eventually get sick. What if that is your body's way of getting your attention and forcing you to take a break? I have put together tips you can use to reduce stress and improve your overall health wellness and wellbeing.

1. Stop Buying Everything as Yours¹

Your body is a sensate sensorial organism designed to give you information. Your body gives you information all the time. Your body is here to help you navigate the world around you. Your body gives you information about your environment and about the bodies around you. What if what you are aware of isn't yours? What if it is simply an awareness your body is giving you about what's going on around you? When we hear thoughts in our head, or feel sensations in our body, or experience emotions, we tend to believe it is ours. What if it's not? What if it is simply an awareness of someone or something else?

How do you know if what you are perceiving is yours or if it is simply something you are aware of? You have to ask a question. You can ask, "What am I perceiving?" That question invites awareness to show up. You may get the awareness right away or it may show up later. When you get the awareness that something is not yours, you don't have to do anything about it. All you have to do is acknowledge that it's not yours. You can't change something that is not yours. The instant you go to "I am" or "I have" or "I feel" you lock into your body whatever you are aware of, whatever you are perceiving, even if it is not yours.

2. Spend Time in Nature

Have you ever noticed how much more at ease or peaceful you feel when you are out in nature? Nature doesn't judge. Nature is full of amazing energies that nurture and contribute to you and your body. What if you were to "unplug" from technology and submerge yourself in nature? You could go for a walk or a hike. You could sit and read a book. You could spread out a blanket to lie down on or relax in a reclining chair and let your mind wander or take a nap. You could do some gardening at home or visit a botanical garden with indoor facilities, especially if the temperatures are a bit hot outside.

3. Move Your Body

Bodies love to move. You can ask your body, "Hey body, what movement would you like to do today?" Your body may want to dance, or do some stretching or yoga poses. You could play mellow or upbeat music, and let your body move in a way that is fun. Your body may want to go for a walk or sit with your back to a tree. Or maybe you've been on the go, and your body is requiring some down time.

4. Engage In Activities You Find Relaxing

Does your body enjoy going to the gym and is working out fun for you? Do you enjoy going to the movies or watching a favorite show at home? Watching nature documentaries can be very relaxing for some people. If you enjoy reading, you could join a book club that enjoys reading the type of books you enjoy. Is there a particular sport or activity you've always wanted to learn? You could see if there is a group that engages in that activity in your area. Do you enjoy board games, playing cards or solving puzzles? You can seek out groups or clubs that enjoy the same activities or download various apps on your computer or device.

5. Hang Out with People That Elevate Your Mood

Hang out with friends and family that elevate your mood. Having trouble finding someone who fits these criteria? Maybe it's time to find some new people to hang out with. When looking to socialize, seek out positive upbeat people. Those who are inspiring, or engaging; people who embrace life, seek pleasurable experiences and enjoy being with people and love to laugh.

6. Avoid Trauma and Drama

If you are looking to lift your mood or raise your energy, it could be helpful to avoid the trauma and the drama, especially if you are an empath, or what people call a highly sensitive person. It may not be that you are highly sensitive, it is more likely that you are highly aware, which takes us back to stop buying everything you are aware of as yours.

Summary

Acknowledging what is not yours, spending time in nature, moving your body more, engaging in activities that are fun for you and your body and socializing with positive people who share common interests and enjoy laughing are all ways you can reduce stress, improve health and wellness, and increase your overall well-being.

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*Julie D. Mayo is a Holistic Practitioner, Body Whispering Facilitator, Trauma Specialist and founder of Access Possibilities. Julie's approach is quite unique: she facilitates people to claim ownership and acknowledge their knowing, talents, gifts, and abilities. Julie empowers people to know what is true for them, and to embrace their strengths. She empowers people to create the health, wealth, and life they truly desire. Julie's experience draws from 25 years in Allopathic Medicine, more than 27 years in Alternative Medicine, and more than 12 years as a Body Whispering Facilitator.



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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 rely solely on donations, advertising and sponsorships for printing and staffing costs. Any support shall be greatly appreciated. Please go online to support us at mentalhealthspectrum.com. We hope we can count on your help to keep MHS going. Thank you in advance for your support.

SPECIAL FEATURE

SHARED EXPERIENCES

"Your mental health is everything – prioritize it. Make the time like your life depends on it, because it does." – MEL ROBBINS

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.

The Power of Movement: Pilates (*Ally's story)

Pilates and keeping an active body has been crucial to my success in surviving and living with schizophrenia. Due to the medication that is prescribed for the illness, I was starting to see the side effects of weight gain. I felt depressed and sluggish. I started noticing the decline of energy in my body. Before the diagnosis I kept an active body: I jogged, did yoga, hot pilates, and moderate weight training. I missed that feeling of liking what I saw in the mirror. That was the moment I decided to take action to change.

Receiving a mental health diagnosis made me realize I needed to take time for my mental health. As part of my healing process, I decided to take some time off work and go back to school. I got my bachelors degree in Communication Studies from the University of Las Vegas Nevada in 2021. In addition, I was fortunate to discover that UNLV offered a Pilates program where I was able to complete a certification. I now get to share the benefits and knowledge of Pilates with the National Alliance on Mental Illness (NAMI's) wellness class. During my Pilates program, my instructor, Dolly Kelepecz, shared a quote with us that resonated with me. It went like this; "your body can change your mind, your mind can change your thoughts, and your thoughts can change your life."

There are many benefits that pilates has to offer. In terms of health benefits, it includes an increase in energy, flexibility, strengthening of the muscles, and a better aligned posture. In terms of mental health, my stress was relieved significantly as pilates focuses on breath and mind-body connection. There are different types of pilates, including "mat" pilates and "reformer" pilates. "Mat" pilates is more popular because it doesn't require big equipment, whereas with "reformer" pilates, you need a reformer machine. During my pilates journey, I have also explored pilates group classes, which I thoroughly enjoy. Participating in group classes have allowed me to boost my confidence in handling social anxiety and isolation phases that come with my mental health condition. Along the way I've met great friends throughout my fitness journey that share the same passion for living an active lifestyle.

Altogether, fitness and pilates has certainly had a positive impact in my life, physically, mentally and socially. I love the feeling of dedicating time to do something good for my body. Pilates keeps your muscles, bones, joints, and ligaments healthy while strengthening your balance. In addition, pilates has taught me the importance of keeping a strong body throughout my lifetime. Overall, I enjoy keeping my body moving with various activities because I believe that movement keeps you alive. I know Pilates can be intimidating for the novice but I encourage everyone to try regardless of age and gender. Love your body by nourishing it with your favorite activity.

*Ally Rodriguez is a passionate individual with a strong focus on mental health and self-improvement. She has a love for fitness and actively engages in various activities like Pilates, running, dancing, and yoga to maintain a healthy and balanced lifestyle. An alumna of the University of Nevada, Las Vegas (UNLV), Ally values education and lifelong learning. In her free time, she enjoys reading books, making cherished memories with loved ones, and contributing to her community as an Ameri-Corp Volunteer. She is also a Realtor in the vibrant community of Las Vegas.

LOCAL SHELTER AND TRANSITIONAL HOUSING

FAMILIES

Family Promise

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

HELP of Southern Nevada

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

Safe Families for Children, Olive Crest

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

S.A.F.E. House

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

MEN

Catholic Charities Shelter for Men

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

Las Vegas Rescue Mission

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

Salvation Army

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

WOMEN

Destiny House (Hookers for Jesus)

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

Refuge for Women

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

Safe Nest

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

Shelter of Hope (LV Rescue Mission)

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

The Shade Tree for Women

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

YOUTH

Nevada Partnership for Homeless Youth

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

Shannon West Homeless Youth Center

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

St Jude's Ranch (SJRC)

702-294-7100 • 200 Wilson Cir, Boulder City 89005
Provides transitional housing and services for homeless 18-24 year olds.
stjudesranch.org

DID YOU KNOW

Gym Membership – Health insurance companies may cover your gym membership fee. This does depend on the insurance provider and the individual plan you are on. Coverage ranges from special discounts all the way to full reimbursement. For information: Call your insurance provider to see if and what they cover.

Q&A WITH TARA RACKAKONDA* | MD

THE SLEEP CENTER OF NEVADA

Mental Health Spectrum (MHS): Tell us a little about The Sleep Center of Nevada?

Tara Rackakonda (TR): The Sleep Center of Nevada was founded in 2008 to address a growing need for a large, local facility for the diagnosis and treatment of sleep disorders. We have grown to have 5 sleep laboratories in Clark County as well as one location in Pahrump. My father, Dr. R.D. Prabhu, a long-time local pulmonologist and critical care specialist, founded The Sleep Center of Nevada. I joined my father in practice after completing my internal medicine residency and sleep medicine fellowship in 2018.

MHS: What are some common sleep issues that you see? What is your treatment approach in general?

TR: The most common sleep issues we see include obstructive sleep apnea and insomnia. We of course try to take a good history from the patient to get a sense of symptoms and signs that may hint at a diagnosis. In the case of obstructive sleep apnea, it is important to note other associated medical problems such as mood disorders (depression and anxiety), hypertension (high blood pressure), arrhythmias, heart failure, or heart disease. Obstructive sleep apnea is also a risk factor for stroke. Physical exam findings are also important – we examine the airways. We then assess if further sleep testing is needed, such as a sleep study in the lab. It is important to note that insomnia alone is not usually an indication for a sleep study.

MHS: What do you see as the connection between sleep and mental health?

TR: Mental health and sleep are intrinsically linked. They feed off each other in a reciprocal cycle. If a person has poor quality sleep or insufficient sleep, this will absolutely impair daytime functioning and mood. If a person has poorly controlled anxiety or depression, for example, insomnia may creep in. This sets off a very vicious cycle. Sleep is responsible for consolidating memory, pruning out unnecessary information and strengthening connections for more important information. If a person oxygenates their brain poorly during the night – and this is what can happen during obstructive sleep apnea – the person will not be refreshed in the morning. This can manifest itself as irritability.

MHS: Briefly explain two ways a person could proactively work on improving sleep?

TR: Keeping the bedroom environment cool, quiet, comfortable, and free of distractions such as a television, phone, or tablet is helpful because light from screens can suppress melatonin release and make it difficult for someone to fall asleep and stay asleep. Another way to improve sleep is to keep a regular bedtime and wake time, even on the weekends, as our bodies prefer consistency and routines.

MHS: Any other thoughts or comments you would like to share regarding the topic of sleep and its effects on mental health fitness?

TR: I think we as a society need to put more emphasis on the importance of sleep. Like shelter, regular physical activity, and good nutrition, adequate and high quality of sleep is crucial for mental and physical health. There have been pushes by some in our sleep medicine field to consider sleep a human right. People who work multiple jobs and have children are limited in how much sleep they can get. This can be stressful and lead to mental health issues. Furthermore, the ubiquitous usage of electronics has led to a monumental shift in circadian rhythms, which can lead to sleep deprivation. There are studies showing increased suicidality being associated with sleep deprivation. We cannot function well as a society if we are getting poor sleep. It causes us to treat others and ourselves poorly.

Tara Rackakonda, MD, was born in Las Vegas, NV. She attended Duke University, Weill Cornell Medical College. She completed internal medicine residency at the University of Utah, as well as a sleep medicine fellowship at Oregon Health & Science University. She has practiced sleep medicine at The Sleep Center of Nevada since 2018. She is an adjunct clinical professor in the Department of Internal Medicine at the Kirk Kerkorian School of Medicine. She is passionate about helping her patients achieve the best quality sleep possible.

Mental Health Fitness And ...

Lifestyle

- Habits have a significant impact on mental health.¹
- Evidence-based 7 key lifestyle factors that play a role in positively or negatively impacting one's mental health are: body mass index, physical activities, mental activities (including social and cultural activities, brain exercises), alcohol use, smoking, diet, and regularity of social rhythm (i.e., having a daily routine for bedtime, meals, etc.).¹

Nutrition

- Is linked to brain structure, function, and the working of the mind.^{2,3}
- Deficiencies in certain nutrients (especially zinc, Vitamins A, B, C, D, and E, and Omega 3 fatty acids) have been associated with symptoms of depression, cognitive decline, and irritability.^{2,3}
- Three key nutrient categories essential for brain health are: Omega 3 Fatty Acids (found in salmon, sardines, tuna, spinach, walnuts, almonds, cod liver oil, flax seeds, and fortified milk, eggs, yogurt); B-group vitamins (found in green leafy vegetables, legumes, and whole grains); and Vitamin D (found in salmon, eggs, as well as sunlight).^{2,3}

Physical & Mental Activity/Exercise

- Has positive affect on mental health and overall wellbeing and quality of life (even in small amounts).⁴
- Physical exercise is shown to enhance mood and self-esteem while decreasing stress, anxiety, and depressive symptoms, and even decreasing alcohol/substance cravings.⁴ Both physical and mental exercises also improve sleep, attention, focus, memory, cognitive functions, language fluency, and decision making for up to two hours.⁴

Sleep

- Is strongly connected to mental and emotional well-being; it is critical to one's overall health.⁵ The body and mind need a period of sleep to facilitate restorative processes that in turn helps to regulate emotions and improve cognitive skills, attention, focus, memory, and ability to cope with daily stress.⁵
- The National Sleep Foundation recommends between 7 to 9 hours a night. A 2023 Sleep in America Poll found that 90% of adult Americans with very good overall sleep health stated no significant depressive symptoms.⁵

RECOMMENDATIONS AND OPPORTUNITIES

- **Engage in regular exercise:** Physical activities like walking, running, swimming, dancing, biking, hiking, etc., are all good ways to get physical exercise. Meditative exercises like yoga and tai chi and brain exercises like crossword puzzles are great for mental exercise. Just a 30 minutes' walk a day or small periods of 10 minutes of activity 2-3 times a day can help buffer depressive symptoms, reduce stress, boost mood, and improve sleep and overall health.⁴
- **Pay attention to the food you eat:** Eating healthy, regular meals (in a balanced diet of fresh fruits and vegetables) and staying hydrated with plenty of water can improve your energy and focus.³ This means limiting or avoiding caffeinated and sugary beverages (e.g., coffee, soda) and processed, canned, fried, or sugary foods (these have low nutritional value and tend to have preservatives and excess salt); frozen foods are a cheaper alternative to fresh food.³
- **Make sleep a priority:** Sleep should be an important part of everyone's approach to mental wellness. In addition to exercise, practices that promote both good sleep and mental health include: (1) getting a healthy amount of bright light during the day; (2) have a regular consistent routine for eating meals, for winding down before bed, and for having same sleep and wake times; (3) avoiding heavy meals, nicotine, caffeine, alcohol before bedtime; & (4) setting up a sleep environment by putting away devices an hour before, making the room quiet, cool, and dark.⁵ If you are not getting the sleep you need after making changes, you may need to seek professional help through qualified provider.

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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 or via our website at www.mentalhealthspectrum.com.

Arms Of Support

A Survivors Of Suicide Attempt Support Group

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

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

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

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



HELPLINES

Nevada 211 - Connect to Services [nevada211.org]	211 or 1-866-535-5654
Police NON Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
AARP Friendly Voice [aarpcommunityconnections.org/friendly-voices]	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) [APSGethelp.com]	702-486-6930
Afghan Behavioral Health Support (Dari, Pashto, & English)	800-615-6514
Al-Anon [al-anon.org]	1-800-344-2666
Alcoholics Anonymous (AA) [aa.org]	702-598-1888
Alzheimer's Association Helpline [alz.org]	1-800-272-3900
American Addiction Centers Resource [centers.org]	1-866-892-4547
American Chronic Pain Association (ACPA) [theacpa.org]	1-800-533-3231
American Pregnancy Association	1-800-672-2296
Care Solace (CCSD students) [caresolace.com/ccsd]	888-515-0595
Cocaine Anonymous [snvca.org or ca.org]	702-941-0950
Codependents Anonymous [coda.org]	602-277-7991
Crystal Meth Anonymous [crystalmeth.org]	855-638-4373
Debtors Anonymous [debtorsanonymous.org]	800-421-2383
Depression & Bipolar Support Alliance (DBSA) [dbsalliance.org]	1-800-826-3632
Eating Disorders [anad.org]	1-888-375-7767
Eldercare Locator [eldercare.acl.gov]	1-800-677-1116
Empower Work (Work issues) [empowerwork.org] TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous [gasn.info]	855-222-5542
GriefShare [griefshare.org]	1-800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation [iocdf.org]	617-973-5801
Lap of Love - Pet loss resource line [lapoflove.com]	855-352-5683
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous [marijuana-anonymous.org]	1-800-766-6779
Military OneSource (Military Community) [militaryonesource.mil]	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
Narcotics Anonymous [na.org]	888-495-3222
Naseeha (Muslim and Non-Muslim) [naseeha.org]	1-866-627-3342
National Abortion Federation Hotline	1-800-772-9100

HELPLINES

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

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



You, yourself, as much as anybody in the entire universe, deserve your love and affection.

BUDDHA



A MATTER OF WORDS

Champions aren't made in the gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. — MUHAMMAD ALI

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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WHEN YOU ENCOURAGE OTHERS, YOU IN THE PROCESS ARE ENCOURAGED
BECAUSE YOU'RE MAKING A COMMITMENT AND DIFFERENCE IN THAT
PERSON'S LIFE. ENCOURAGEMENT REALLY DOES MAKE A DIFFERENCE.

ZIG ZIGLAR

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Recipient of the **Resource Award** from CARE Coalition at this year's 2023 Embracing Life as Women (ELAW) annual event.

We thank CARE Coalition for this recognition and their support.