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## VOLUME 5 ISSUE 4: VETERANS MENTAL HEALTH COMING NOVEMBER 2025

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## NOTE FROM: *The Publisher*

Welcome to our issue that focuses on male mental health. This topic shines a much-needed spotlight on the often-hidden challenges that boys and men face in terms of mental health. For far too long, the societal expectations of masculinity have silenced conversations around vulnerability, emotional expression, and mental well-being. The result? A growing crisis that affects not just individuals, but families, workplaces, and communities.

Boys and men are increasingly facing mental health challenges that, in many cases, go unnoticed, unaddressed, or undiagnosed. From childhood through adulthood, emotional struggles such as depression, anxiety, and isolation are often brushed aside, with the expectation that men should "tough it out." This mindset can lead to devastating consequences, including higher rates of suicide, addiction, and aggression.

In this publication, we explore vital topics including the importance of male mental health, gambling addiction, and compulsive sexual behavior. We also hear directly from two men who share their personal journeys, and we highlight the work of Dad's Inc., a local nonprofit supporting fathers and families.

These stories and insights remind us how crucial it is to support the men in our lives—especially those who are modeling positive mental health behaviors and the courage to be vulnerable. They set an example we hope our children will follow. It is our hope that this issue not only educates but also inspires meaningful action—whether through more open conversations, seeking help, building stronger support systems, or advocating for mental health resources tailored to the unique needs of men and boys. Together, we can create a future where mental health for all, regardless of gender, is normalized, prioritized, and supported.

JACQUELINE RAGIN | MS, MPH, PHD  
Publisher / Writer



*Since that day [I opened up about my emotions], it's just been so much easier to live and so much easier to enjoy my life.* MICHAEL PHELPS

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SIGNS AND SYMPTOMS OF  
*Mental Health Issues in Males*

Certain mental health issues may appear differently in males than females, and the frequency and progression of an illness can also vary based on biological sex.<sup>1</sup> In some cultures, these behaviors may be misinterpreted as traits of “manliness,” or boys being boys, rather than signs of a mental health concern.<sup>2</sup> Furthermore, mental health issues can also present differently in boys and adult men due to developmental, psychological, and social factors. This table highlights key differences in signs and symptoms to support early identification and intervention strategies.<sup>1,2,3</sup>

COMPARISON OF MENTAL HEALTH SIGNS IN BOYS VS. ADULT MEN

Boys (Children/Adolescents)	Both Groups (Common)	Adult Men
<b>COMMON DIAGNOSES</b> Disruptive Mood Dysregulation Disorder, ADHD, ASD	<b>COMMON DIAGNOSES</b> Anxiety	<b>COMMON DIAGNOSES</b> Depression, Substance Use Disorder, PTSD, Gambling Disorder
<b>BEHAVIORAL EXPRESSION</b> Externalizing behaviors: hyperactivity, impulsivity, defiance. Neurotic behaviors like obsessive thinking	<b>BEHAVIORAL EXPRESSION</b> Suicide attempts; Sudden angry outbursts/aggression; Picking fights with others; Taking more risks without clear rewards; Physical or verbal abuse toward loved ones	<b>BEHAVIORAL EXPRESSION</b> Internalizing or masked symptoms: withdrawal, irritability; Misuse of alcohol, drugs
<b>PHYSICAL/SOMATIC SYMPTOMS</b> Frequent complaints of headaches, stomachaches without clear medical cause	<b>PHYSICAL/SOMATIC SYMPTOMS</b> Loss of appetite; Low energy levels; Sleeping too little or too much; Unexplained pain or bodily dysfunctions (i.e. digestion issues)	<b>PHYSICAL/SOMATIC SYMPTOMS</b> Less common; may underreport or ignore physical stress signs
<b>EMOTIONAL EXPRESSION</b> Difficulty verbalizing emotions; emotional outbursts, tearfulness	<b>EMOTIONAL EXPRESSION</b> Rapid mood swings; Constant stress, worrying, or anxiety; Difficulty concentrating; Feeling restless or on edge; Feeling hopeless, persistently sad, or depressed; Feeling unable to have positive emotions or feeling flat; Thoughts of suicide or death	<b>EMOTIONAL EXPRESSION</b> Anger, frustration, cynicism, or risk-taking instead of sadness
<b>ACADEMIC/WORK FUNCTIONING</b> Poor concentration, learning difficulties, academic performance issues		<b>ACADEMIC/WORK FUNCTIONING</b> Work burnout, absenteeism, reduced productivity, job instability
<b>SOCIAL INTERACTION</b> Trouble with peer relationships, bullying, isolation, difficulty with social cues		<b>SOCIAL INTERACTION</b> Reduced emotional intimacy, loneliness, reluctance to share vulnerabilities, poor relationships

Also, the signs and symptoms of mental health conditions in boys and men can often be difficult to recognize because of the societal expectations of males and the stigma around males seeking help.<sup>1,2,3</sup> Thus, recognizing the signs is a crucial first step toward getting help. Seeking support—from a coach, counselor, or healthcare professional—can make all the difference. Early treatment often leads to better outcomes.<sup>1</sup> It’s a key part of overall well-being and can impact conditions like heart disease or diabetes.<sup>1</sup> Even if a provider doesn’t ask about anxiety, depression, or suicidal thoughts, speak up. It is important to get connected to the right support.<sup>1</sup>

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HOTLINES (24/7)	
EMERGENCIES	911
SUICIDE AND CRISIS LIFELINE <a href="https://988lifeline.org">988lifeline.org</a>	988
Ayuda en Espanol (Spanish National Suicide Prevention Lifeline)	888-628-9454
Boys Town National Hotline <a href="https://yourlifeyourvoice.org">yourlifeyourvoice.org</a>	800-448-3000
Child Abuse and Neglect Hotline (Nevada)	702-399-0081
ChildHelp National Child Abuse Hotline <a href="https://childhelphotline.org">childhelphotline.org</a>	800-422-4453
Children's Mobile Crisis Response Team <a href="https://knowcrisis.com">knowcrisis.com</a>	702-486-7865
Children of the Night (Street Rescue) <a href="https://childrenofthenight.org">childrenofthenight.org</a>	800-551-1300
Combat Trauma <a href="https://ptsdusa.org">ptsdusa.org</a>	877-717-7873
COPLINE (Officer's Lifeline) <a href="https://copline.org">copline.org</a>	800-267-5463
Crisis Support Services of Nevada <a href="https://cssnv.org">cssnv.org</a>	800-273-8255
Crisis Text Line (Text TALK or CARE to)	741741 (TALK) or 839863 (CARE)
Crisis Text Line EN ESPANOL (442-AYUDAME in WhatsApp or texto)	741741 (AYUDA)
Disaster Distress Helpline (Natural or human-caused disaster)	800-985-5990
DOD Safe Helpline (Dept. Of Defense/affected by sexual assault)	877-995-5247
Domestic Violence (National Hotline) <a href="https://thehotline.org">thehotline.org</a>	800-799-7233
Domestic Violence (SafeNest) <a href="https://safenest.org">safenest.org</a>	702-646-4981
Domestic Violence (S.A.F.E House) <a href="https://safehousenv.org">safehousenv.org</a>	702-564-3227
Fire/EMS (First Responders) <a href="https://nvfc.org/help">nvfc.org/help</a>	888-731-3473
Gamblers Anonymous (GA) Southern Nevada Hotline	702-529-0202
Human Trafficking Hotline <a href="https://humantraffickinghotline.org">humantraffickinghotline.org</a>	888-373-7888
Human Trafficking Hotline <a href="https://sohlv.org/rise">sohlv.org/rise</a>	702-936-4004
Maternal Mental Health Hotline (pregnant and new moms)	833-852-6262
Military Helpline <a href="https://militaryhelpline.org">militaryhelpline.org</a>	888-457-4838
National Center Missing & Exploited Children <a href="https://missingkids.org">missingkids.org</a>	800-843-5678
Poison Control <a href="https://poison.org">poison.org</a>	800-222-1222
Rape, Abuse, & Incest National Network (RAINN) <a href="https://rainn.org">rainn.org</a>	800-656-4673
Runaway Hotline <a href="https://1800runaway.org">1800runaway.org</a>	800-786-2929
SafeVoice Nevada (Students, parents, faculty) <a href="https://safevoicenv.org">safevoicenv.org</a>	833-216-7233
Safe Place Hotline (Youth) <a href="https://nationalsafeplace.org">nationalsafeplace.org</a>	866-827-3723
SAGE Hotline (LGBT Elders) <a href="https://sageusa.org">sageusa.org</a>	877-360-5428
Sexual Assault Hotline <a href="https://rainn.org">rainn.org</a>	800-656-4673
Sexual Assault Hotline <a href="https://sohlv.org">sohlv.org</a>	702-366-1640
Teen Dating Abuse <a href="https://loveisrespect.org">loveisrespect.org</a>	866-331-9474
The Network La-Red (LGBTQ Abuso de Pareja) <a href="https://tnlr.org/es">tnlr.org/es</a> <b>ESPANOL</b>	800-832-1901
The Network La-Red (LGBTQ Domestic Partner Violence) <a href="https://tnlr.org/en">tnlr.org/en</a>	800-832-1901
Trans Lifeline <a href="https://translifeline.org">translifeline.org</a>	877-565-8860
Trevor Project Crisis Line (LGBTQ < 25) <a href="https://thetrevorproject.org/get-help">thetrevorproject.org/get-help</a>	866-488-7386
Veteran Crisis Line <a href="https://veteranscrisisline.net">veteranscrisisline.net</a>	800-273-8255 (Press 1)
Veteran Crisis Line (Deaf and Hard of Hearing)	800-799-4889
WestCare Nevada Crisis Hotline	702-385-3330

## Overview of Male Mental Health

BY ANJUM KHAN | MA, PMP, PMI-ACP

Mental health is a vital component of overall well-being, yet when it comes to males—both boys and adult men—critical issues often go unnoticed or unaddressed. Societal expectations, gender norms, and underdiagnosis contribute to a silent crisis where emotional distress is either misinterpreted or left untreated.<sup>1</sup> This overview highlights some of the most prevalent mental health concerns among males across the lifespan, from neurodevelopmental disorders in childhood to depression, substance use, and suicide in adulthood. Understanding the unique mental health challenges faced by boys and men is essential for fostering well-being across the lifespan.

### Mental Health in Boys

From an early age, boys may struggle with emotional regulation, social development, or behavioral challenges that often go unrecognized or misunderstood.<sup>2</sup> They are more frequently diagnosed with neurodevelopmental conditions and tend to express emotional distress through externalizing behaviors such as tantrums, aggression, or obsessive traits. This pattern can obscure underlying anxiety or depression, leading to underdiagnosis.<sup>3</sup>

Behavioral disorders affect approximately 8% of U.S. children, with 10% prevalence in boys versus 5% in girls.<sup>2</sup> **Attention-Deficit/Hyperactivity Disorder (ADHD)** is one of the most commonly diagnosed conditions in boys, who are about **three times more likely** than girls to receive this diagnosis.<sup>4</sup> Symptoms like hyperactivity and impulsivity often affect academic performance and social relationships.<sup>4</sup> Nearly 78% of children with ADHD also have at least one additional condition, such as behavioral problems, anxiety, depression, or autism.<sup>4</sup> **Autism Spectrum Disorder (ASD)** is diagnosed in boys **four to five times more frequently** than in girls and can lead to isolation, anxiety, and depression when not properly supported.<sup>5</sup> **Somatic Complaints** in boys are also more common as instead of articulating emotions, they may express stress or anxiety through **physical symptoms** like stomachaches, headaches, or fatigue.<sup>2</sup>

As boys enter adolescence, unresolved issues may evolve into depression, anxiety, aggression, or addiction. Boys are less likely than girls to seek emotional support due to societal norms that discourage vulnerability.<sup>3</sup> This contributes to early disengagement from mental healthcare, lifelong avoidance of therapy, and internalized stigma.<sup>1,2,3</sup> Many boys also lose the emotional vocabulary needed to express distress, increasing the risk of substance misuse and reckless behavior.<sup>2</sup>

It is important to note that many signs of mental health issues in young boys differ from those presented in adult men. There are three major reasons for this: (1) Neurological development: Young brains, especially the prefrontal cortex (which governs impulse control and decision-making), are still maturing; (2) Language and emotional processing: Boys are often socialized to be less expressive, so emotional distress is externalized more than verbalized; and (3) Dependence on adult observation: Unlike adult men, boys rely on parents, teachers, and caregivers to recognize and respond to their needs, making early detection critical.<sup>1,2,3,4</sup> This is why **early intervention, mental health education, and the creation of emotionally safe environments** are critical to improving outcomes for boys and preventing long-term mental health struggles in adulthood.

### Mental Health in Adult Men

Adult men face serious mental health challenges that are often overlooked due to socio-cultural expectations. Norms promoting stoicism, emotional suppression, and self-reliance make it harder for men to acknowledge emotional struggles or seek professional help.<sup>6</sup> These barriers contribute to the underdiagnosis and undertreatment of mental health conditions among men.

Depression in men often appears through “masked” symptoms such as anger, **irritability, social withdrawal, and/or risky behaviors** making it harder to recognize and treat because they are often misinterpreted or missed entirely.<sup>6</sup> When mental health needs go unrecognized, men are more likely to self-medicate with drugs or alcohol or experience emotional dysregulation.<sup>7</sup> The consequences can be severe — including elevated rates of suicide, substance dependence, and untreated trauma.<sup>8,9</sup> Compounding the issue, men in rural areas, communities of color, and lower socioeconomic groups often encounter structural obstacles such as provider shortages, long wait times, systemic racism, and a lack of culturally responsive care.<sup>1,3,6</sup> To effectively address male mental health, public health efforts must dismantle stigma, increase access to gender-responsive services, and encourage emotional

literacy and early intervention from childhood into adulthood.<sup>1,3,6,7</sup>

### Key Statistics and Facts

- In boys aged 12-17, 20% reported unmet mental health needs in the past year.<sup>4</sup>
- Men are nearly 4x more likely to die by suicide than women, with White males 2x more likely at risk than African American or Asian.<sup>8,9</sup>
- In the US, men aged 65+ have the highest suicide rates, and 6x higher than women in same age group.<sup>10</sup>
- Since 2010, there has been a 34% increase in suicide by men aged 25-34 years in the US.<sup>10</sup>
- In the U.S., nearly 80% of suicide deaths are male, and middle-aged and older men at highest risk.<sup>8,9</sup>
- In Nevada, males accounted for 77.2% of all suicide deaths from 2018 to 2022, with firearms used in 58.9% of those cases.<sup>9</sup>
- Over 60% of men delay or avoid mental health care, often due to stigma or fear of appearing weak.<sup>11</sup>
- Men are more likely than women to misuse alcohol and illicit drugs, frequently as a coping strategy for unaddressed emotional distress.<sup>7</sup>
- Men are less likely to be diagnosed with anxiety or depression, even when presenting with symptoms, due to gender biases in clinical assessment.<sup>10</sup>
- Emotional suppression in men is linked to poorer life satisfaction, increased stress, and physical health problems.<sup>1,10</sup>
- Men are more likely to express psychological distress through physical symptoms, such as chronic pain or fatigue, rather than emotional language — which can delay accurate diagnosis.<sup>1,8</sup>
- Relationship breakdown is one of the strongest predictors of suicide in men, especially in middle-aged males, highlighting the importance of emotional support systems.<sup>1,3,11</sup>
- In 2021, approximately 85% of adult men did not receive treatment for any mental health issues; with 47% of this group having moderate to severe symptoms.<sup>1,2,9</sup>
- There is a **discrepancy between prevalence and service use for mental health issues in males across all ages**, underscoring the need for early intervention and care access.<sup>1,2,4</sup>

There is a critical need for improved access, early detection, and male-friendly mental health services across all age groups. Addressing male mental health requires more than awareness—it demands a shift in how we understand, discuss, and respond to emotional well-being across different stages of life. From early diagnosis in boys to encouraging adult men to seek help without stigma, a multi-layered approach is needed. By recognizing the signs, removing barriers to care, and promoting open dialogue, we can foster healthier outcomes for males and their communities. Supporting male mental health is not just a personal matter—it's a public health priority.

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## STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

### Active Minds

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

### Alzheimer's Association – Desert Southwest Chapter

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

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

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

### Autism Coalition of Nevada

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

### Avery Burton Foundation

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

### Bamboo Bridges

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

### Behavioral Health Association of Nevada (BHAVN)

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

### Bikers Against Child Abuse (BACA)

Exists with the intent to create a safer environment for abused children. BACA is a body of Bikers that help to empower children to not feel afraid of the world in which they live.  
[bacaworld.org/nevada](https://bacaworld.org/nevada) (877-333-3097)

### CARE Coalition

Increases public awareness of the effects of drug and alcohol abuse by education and supporting youth, adults, the community and drug prevention agencies in Clark County; thus, identifying and promoting healthy behaviors and reducing abuse in our community.  
[carecoalitionnv.org](https://carecoalitionnv.org) (702-463-1415)  
Meetings: 2nd Tuesday 12:00pm

### Center for Autism Spectrum Disorders (CASD)

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

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

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

### Child Mental Health Action Coalition

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

### Children's Advocacy Alliance

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

### Clark County Children's Mental Health Consortium

Since 2001, brings professionals and parents together to focus on bettering the services and resources for children's mental health.  
[cccmhc.org](https://cccmhc.org)  
Meetings: 1st Friday 10:00am

### Community Counseling Center

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

### Community Partners for Better Health

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

### Creative Solutions for Positive Youth Development

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

### Crisis Support Services of Nevada (CSSNV)

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

### Dancesafe

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

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

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

### Emma's House, Inc

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

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

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

### Family TIES of Nevada

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

## STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

### 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](http://featsonv.org) (702-368-3328)

### Find Your Anchor

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

### Foundation for Recovery (FFR)

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

### Harm Reduction Center/Trac B Exchange

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

### Health Services Coalition

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

### Heart & Sol Collective

Strives to make an impact on the current reproductive disparities that negatively affect the global majority. Offers educational workshops, doula services, lactation support, mental health services & BIPOC centered entrepreneurial opportunities and support. [heartandsolcollective.org](http://heartandsolcollective.org)

### Heart 2 Give

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

### Henderson Equality Center

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

### Hope Means Nevada

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

### Jean Nidetch Care Center

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

### Las Vegas Harm Reduction Center

Focused on health and wellbeing the center provides a number of harm reduction programs and services. [harmreductioncenterlv.com](http://harmreductioncenterlv.com)

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

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

### Lou Ruvo Center for Brain Health

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

### Mental Health Coalition Las Vegas

Focused on driving mental health improvements across Southern Nevada. The mission is to advance mental health services through advocacy, support for providers, and the enforcement of fair policies, ensuring accessible and effective care grounded in equity and justice. Meetings: 4th Friday 10:00am at NAMI - 2820 W Charleston Blvd, Unit 19

### National Alliance on Mental Illness (NAMI) Southern Nevada Chapter

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

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

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

### Nevada Action Coalition

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

### Nevada Caregivers Coalition

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

### Nevada Care Connection

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

### Nevada Coalition to END Domestic and Sexual Violence

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

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

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

### Nevada Council on Problem Gambling

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

### Nevada Counseling Association

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

### Nevada Crisis Intervention Team (CIT)

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

### Nevada Disability Advocacy & Law Center

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

### Nevada Hospital Association

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

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

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

### Nevada Opioid Center for Excellence (NOCE)

NOCE is dedicated to developing and sharing evidence-informed training and offering technical assistance to professionals and community members alike. NOCE provides resources to support those affected by opioid use. [nvopioidcoe.org](http://nvopioidcoe.org)

### Nevada Outreach Training Organization

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

### Nevada PEP

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

### Nevada Physician Wellness Coalition

Founded by physicians for physicians to address the devastation and negative community impact of physician burnout and suicide. [nevadaphysicianwellnesscoalition.com](http://nevadaphysicianwellnesscoalition.com)

### Nevada Primary Care Association

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

### Nevada Psychiatric Association (NPA)

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

### Nevada Psychological Association (NPA)

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

### Nevada Public Health Association

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

### Nevada School Counselor Association (NvSCA)

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

### Nevada State Opioid Response

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

### Nevada Statewide Coalition Partnership

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

### Nevada Statewide Maternal and Child Health Coalition

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

Meetings: 2nd Tuesday 8:30am

### Nevada Tobacco Control & Smoke-Free Coalition

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

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

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

### New Zeal

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

### PACT Coalition

Seeks to empower Southern Nevada with the resources to prevent substance misuse for all ages and promote recovery through culturally competent advocacy, education, stigma reduction, support, and outreach. [drugfreelasvegas.org](http://drugfreelasvegas.org) (702-582-7228)

Meetings: 3rd Wednesday monthly at 11:30am

### Parkinson's Place Las Vegas

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

### Pink Chair (formerly Hookers for Jesus)

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

### Prevent Child Abuse Nevada

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

### Real Autism Difference

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

## STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

### Resiliency & Justice Center

(formerly 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 violent crime.

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

### reQ therapy bbq for mental health

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

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

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

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

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

### RITE Trainings

Works to uplift our communities by learning the healer's art and then providing effective, interactive, & affordable behavioral health trainings & education to healthcare providers & helping/social service professionals.

[RITEtrainings.org](http://RITEtrainings.org); [RobH@RITEtrainings.org](mailto:RobH@RITEtrainings.org)

### RubiesLV

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

[rubieslv.com](http://rubieslv.com) (725-251-0258)

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

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

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

### Shine A Light Foundation

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

[shinealightlv.com](http://shinealightlv.com) (725-258-5222)

### Signs of Hope

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

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

### Solutions of Change

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

[solutionsofchange.org](http://solutionsofchange.org) (702-445-6937)

### 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](http://facebook.com/SoNVHarmReductionAlliance) (702-840-6693)

### Southern Nevada Health District

Addresses chronic disease risk factors including tobacco use, secondhand smoke, physical inactivity and unhealthy diets. Offers free programs to assist with chronic disease prevention and self-management.

[gethealthyclarkcounty.org](http://gethealthyclarkcounty.org) (702-759-1270)

### Southern Nevada Human Trafficking Taskforce (SNHTTF)

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

### Southern Nevada Opioid Advisory Council

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

Meetings: Once every quarter

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

Dedicated to the development of addiction focus professionals by unifying and empowering them to achieve professional excellence through education ethics in diversity and standards of practices through professional development and research.

[naadac.org/nevada](http://naadac.org/nevada) and [snaap.net](http://snaap.net)

Meetings: First Friday monthly

### The Cupcake Girls

Provides confidential support to those involved in the sex industry, as well as those affected by domestic sex trafficking through resources, advocacy, and aftercare.

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

### The Garden Foundation

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

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

### The Harbor

Provides a safe place for the Clark County community by providing services to youth and families to address their immediate needs.

[theharborlv.com](http://theharborlv.com)  
[@Charleston (89146): 702-486-5331;  
@Flamingo (89119): 702-455-7912; @Henderson:  
702-455-0112; @MLK (89032): 702-455-7914;  
@Mojave (89101): 702-455-6912]

### The J&J Foundation

Created to reduce the stigma around mental health and substance abuse disorders, and to help people in need get the support they would otherwise not be able to receive.

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

### The LGBTQ Center of Southern Nevada

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

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

### The Mental Health Moment

Dedicated to bringing mental health into the spotlight, through sharing real personal experiences and diverse perspectives, creating an authentic community, offering opportunities to share different experiences, providing resources, and fostering learning and growth.

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

### The Phoenix

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

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

### The Pride Tree

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

[thepridetree.lv.com](http://thepridetree.lv.com)

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

Dedicated to the wellbeing of teens, adults, and families through comprehensive mental health and substance use services.

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

### Tomorrow Needs You Foundation

Created by a father after losing his daughter to suicide. Provides practical advice for parents on starting open, supportive conversations about suicide with their teens.

[2morrowneedsyou.com](http://2morrowneedsyou.com)

### To Write Love On Her Arms (TWLOHA)

A non-profit dedicated to providing hope, support, and resources for people struggling with depression, addiction, self-injury, and suicide. The organization also funds treatment and recovery programs while promoting messages of hope and healing.

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

### UNSHAKEABLE

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

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

### University of Nevada, Reno (UNR) Extension

The *Healthy Living, Sustainable Recovery* team can provide free nutrition training and curriculum designed for women in substance use disorder recovery ([healthyrecovery@unr.edu](http://healthyrecovery@unr.edu)).

*Hope for Family Resilience* provides a nationally recognized, research-based advocate training focused on addressing domestic violence ([hopeteam@unr.edu](http://hopeteam@unr.edu)). [Extension.unr.edu/hope](http://Extension.unr.edu/hope)

### Vegas Stronger

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

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

### Veterans & Community Resource Center

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

(702-633-1640)

### WestCare Nevada

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

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

### Women's Sustainable Recovery Coalition

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

[wsrcoalition.org](http://wsrcoalition.org) / [admin@wsrcoalition.org](mailto:admin@wsrcoalition.org)

Meetings: Quarterly: Feb, May, Aug, Nov

### Young: Equal (contact@youngequal.org)

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

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

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

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

[facebook.com/youthmovenv](http://facebook.com/youthmovenv)

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



**A substance misuse and behavioral health awareness coalition.**

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

## Compulsive Sexual Behavior and Gambling Addiction in Men

BY RORY C. REID\* | PHD, LCSW, ICGC-II

Research on behavioral addictions has increased over the past decade as efforts are made to understand the etiology, risk factors, course, and treatment for compulsive sexual behavior disorder (CSBD) and gambling disorder (GD).<sup>1,2</sup> While these disorders have been canonized in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)<sup>3</sup> or International Classification of Diseases (ICD-11),<sup>4</sup> most people are familiar with these disorders by the terms gambling addiction or sex addiction. Prevalence rates for both these disorders tend to be higher among men.<sup>1,2</sup> This article examines how these two disorders present in men and offers treatment recommendations.

### Defining GD and CSBD

Gambling Disorder (GD) is defined as a persistent pattern of gambling despite significant distress or life disruption.<sup>3,4</sup> Common features include escalating behavior, preoccupation, repeated failed attempts to stop, and gambling to escape distress. Individuals may lie to conceal their behavior and risk or damage important relationships, work, or education. Financial crises often lead them to seek bailouts from family or friends.

Although Hypersexual Disorder (HD) was excluded from the DSM-5, similar criteria were adopted in ICD-11 under Compulsive Sexual Behavior Disorder (CSBD).<sup>4</sup> While CSBD remains controversial, its symptoms closely mirror those seen in GD. Classified as an impulse control disorder, CSBD involves persistent difficulty controlling sexual urges, often despite negative consequences or lack of satisfaction.<sup>4</sup>

### Why Are Men More Susceptible for Sexual Compulsivity and Gambling Problems?

Men tend to be more susceptible to developing gambling and sex addictions due to a combination of biological, psychological, and sociocultural factors. Biological factors indicated men may be more driven by dopamine-mediated reward-seeking behaviors, which are central to both gambling and sexual activity.<sup>5</sup> These behaviors trigger strong "reward" signals in the brain that can become addictive, and research has consistently shown this to be truer for men.<sup>5</sup> Likewise, testosterone, often higher in men, has also been associated with risk-taking, impulsivity, and novelty-seeking — all traits linked to gambling and sexual compulsivity.<sup>5</sup>

Psychological traits and coping styles among men might also contribute to higher rates of these behavior addictions. Men are more likely to externalize distress through risky or impulsive behaviors (e.g., gambling, sex), rather than internalize through anxiety and depression.<sup>6</sup> Men may also be less socialized to express or process emotions in healthy ways, leading them to use gambling or sex as a way to cope with stress or emotional discomfort.

Cultural factors may also play a role with society often rewarding men for taking risks, being dominant, competitive, or aggressive, which in turn, might reinforce gambling and sexual conquests rather than see such behaviors as a problem. This latter factor combined with men being less likely to seek mental health treatment due to misconstrued societal norms about masculinity can also delay interventions and worsening of addictive behaviors.

Greater accessibility and acceptability of gambling and sex for men might also increase vulnerability as men are often more frequently exposed to environments that normalize or promote gambling and casual sex (e.g., sports betting, pornography, strip clubs). Moreover, men can also encourage each other in normalizing these behaviors as a form of bonding or status-building.

Interestingly, substance use disorders and ADHD are more prevalent in men and often co-occur with behavioral addictions like gambling and compulsive sexual behavior.<sup>2,3</sup> Similarly, antisocial traits or personality disorders are more common in men and can increase the likelihood of engaging in high-risk, addictive behaviors.<sup>2,3</sup>

### Treatment for Gambling Problems and Sexual Compulsive Behaviors

Cognitive Behavioral Therapy (CBT) is the most widely studied and effective treatment for gambling and sexual addictions.<sup>7,8</sup> CBT aims to help identify and challenge distorted beliefs (e.g., illusions of control, gambler's fallacy) or irrational beliefs leading to shame, catastrophizing cravings/urges, or giving special status to addictive thoughts or desires. CBT approaches often include psychoeducation

to introduce skills such as avoiding triggers, managing urges, relapse prevention, and replacing problem behavior with healthy activities. Pragmatic interventions are often employed for these behavioral addictions such as software to block gambling/pornography websites (e.g., Gamban, BetBlocker, Freedom, StayFocused, etc.), restricting access to money, identifying high-risk situations, self-exclusion programs, and accountability partners to increase transparency to reduce secrecy.<sup>7,8</sup>

Insofar as stress proneness and emotional distress are risk factors for sex/gambling addictions, successful treatment approaches will often include interventions that enhance stress coping strategies and increase affect regulation. This can include mindfulness-based approaches (e.g., urge surfing), cultivating emotional intelligence, and maintaining a balanced lifestyle.

There are currently no FDA approved medications for either disorder. Two separate recent reviews of pharmacotherapy for patients with sex/gambling addiction concluded that the optimal choices of pharmacotherapy are challenging to draw at this time but suggest naltrexone shows promise for these disorders and should be the focus of future research.<sup>9,10</sup>

Antidotal evidence suggests group therapy can be helpful for sex/gambling addictions by reducing isolation, shame, learning from the experiences of others, providing real-time feedback (e.g., patients gently challenge each other's denial, rationalizations, or risky thinking, when respectful—can be more powerful than hearing it from a therapist), practicing vulnerability, assertiveness, or empathy, and creating a sense of belonging with others who have shared goals can increase commitment to change. Moreover, groups can provide a supportive environment and encouragement when individuals have setbacks or relapse in recovery.

### Conclusion

Problem gambling and compulsive sexual behavior are often characterized as behavioral addictions with higher prevalence rates among men. There are a variety biological, psychological, and sociocultural factors that may increase the risk that men may develop addictions to gambling or sex. Research has found that cognitive behavioral therapy appears to be the most effective treatment for sex/gambling addictions. Reviews of efficacy for pharmacological treatments are inconclusive at the present time. Finally, mindfulness-based approaches, group therapy, and treatment interventions that enhance stress coping strategies and increase affect regulation are also recommended for men who may struggle with problem gambling or compulsive sexual behavior.

**\*Dr. Reid is a research psychologist with expertise in neuropsychology and family therapy, trained at UCLA and Harvard. He is an internationally recognized specialist in gambling addiction and compulsive sexual behavior, having presented at global conferences, published peer-reviewed research, and led the DSM-5 Field Trial on Hypersexual Disorder. Currently, he serves as Clinical Director of the Gambling Addiction Treatment Center in Las Vegas, treats hundreds of individuals, and holds an Adjunct Assistant Professor of Psychiatry role at UNLV. He also serves on the Nevada's State Board for Alcohol, Drug, and Gambling Counselors.**

**Contact Email:** [rory.reid@unlv.edu](mailto:rory.reid@unlv.edu)

**Gambling Addiction Treatment Center:** 702.747.2041

**Website:** [gamblingaddictiontreatment.org](http://gamblingaddictiontreatment.org)

**Nevada Gambling Helpline:** 1-800-GAMBLER

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## NATIONAL ORGANIZATIONS

### Men

A Call to Men [acalltomen.org](http://acalltomen.org) Heads Up Guys [headsupguys.org/our-impact](http://headsupguys.org/our-impact) Man Therapy [mantherapy.org](http://mantherapy.org)  
Movember [us.movember.com/about/mental-health](http://us.movember.com/about/mental-health)

### General

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

### Grief

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

### Human Trafficking

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

### Legal and Disability

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

### Schizophrenia and Psychosis

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

### Substance Use

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

### Suicide Prevention and Postvention

American Foundation for Suicide Prevention (AFSP) [afsp.org](http://afsp.org)  
National Action Alliance for Suicide Prevention [theactionalliance.org](http://theactionalliance.org)  
Now Matters Now [nowmattersnow.org](http://nowmattersnow.org) Postvention Alliance [postvention.org](http://postvention.org)  
Suicide Awareness Voices of Education [save.org](http://save.org) Suicide Prevention Resource Center [sprc.org](http://sprc.org)  
The Jed Foundation [jedfoundation.org](http://jedfoundation.org) To Write Love on Her Arms [twloha.com](http://twloha.com)

### Trauma and Abuse

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

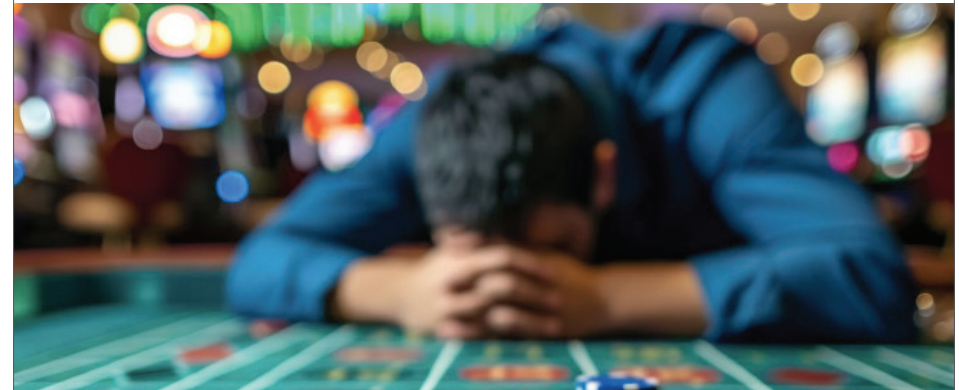
### Veterans

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



**GAMBLING  
ADDICTION  
TREATMENT CENTER**  
HELP • HOPE • HEALING  
[www.gamblingaddictiontreatment.org](http://www.gamblingaddictiontreatment.org)

**STATE FUNDED  
TREATMENT IS  
AVAILABLE FOR  
NEVADANS,  
CALL NOW FOR HELP  
(702) 747-2041**



- State Funded Treatment for Gambling Addiction
- Cognitive Behavioral Therapy
- Comprehensive Psychological Assessment
- Mindfulness-Based Approaches
- Individual and Couples Counseling
- International Certified Gambling Counselors
- Integration of 12-Step / SMART Recovery
- Psychoeducation on Gambling Addiction
- Treatment of Co-Occurring Psychiatric Disorders
- Evidence-Based Practice
- Aftercare Programs

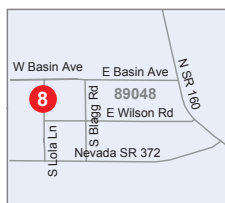
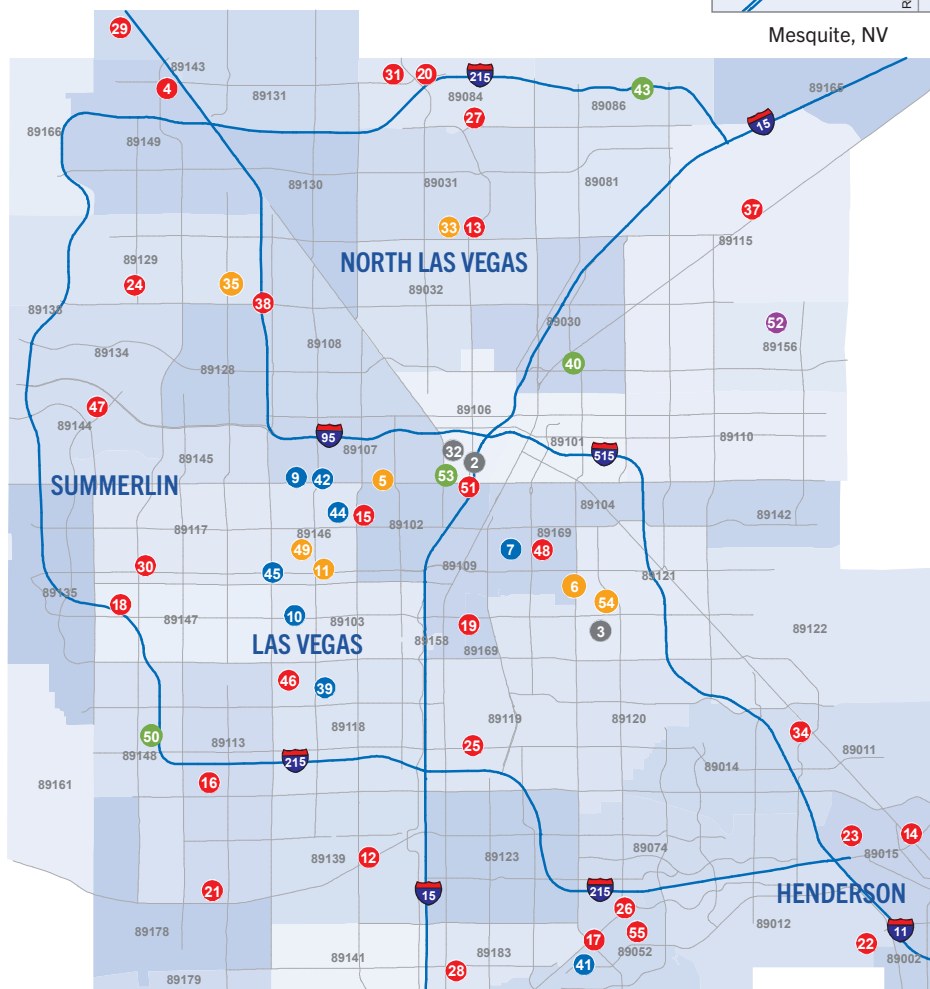


8565 S. Eastern Ave. Suite 178  
Las Vegas, NV. 89123

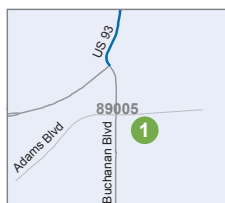
Monday - Friday by Appointment  
Sunday by Appointment

## HOSPITAL LISTING

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



15 Pahrump, NV



Boulder City, NV

## HOSPITAL LISTING

- Boulder City Hospital, Geriatric Behavioral** 901 Adams Blvd, Boulder City, 89005 702-293-4111
- Bridge Counseling** 1640 Alta Dr, Suite 4, LV, 89106 702-474-6450
- Bridge Counseling** 4221 McLeod Dr, LV, 89121 702-474-6450
- Centennial Hills Hospital** 6900 N Durango Dr, NLV, 89149 702-835-9700
- Crossroads of Southern NV** 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 View Hospital** 360 S Lola Ln, Pahrump, 89048 775-751-7500
- Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 702-486-8900
- Thrive 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 Boulder's Edge** 1501 Wagon Wheel Dr, HEN, 89002 702-962-0400
- ER at Cadence** 865 E Lake Mead Pkwy, HEN, 89015 725-201-5500
- ER at W Craig** 7050 W Craig Rd, LV, 89129 702-675-7020
- ER at Desert Springs** 2075 E Flamingo Rd, LV, 89119 702-369-7772
- ER at Green Valley** 2581 St Rose Pkwy, HEN, 89074 702-780-2700
- ER at North Las Vegas** 6625 N 5th St, NLV, 89084
- ER at S Las Vegas Blvd** 10700 Giles St, LV, 89183 702-962-0800
- ER at Skye Canyon** 9860 W Skye Canyon Park Dr, LV, 89166 702-962-0700
- ER at The Lakes** 3325 S Fort Apache Rd, LV, 89117 702-962-0500
- ER at Valley Vista** 7230 N Decatur Blvd, NLV, 89084 702-534-7200
- FirstMed Health + Wellness** 400 Shadow Ln, Ste 106, LV, 89106 702-731-0909
- Gallus Medical Detox** 1550 W Craig Rd, Ste 330, LV, 89032 702-857-7164
- Henderson Hospital** 1050 W Galleria Dr, HEN, 89011 702-963-7000
- Landmark Recovery** 3371 N Buffalo Dr, LV, 89129 844-332-2076
- Mesa View Regional Hospital** 1299 Bertha Howe Ave, Mesquite, 89027 702-346-8040
- Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd, Nellis AFB, 89191 702-653-2273
- MountainView Hospital** 3100 N Tenaya Way, LV, 89128 702-962-5000
- Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 702-909-3440
- North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 702-649-7711
- Seven Hills Hospital** 3021 W Horizon Ridge Pkwy, HEN, 89051 866-598-6327
- Southern Nevada Adult Mental Health** 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** 657 N Town Center Dr, LV, 89144 702-233-7000
- Sunrise Hospital** 3186 S Maryland Pkwy, LV, 89109 702-961-5000
- The Nestled Recovery Center** 2860 S Bronco St, LV, 89146 702-299-6406
- 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
- UMC Crisis Stabilization Center** 5409 E Lake Mead Blvd, LV, 89156 702-383-6200
- 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
- West Henderson Hospital** 1155 Raiders Way, HEN, 89052 725-235-2000

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: COLLABORATION



Example: Blessed and Free  
by Kane Brown & H.E.R

Free songs available on youtube.com

#### SUGGESTED SHOW: HOME IMPROVEMENT

Example: The Renovators

Available on pluto.tv



WATCHING

DOING

#### SUGGESTED ACTION: HIKE

Getting physical exercise while connecting with nature, reduces stress, improves mood, increases self-esteem, improves sleep, and promotes a sense of connection.

Find maps and trails at the Clark County website:  
clarkcountynv.gov



#### SUGGESTED READING: PHILOSOPHICAL FICTION



Example: Zen in the Art of Motorcycle Maintenance by Robert M Pirsig

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

### READING

“There is hope, even when your brain tells you there isn’t.” — JOHN GREEN

#### ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

1. asiansdotherapy.com 2. asianmhc.org 3. behavioralhealthnv.org
4. betterhelp.com 5. brightside.com 6. councilforrelationships.org 7. emdr.com 8. faithfulcounseling.com
9. findatherapist.com 10. findtreatment.gov 11. goodtherapy.org 12. hbinetwork.com/providers
13. innopsych.com 14. insighttherapy.com 15. locator.apa.org
16. maketheconnection.net/resources 17. mantherapy.org 18. mentalhealthmatch.com
19. musictherapy.org/about/find 20. nvpsychology.org 21. onlinetherapy.com
22. openpathcollective.org 23. pridecounseling.com 24. psidirectory.com
25. psychologytoday.com/us/therapists/african-american
26. psychologytoday.com/us/therapists 27. regain.us 28. talkiatry.com 29. talkspace.com
30. teencounseling.com 31. therapistlocator.net 32. therapyden.com 33. therapyforblackgirls.com
34. treatmentconnection.com 35. twloha.com/find-help 36. vitals.com

#### Man Therapy (mantherapy.org)

Man Therapy is a men's mental health initiative that uses humor and a no-nonsense tone to break stigma and encourage men to seek help. Tackling issues like depression, divorce and anxiety. The website offers tools like an anonymous mental health screening, along with resources for depression, anxiety, and substance use. It connects users to support services. The goal of the initiative is to support all men before they are ever in crisis.

## 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	PSY Serv. Psychiatric Services
CBT Cognitive Behavioral Therapy	MAT Medication Assisted Treatment	PTSD Post Traumatic Stress Disorder
CC Christian Counseling	MFT Marriage and Family Therapy	REBT Rational Emotive Behavioral Therapy
CM Case Management	MM Medication Management	SAT Substance Abuse Treatment
DBT Dialectical Behavioral Therapy	MOOD Mood Disorders (i.e.depression)	TELE Teletherapy
DD Developmental Disabilities	OCD Obsessive Compulsive Disorder	
DV Domestic Violence		

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
ABC Therapy <a href="http://abctherapy.net">abctherapy.net</a>	702-598-2020	89101	DV, EAP, Problem Gambling
Access Possibilities <a href="http://accesspossibilities.com">accesspossibilities.com</a>	909-233-4242	89123	Access Bars, PTSD, Trauma
Achievable Behavior Strategies <a href="http://bxtherapy.com">bxtherapy.com</a>	702-565-1894	89147	ABA, ASD
Ackerman Center <a href="http://grantagift.com">grantagift.com</a>	702-998-9505	89106	ABA, ASD, Neuropsychology
Adelson Clinic for Drug Abuse Treatment <a href="http://adelsoncliniclasvegas.com">adelsoncliniclasvegas.com</a>	702-735-7900	89169	OUD, MAT
Advanced Psychiatric Associates	702-228-4900	89146	General
Advanced Psychiatry Inc. <a href="http://advancedpsychiatryinc.com">advancedpsychiatryinc.com</a>	702-763-7811	89032	ADHD, CM, PHP, SAT
All About You Counseling <a href="http://allaboutyoucounseling.org">allaboutyoucounseling.org</a>	702-754-0807	89123	General
Alliance Mental Health <a href="http://alliancemhs.com">alliancemhs.com</a>	702-485-2100	89103	Telepsychiatry
Aloha Care Therapy <a href="http://alohacaretherapy.com">alohacaretherapy.com</a>	702-935-0025	89146	ADDICT, Grief, Sexual Identity
Ameduri Health Services <a href="http://ahslasvegas.com">ahslasvegas.com</a>	702- 551-0950	89119	MOOD, PTSD, LGBTQ
American Grace Wellness Center	702-444-0235	89052	OCD, PTSD
Apple Grove Treatment Center <a href="http://applegrovetreatmentcenter.com">applegrovetreatmentcenter.com</a>	702-992-0576	89120	BST, PSR, Individual
Applied Behavior Analysis Institute <a href="http://abainstitute.us">abainstitute.us</a>	702-502-8021	89107	ABA, ASD
Arbor Wellness <a href="http://arborwellnesslv.com">arborwellnesslv.com</a>	702-830-9588	89117	Psychiatric Services, Age 6+
Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services

## OUTPATIENT LISTING

Aroma Functional Nutrition Psychiatry afnpsych.com	702-907-7924	89144	Women/Maternal Mental Health
ASPECTS for Behavior aspects4behavior.org	702-825-1010	89130	ABA
Autism & Behavioral Consulting abcservices.co	702-283-6215	89117	ASD
Bamboo Center for Grief, Growth & Well-Being bamboocenter.us	713-322-6266	89128	Grief, Life Transitions
Bamboo Sunrise bamboosunrise.net	702-433-3038	89015	Life Skills, Foster Care
BBS Counseling	702-577-7792	89123	Anxiety, MOOD, PTSD
Behavior Essentials behavioressentials.com	702-445-0465		Parent Focused Therapy
Behavioral Health Group bhgrecovery.com	702-796-0660	89121	ADDICT, SAT
Behavioral Healthcare Options bhoptions.com	702-364-1484	89128	Insurance Provider, CM, EAP
Behavioral Health Solutions bhs.health	702-589-4871	89052	Family, MOOD, SAT
Behavioral Learning Solutions blsolutionsaba.org	702-610-2076	89052	ABA, ASD
Behavioral Services of Nevada behavioralservicesnv.com	702-816-3400	89121	BST, PSR
Beyond Expectation bepsyc.com	702-779-3956	89141	Neurofeedback
Beyond Therapy beyondtherapylv.com	702-673-4745	89129	EMDR, Christian MFT
Bilingual Center for Behavioral Health bcbhlv.com	702-401-0811	89119	Anxiety, MOOD
Boys Town Behavioral Health Clinic boystown.org	702-888-1340	89148 89113	Ages 0-22, ASD
Brainwaves & Counseling brainwaves-counseling.now.site/home	702-728-5858	89123	Neurofeedback
Breaking the Cycle Health and Wellness Center	702-850-7356	89032	
Bridge Counseling Associates bridgescounseling.org	702-474-6450	89106 89121	Trauma, PTSD, Youth, Sexual Abuse, IOP, Problem Gambling
Bridge Health Services bridgehs.com	702-843-0551	89106	Co-occurring, ODD, PTSD
Brighter Tomorrow brightertomorrowtherapy.com	725-238-6990	89120	Human Trafficking, PTSD
Browning Neurobehavioral Associates browningnba.com	702-305-0234	89145	Psychotherapy
Building & Advancing Minds buildingadvancingminds.com	702-530-2749	89032	CBT, life skills
Cal Psychiatric Services calpsychservices.com	702-629-7490	89109	Psychiatric, Neurological Disorders
Calm Clinic Psychiatry calmclinic.vegas	702-848-2256	89103	ADHD, MM, Work Stress
Campbell Center for Autism campbellcenterforautism.com	702-260-2360	89117	ABA, ASD
Center for Compassionate Care	702-733-0320	89119	Bereavement, Spiritual Care
Center for Individual, Couple and Family Counseling unlv.edu/cicfc	702-895-3106	89154	TELE
Central Point Psychiatry	702-380-8200	89146	
Changing Minds Psychiatry changingmindspsych.com	702-405-8088	89074	Psychotherapy, Psychopharmacology
Charlie Health charliehealth.com	866-491-5196		Virtual IOP (Ages 8-64)
Choices Group choiceslasvegas.com	702-252-8342	89104	Co-Occurring, SAT
Clarity Wellness Center claritywclv.com	702-578-4505	89121	Military, Minorities

## OUTPATIENT LISTING

Clear View Counseling clearviewcounseling.com	702-254-4883	89101	ADHD, Crisis, MFT, PTSD
Clinical Solutions clinicalsolutionslv.com	702-212-3008	89117	CBT, DBT, MOOD
Collaborative Center Foundation collablv.org	702-329-3208	89113	CM, DD
Collier Counseling and Life Coaching colliercounseling.org	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center cccofsn.org	702-369-8700	89104	General
Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	TELE, Military, Veterans, First Responders
Core Mental Health Service corementalhealthservices.com	725-735-2700	89134, 89027	Medical Family Therapy, PTSD
Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopev.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
Cypress Tree Therapy Center cypressreetherapycenter.com	702-904-9812	89146	
DCFS-Neighborhood Care, North dcfs.nv.gov/Programs/CMH/Contact_CMHS	702-486-5610	89032	Children Mental Health Services, PSY Serv.
DCFS-Neighborhood Care, South	702-486-6726	89015	PSY Serv.
DCFS-Neighborhood Care, West	702-486-0000	89146	PSY Serv.
Desert Hope Outpatient americanaddictioncenters.org	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry	702-685-3300	89146	Psychiatric Services
Desert Psychological desertpsychological.com	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) adsd.nv.gov	702-486-6200	89103	DD
Desert Treatment Clinic deserttreatment.com	702-248-0000	89014	Methadone/Suboxone
Desert Winds Recovery Center desertwindsrecovery.com	702-904-8255	89146	ADDICT, Detox, Sober Living
Diamond Mental Health diamondmentalhealth.net	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy vegasmusictherapy.com	702-257-0792	89102	Music Therapy
Earth's Edge Wellness earthsedgewellness.com	702-582-9474		Faith Crisis, Sex Therapy, Sleep Therapy
Eating Disorder Institute lasvegaseatingdisorders.com	702-503-5592		ED, DBT, Nutrition Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	ED, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Emma's House Inc emmashouseinc.org		89052	CBT, MFT, TELE, Grief, Trauma
Empowerment Center of NV	702-636-8729	89032	Crisis Intervention, General
Estra Healthcare Services estrahhealth.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

## OUTPATIENT LISTING

Focus Mental Health Solutions focusmentalhealth.com	702-790-2701	89102 89052	Psychiatric Services
Foundations Counseling Center foundationsnv.com	702-240-8639	89128	Youth, ADHD, ASD, ED
Freedom Behavioral Health	702-485-1300	89119	Gambling, SAT
Freedom Change Success fcstherapylasvegas.com	561-309-3507	89146	Men, Christian Counseling
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Fuente de Vida Mental Health fuentedevidanv.org	725-204-8809	89120	English/Spanish, BST, PSR, TELE
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
Grace from Grief gracefromgrief.com	702-339-4100	89134	Grief, Spiritual Counseling
H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Halo Mental Health halomentalhealth.com	702-805-2069	89106	Psychiatric
Harmony Healthcare harmonyhc.com	702-251-8000	89102	Insurance Provider
Head to Heart headtoheartnv.com	702-460-7236	89052	EMDR, Couples, Teen
Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindslv.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, TELE
HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
High Risk Pregnancy Center hrpregnancy.com	702-382-3200	89106	OD, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
Hope Medical Center hopemedicalcenter.org	702-425-8511	89104	Mind Body Therapies
Horizon Behavioral Health horizonbehavioralmedicine.com	702-463-4788	89052	Psychiatric Services
House of Yogini y3houseofyogini.com			Mind Body Wellness
Human Behavior Institute (HBI) hbinetwork.com	702-248-8866	89146	Insurance Provider, CM
Icarus icarusbehavioralhealthnevada.com	702-723-4774	89113	MOOD, Trauma, SAT
Ignite Teen Treatment igniteteeentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandrgray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Integrated Psychological Solutions lvpsych.com	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, PSR, SAT
International Problem Gambling Center gamblingproblems.org	702-363-0290	89146	Problem Gambling
Jewish Family Services (JFS) jfsalv.org	702-732-0304	89119	Anxiety, MOOD
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	TELE
Landmark Recovery landmarkrecovery.com	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Lake Mead Wellness Center lakemeadwellnesscenter.org	702-900-5040	89015	Abuse, Parenting, Trauma
Las Vegas Counseling lasvegascounselingcenter.com	702-466-3750	89117	TELE

## OUTPATIENT LISTING

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 Care Wellness https://lifecarewellnessllc.org	702-854-5402	89032	Anxiety, Depression, Grief
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free livingfreehealth.org	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
LV Comprehensive Treatment Center	888-660-9506	89109	Opioid Use Disorder Programs
Maternal Minds Counseling maternalmindscounseling.com	702-456-4262	89128, 89015	Maternal Mental Health
Meadows Behavioral Health meadowsbh.com	866-412-1891	89148	ADDICT, ED, IOP
Medens Health medenshealth.com	702-659-5400	89103	Neuropsychological testing
Mental Health Counseling & Consulting	702-400-6413	89123	Problem Gambling
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Might Mental Health mightymentalhealth.com	702-479-1600	89146	MM, Psychiatry
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mind Matters mindmatterspllc.com	702-289-4157	89102	Brief Psychotherapy, PSY Serv.
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Miracle Minds Therapy miraclemindstherapy.org	702-888-6300	89147	School-based, TELE
Mobile Mental Health Support Services	702-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	CBT, Mindfulness, MOOD, Rogerian
Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Moriah Behavioral Health moriahbehavioralhealth.com	866.624.1722		
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	

## OUTPATIENT LISTING

Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health <a href="http://nevadamentalhealth.com">nevadamentalhealth.com</a>	702-440-8430	89106	
Nevada Mental Health Associates <a href="http://nevadamha.com">nevadamha.com</a>	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc <a href="http://nevadamercyandcare.org">nevadamercyandcare.org</a>	702-444-0599	89119	Refugee
Nevada State Behavioral Health	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center <a href="http://nevergiveupbhs.com">nevergiveupbhs.com</a>	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic <a href="http://nipponclinic.vegas">nipponclinic.vegas</a>	702-994-7267	89119	MOOD, ED, PTSD
No Limits Counseling <a href="http://nolimitscounseling.com">nolimitscounseling.com</a>	702-600-5251	89144	Couples, MOOD, Teens, TELE
Nueva Vida Mental Health <a href="http://nvmhs.com">nvmhs.com</a>	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling <a href="http://oasiscounselingtoday.com">oasiscounselingtoday.com</a>	702-294-0433	89113	
Open Arms Counseling <a href="http://openarmscounseling.org">openarmscounseling.org</a>	702-823-4300	89015	ADDICT, EMDR, MM
Optima Healing and Recovery <a href="http://optimahealing.com">optimahealing.com</a>	702-879-2369	89014	IOP, MM, PHP
Our Little World Treatment Center <a href="http://olwtreatment.com">olwtreatment.com</a>	702-742-3093	89012	ASD
Overton Psychological Services <a href="https://facebook.com/Overtonpsych">facebook.com/Overtonpsych</a>	702-563-1000	89074	
Pathways Therapy & Wellness Center <a href="http://pathwaystherapynv.com">pathwaystherapynv.com</a>	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Peak Mental Health <a href="http://peakmentalhealth.org">peakmentalhealth.org</a>	702-323-4634	89105	EMDR, Trauma, Workshops
Perceptions Counseling Center of Southern Nevada <a href="http://pccofsn.com">pccofsn.com</a>	702-850-8700	89120	Child Therapy, TELE
Progressive Psychiatric Services <a href="http://progressivepsychlv.com">progressivepsychlv.com</a>	702-899-1208	89146	ADDICT, CBT, MM
Pro-Health Therapeutic & Empowerment Services <a href="http://phtes.com">phtes.com</a>	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, TELE
Puzzle Pieces Autism & Behavioral Services LLC <a href="http://puzzlepiecesnv.com">puzzlepiecesnv.com</a>	702-704-5112	89131	ASD
Radical Elevation <a href="http://radicalelevation.com">radicalelevation.com</a>	702-608-1488	89110	ADHD, PTSD, SAT, Trauma
Red Rock Counseling <a href="http://redrockcounseling.com">redrockcounseling.com</a>	702-389-4500	89015	Psych. Service, MM, SAT
Red Rock Psychological Health <a href="http://redrockph.com">redrockph.com</a>	702-898-5311	89119	
Rejuven Health <a href="http://rejuvenhealthlv.org">rejuvenhealthlv.org</a>	702-285-8311	89015	
Renewing Health and Wellness <a href="http://renewinghealthandwellness.com">renewinghealthandwellness.com</a>	702-766-1898	89119	ADHD, Mood, OCD
Resolutions Behavioral Health Therapy <a href="http://resolutionsbehavioralhealththerapy.com">resolutionsbehavioralhealththerapy.com</a>	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services <a href="http://resourcefamilyservices.com">resourcefamilyservices.com</a>	702-331-5608	89119	Couples, Family Therapy
Restoration & Recovery <a href="http://restorationandrecoverylv.com">restorationandrecoverylv.com</a>	844-473-5322	89130	EMDR, Sex Addiction Therapy
Restorative Behavioral Health LLC <a href="http://myrestorativehealth.com">myrestorativehealth.com</a>	702-853-6727	89031	General
SAFY of Nevada Specialized Alternative <a href="http://safy.org/nevada">safy.org/nevada</a>	702-385-5331	89130	Youth, Family
Season of Change <a href="http://seasonofchangepllc.com">seasonofchangepllc.com</a>		TELE	Christian Centered Therapy

## OUTPATIENT LISTING

Serenity Counseling and Support Services <a href="http://serenitysupportservices.com">serenitysupportservices.com</a>	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health <a href="http://serenitymentalhealth.org">serenitymentalhealth.org</a>	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies <a href="http://sfstx.com">sfstx.com</a>	702-979-4268	89128	Speech Therapy
Shining Star Community Services <a href="http://shiningstarlv.com">shiningstarlv.com</a>	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services <a href="http://sierratreatment.com">sierratreatment.com</a>	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center <a href="http://sohlv.org/counseling">sohlv.org/counseling</a>	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health <a href="http://silverstatehealth.org">silverstatehealth.org</a>	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids <a href="https://facebook.com/skills4kidLLC">facebook.com/skills4kidLLC</a>	702-538-9476	89117	
SNHD Behavioral Health Clinic	702-759-1700	89127	MM, Psych. Evaluations, TELE
Solutions of Change <a href="http://solutionsofchange.org">solutionsofchange.org</a>	702-445-6937	89120	General
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center <a href="http://snchc.org">snchc.org</a>	702-759-1700	89107	General
Southern Nevada Pediatric Center <a href="http://southernnevadapediatriccenter.com">southernnevadapediatriccenter.com</a>	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services <a href="http://snvpsyc.com">snvpsyc.com</a>	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southern NV Care Center <a href="http://lasvegas-clinic.com">lasvegas-clinic.com</a>	702-625-0022	89169	Evaluations, Counseling, Referrals
Southwest Autism & Behavioral Solutions <a href="http://swbehavior.com">swbehavior.com</a>	702-270-3219	89120	ASD
Strong Minds Addiction & Recovery Therapy <a href="http://strongminds.vegas">strongminds.vegas</a>	702-708-2559	89146	SAT, Sober Living Houses
Summit Mental Health	702-727-4459	89102	MOOD, Trauma, PTSD
Synergy KTC <a href="http://synergyktc.com">synergyktc.com</a>	725-222-4582	89113	Ketamine Therapy
Tancell Care <a href="http://tancell-care.business.site">tancell-care.business.site</a>	702-476-0262	89119	DD
Tandem Therapy Services <a href="http://tandemtherapyservices.com">tandemtherapyservices.com</a>	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development <a href="http://thecenterforchildandfamilydevelopment.com">thecenterforchildandfamilydevelopment.com</a>	702-912-5848	89120	Pediatric Neuropsychology
The Evidence Based Practice of Nevada <a href="http://theebpnv.com">theebpnv.com</a>	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group <a href="http://hamiltongrouplv.com">hamiltongrouplv.com</a>	702-289-4883	Virtual	MM
The Healthy Foundations Center <a href="http://healthyfoundations.center">healthyfoundations.center</a>	702-489-2117	89117	BST, PSR
The Lovaas Center <a href="http://thelovaascenter.com">thelovaascenter.com</a>	702-877-2520	89103	ABA, ASD
The Meadows Outpatient Center <a href="http://meadowsoutpatient.com">meadowsoutpatient.com</a>	866-681-3457	89148	ADDICT, Women's Intimacy Issues
The Nestled <a href="http://thenestledrecovery.com">thenestledrecovery.com</a>	702-299-6406	89146	IOP, SAT
The Novum Health Support Center (SilverSummit Members)	702-605-5858	89502	BH Services, Crisis Assessments
The Parkey Group <a href="http://theparkeygroup.com">theparkeygroup.com</a>	725-230-8526	89145	CBT, Couples, TELE
The Peaceful Mind Counseling Center <a href="http://thepeacefulmindcounseling.com">thepeacefulmindcounseling.com</a>	702-766-9063	89129	ED, MOOD

## OUTPATIENT LISTING

The Practice, UNLV <a href="http://unlv.edu/thepractice">unlv.edu/thepractice</a>	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health <a href="http://therapeuticsolutionslv.com">therapeuticsolutionslv.com</a>	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center <a href="http://therapytreatmentcenters.com">therapytreatmentcenters.com</a>	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health <a href="http://theravadawellness.com">theravadawellness.com</a>	702-757-8720	89130 89052	DBT, EMDR
There and Back Recovery <a href="http://thereandbackrecovery.com">thereandbackrecovery.com</a>	702-714-1739	89104	Life Transitions, Hip Hop Therapy
Thrive Solutions <a href="http://thrivesolutionslv.com">thrivesolutionslv.com</a>	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thrive Wellness Reno <a href="http://thrivewhere.com">thrivewhere.com</a>	775-525-8103		Virtual IOP
Tilton's Therapy <a href="http://tiltonstherapy.com">tiltonstherapy.com</a>	702-381-1839		Mobile Therapy
TIM Care	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities <a href="http://tourocadd.org">tourocadd.org</a>	702-777-4808	89014	ASD
TREAT <a href="http://horsetherapylv.com">horsetherapylv.com</a>	702-768-2326	89139	Equine Assisted Psychotherapy
Tribe Sin City <a href="http://triberecoveryhomes.com">triberecoveryhomes.com</a>	702-899-1924	89030	IOP, PHP, SAT
TUFF Services Ministries <a href="http://tuffservices.org">tuffservices.org</a>	800-649-0925	89053	Pastoral Counseling
U.S. VETS <a href="http://usvets.org/locations/las-vegas">usvets.org/locations/las-vegas</a>	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC <a href="http://vegascarellc.com">vegascarellc.com</a>	725-206-5434	89121	General, PSR, BST
Vegas Stronger <a href="http://vegasstronger.org">vegasstronger.org</a>	702-202-6647	89101	SAT
Ventana Health Associates	702-360-2800	89134	
Veridian Wellness <a href="http://veridianwellness.com">veridianwellness.com</a>	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health <a href="http://victoriousbhs.com">victoriousbhs.com</a>	702-723-0125	89119	BST/PSR, Psychiatric Services
Virtue Recovery Center <a href="http://virtuerecoverycenter.com/nevada">virtuerecoverycenter.com/nevada</a>	866-806-0960	89149 89113	ADDICT, ED, SAT
Visions Health and Wellness <a href="http://visionshw1.com">visionshw1.com</a>	702-527-6337	89108	Neurofeedback, SAT, Trauma
We Are Hope <a href="http://wearehopelv.com">wearehopelv.com</a>	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic <a href="http://thewellcaregroup.com">thewellcaregroup.com</a>	702-291-7121	89122	BST, CM, PSR
Westcare <a href="http://westcare.com">westcare.com</a>	702-385-3330	89101	SAT
Wongu Health Center <a href="http://wongu.edu/wongu-health-center">wongu.edu/wongu-health-center</a>	702-852-1280	89123	Breathing Techniques, Psychiatry
Zia Counseling <a href="http://ziacounseling.com">ziacounseling.com</a>	702-823-9043	89102	Couples, EMDR, MFT

## LOCAL SHELTER AND TRANSITIONAL HOUSING

### FAMILIES

#### Family Promise

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

#### HELP of Southern Nevada

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

#### Las Vegas Rescue Mission

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

#### Safe Families for Children, Olive Crest

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

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

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

### MEN

#### Catholic Charities Shelter for Men

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

#### Las Vegas Rescue Mission

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

#### Salvation Army

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

### WOMEN

#### Destiny House (Hookers for Jesus)

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

#### Living Grace Homes

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

#### Refuge for Women

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

#### Safe Nest

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

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

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

#### The Shade Tree for Women

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

### YOUTH

#### Nevada Partnership for Homeless Youth

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

#### Shannon West Homeless Youth Center

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

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

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

#### The Courtyard Homeless Resource Center:

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

## CREDIBLEMIND

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- Anxiety
- Loneliness
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**Heidi Laird**  
[lairdh@snhd.org](mailto:lairdh@snhd.org)

**SNHD**  
Southern Nevada Health District



## Sober Living Directory

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

### Men

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

### Women

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

### Men + Women

Addicts Helping Addicts	702-612-8961	ahasoberliving.com
Clean Shot Sober Living	877-45-SOBER	cleanshotliving.com
Daisy's House	702-801-6431	daisyhousehenderson.com
Divine Intervention (Shine-A-Light)	702-831-9878	
Judah Recovery	725-259-3162	
Kings & Queens Sober Living	702-287-1940	aidtoaddictsandalcoholics.org
Reflections Recovery Center	702-801-6431	reflectionsrecoverylv.com
Toni's House	833-999-8664	tonishouse.org

## IN A MENTAL HEALTH CRISIS? DO NOT DELAY IN SEEKING HELP.

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

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

  
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INSPIRING HOPE  
springmountaintreatmentcenter.com



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



**MENTAL AND BEHAVIORAL HEALTH COUNSELING**  
Supports emotional well-being, manages stress, and addresses behavioral issues. Helps develop coping skills and enhance relationships.

**PSYCHOSOCIAL REHABILITATION (PSR)/IRST**  
Improves social, emotional, and cognitive skills for independent living.

**ABA SERVICES**  
For improving social skills, communication, and learning for individuals with autism and other developmental disorders.

**COMMUNITY HEALTH WORKER**  
Professionals assess, plan, and coordinate care to meet client needs, ensuring optimal support through effective communication and resources.

**DOMESTIC VIOLENCE PROGRAM**  
State-certified domestic violence treatment program. Classes are offered in person and virtually.

**FIRST AID/AED/BLS CPR & CERTIFICATION**  
First Aid, AED, and BLS certification teaches life-saving skills like CPR and emergency medical response.

**HOME-BASED PRIMARY CARE**  
This service is ideal for individual with chronic conditions, mobility limitations, transportation challenges or young children.

**MEDICATION MANAGEMENT**  
Medication management is a level of outpatient treatment MHS is now offering.

**MEDICAID 16 HOUR TRAINING PROVIDER CERTIFICATION**  
For those seeking to become qualified Behavioral Aids and Qualified Mental Health Associates to render Basic Skills Training and Psychosocial Rehabilitation.

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Suite 240 Las Vegas, NV 89119  
@mhsbsinc

**2025 MINGO HEALTH SOLUTIONS**

**MENTAL HEALTH SYMPOSIUM**



**Thursday, October 2nd, 2025**  
**8:30 am - 5:00 pm**

 **the center**  
Serving the LGBTQ Community of Nevada  
401 S Maryland Pkwy.  
Las Vegas, NV 89101

Continental Breakfast & Lunch  
6 CEU Hours  
Raffle Prizes  
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Website: www.mhsbs.com  
Contact Charlotte for more info (725)-772-1833 cwatkins@mhsbs.com

# Q&A

WITH TIM VEIT\* | EXECUTIVE DIRECTOR OF DAD INC.

**1. Mental Health Spectrum (MHS):** Tell us a little about DAD INC. and its work in the community?  
**Tim Veit (TV):** DAD INC. is about strengthening fathers, families, and futures. Founded in 2020, DAD INC. has served over 1,200 fathers in Clark County. Nearly 900 of those men have completed our signature 8-week Ignite Workshop, which blends fatherhood training, personal development, and case management. Fathers also receive financial and career coaching and access to employment community partners. Our services extend across four unique populations: English- and Spanish-speaking fathers, dads in recovery, and fathers reentering from justice-involved backgrounds.

**2. MHS:** What are some of the most common but often overlooked signs of mental health struggles in fathers?

**TV:** Many men don't even realize they're struggling until it starts to spill into other areas of their lives. Society still teaches fathers to carry the weight silently—to provide, protect, and persevere without complaint. At DAD INC., we meet fathers who've had little to no guidance in navigating the emotional terrain of parenting, partnership, and personal growth. Signs often go unnoticed: irritability, chronic fatigue, emotional withdrawal, relationship instability, or unhealthy coping mechanisms like substance use. Left unaddressed, these struggles can erode a father's confidence and disconnect him from the people who need him most—his children.

**3. MHS:** How does DAD Inc. incorporate mental health support into its programs?

**TV:** Our workshops cover emotional resilience, trauma awareness, healthy communication, co-parenting strategies, conflict resolution, and more. Every participant is paired with a dedicated case manager who helps set goals—including mental health goals—and provides weekly coaching. If a dad needs counseling or specialized care, we connect him directly to support. But we also recognize that mental health is influenced by stability—so we offer help with job readiness, financial literacy, legal navigation, and housing resources. It's all connected. When a father is stable and well, his family thrives.

**4. MHS:** What specific challenges do fathers face with mental health—especially around postpartum periods, parenting stress, or work-life balance?

**TV:** First-time fatherhood is a major life shift. Anytime a new baby enters the home—especially if the dad lacks extended family or community support—stress levels can skyrocket. Sleep deprivation, financial pressures, relationship tension, or a partner recovering from a difficult birth can leave dads feeling overwhelmed and unsure. Balancing work, parenting, and relationships—while trying to be emotionally present—can feel impossible.

**5. MHS:** How can communities better support men in overcoming the stigma of seeking help?

**TV:** The stigma isn't just about mental health—it's about vulnerability. We've seen that the most effective way to engage fathers is by focusing on their desire to be great dads. Every man we meet wants to protect and provide for his children. When we lead with that value and offer tangible tools and real solutions to dads' most pressing issues, they are more open to receiving help. At DAD INC., we've created a fatherhood-first culture where men feel safe showing up as they are. We invite other organizations to collaborate with us. Together, we can build a healthier, more resilient community by starting with its most underutilized asset: fathers.

**6. MHS:** Any other thoughts you would like to share regarding the topic of male mental health?

**TV:** Fatherhood is one of the most rewarding—and most demanding—roles a man can take on. The stakes are high, but so is the potential. When we invest in the mental health of fathers, we break generational cycles and strengthen families from the inside out.

**7. MHS:** How can fathers get involved, and what resources are available to them?

**TV:** Just visit [www.godadinc.com](http://www.godadinc.com) to learn more and register for one of our workshops. Once enrolled, they will be matched with a case manager who becomes their personal coach. Whether it's mental health support, legal help, parenting tools, employment opportunities, or navigating child custody, we've got resources to back dads up. For more information, call 702-707-7646, or follow us on Instagram, LinkedIn, and Facebook.

\*Tim Veit leads a dynamic team dedicated to the health and resilience of fathers and families across Nevada. A veteran of both the military and fire service, Tim brings over 20 years of experience in community support and social services.

## SPECIAL FEATURE

# SHARED EXPERIENCES

"One doesn't have to operate with great malice to do great harm. The absence of empathy and understanding are sufficient." — CHARLES M. BLOW

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.

### Silence Can Feel Heavy (Mike's Story)

For years, I kept silent to make others comfortable. I often wondered: Would they still care if they knew my truth—about the trauma, the grief, the struggle to be accepted?

That silence came at a cost. I never felt worthy. I never felt seen.

My mental health journey began at 11, during what was supposed to be a fun Halloween night. A trusted adult crossed a line that shattered my sense of safety and control. In that moment, I detached—Mike was gone. I told only two people. My best friend, who never spoke of it again. And my brother—my protector.

He battled his own demons. Addiction, pain, and emotional storms he couldn't weather. The last time we spoke, he was full of hope. But that hope turned quickly. He left this world at the end of 1993, simply saying, "I'm tired of the struggle." That loss shaped my life. He's missed graduations, birthdays, my own marriage, the birth of my sons, and the day I finally came out fully to the world. I carry both his absence and his courage with me.

I spent years trying to hold it all together—until I couldn't anymore. A course in Transformational Emotional Intelligence helped me remember: I already had the power to heal. I began to reflect. To choose differently. And most importantly, to share my story.

Today, I am an Executive Coach and Leadership Facilitator. I work with individuals and companies to build cultures of connection and growth. I'm also the President of the Board for The Mental Health Moment, a nonprofit rooted in truth and healing. I am married to an incredible man. We've raised our amazing children together. I'm nearing 50, and I finally understand: my past doesn't define me—it equips me.

### So I ask you:

What are you still holding back?  
What truth is ready to be spoken?



## SPECIAL FEATURE CONTINUED

# SHARED EXPERIENCES

### Why me? A story of pain, resilience, and purpose (Dr. Jacobs' Story)

Despite millions of Americans having a diagnosable mental health condition, stigma continues to be a problem. Why this is continues to be perplexing to me, however, I remain more encouraged today because the collective voice is getting louder, especially amongst our younger generation. I would like to talk about how grateful I am to have received the help I needed after a couple of battles.

#### Childhood trauma

When I was 14 years of age, I was walking home from a park in the neighborhood where my grandparents resided in San Diego, California. The sun had set, and the streetlights were minutes away from coming on. A dark colored car pulled up beside me less than 10 feet away. As I stopped to see who was inside the car, all I can remember was seeing a gun pointed directly at me. The person holding the gun was intent on taking my life as he pulled the trigger two times. Thankfully, the bullets never left the gun. However, the trauma from that near death experience remains with me today, some 30 plus years later.

During the 10 years following my traumatic experience, I suffered in complete silence. I did not share the incident with my family, for fear of how they would react to learning about what had happened. I feared that if I shared what happened to me, I would be forced to share the daily flashbacks, or the hyperarousal I experienced each time I saw a car that resembled the car from that night. As time went on, my symptoms worsened. I knew something was not right with me, but I knew nothing about mental health, and I did not know I was living with a mental health condition. As the flashbacks became more intense, I started having suicidal thoughts. I was in so much pain that I lost the desire to live. So, my grades suffered, my motivation decreased and some of my relationships declined. At one point, I did not think I would make it out of high school.

Somehow, I made it through high school and college. There were plenty of sleepless nights, but while in college, I would study to replace my ruminating thoughts as they functioned as a distraction to the flashbacks that paralyzed me like they often did throughout my adolescence. Like so many others that struggle with mental health, you figure out ways to cope with discomfort, which may not alleviate the psychological pain or persistent symptoms but makes it more tolerable.

After living through a decade with untreated posttraumatic stress, I miraculously got accepted into graduate school with the hope of becoming a licensed mental health therapist. The program I was accepted into required students to have at least 10 hours of personal therapy. By this point, I figured I had posttraumatic stress, but I felt ashamed. I thought that if anyone knew, I would be considered weak and not suitable to be a therapist. When I met with my therapist for the first time, I was able to release the past 10 years of pain, guilt, and shame. I needed to heal. I found freedom within my own body and mind.

Because so many of us live with mental health challenges, mental health needs to be accepted, treated and talked about like we do everything else. When I look back on my mental health journey, I could have avoided so much pain, if I had not allowed the stigma of my mental health condition to restrict me, receiving the help that I not only needed, but that I deserved. I cannot help but think how much healthier we would be as a nation if we treated mental health the way we treat any other condition: with compassion.

#### Prostate Cancer diagnosis

Some 30 years later, I received news that would change my life forever. On March 8, 2024, I had a telehealth appointment with my urologist. This appointment was to discuss the results of a re-biopsy I had done on my prostate due to an atypical biopsy a few months before. Prior to the

March 8th appointment, my doctor reassured me that at the age of 45, I would be fine and there should not be any cause for concern. We were both wrong.

#### The impact on my mental health

I never thought I would say the words; I have prostate cancer. I thought that if I continued to run 20 miles per week, which is something I have done faithfully for the past 12 years, eat a plant-based diet and practice a lifestyle free of alcohol and tobacco, that I would be in good health. However, genetics is a powerful indicator, and prostate cancer is prevalent across both sides of my family. Even though most of the men in my family that were diagnosed with prostate cancer were well into their 60s or 70s, I recently learned my maternal grandfather was in his 40s when diagnosed.

The first few days after my diagnosis, I was in shock. I kept thinking I was living a bad dream, but when I woke up, nothing had changed. Once reality started setting in, the anger came in waves and remained for several weeks. "Why me?" "How can I have cancer when I take good care of myself?" The anger turned into low-grade depressive feelings. I noticed that my motivation started declining, and some days I just wanted to remain in bed. Despite how depressed I was, leaning on my faith early on provided me with a lot of strength. My support system was extremely supportive, which also made me feel that I was not alone with this journey. As time went on, my mindset started to shift, and I started to feel this spiritual peace coming over me. I started finding purpose in my journey, and I was more accepting of my diagnosis. In the mental health world, my journey resembles what is known as the stages of grief.

#### Turning pain into purpose

Despite experiencing some very dark days, I stuck to my usual routine. I continued to approach life with the same vigor that brought me meaning and purpose. I maintained my exercise routine, and I maintained the diet that has helped me manage other areas in my health journey. Without my routine, my mental health would have suffered.

Since my diagnosis, I have done extensive research on prostate cancer. I have learned that early detection and timely targeted treatment is critical in managing the disease. Regular screenings and increased awareness are vital when it comes to the outcome. I have also focused on spreading awareness. Men do not openly talk about prostate cancer or even mental health for that matter, and I am hoping to change that.

Sheldon A. Jacobs is a licensed marriage and family therapist and owner of Dr. Sheldon A. Jacobs Counseling Services. He is the President for the NAMI of Southern Nevada Board of Directors. He is the author of *48: An Experiential Memoir on Homelessness*, his website is [drsheldonjacobs.com](http://drsheldonjacobs.com) and you can follow him on Twitter and Instagram @drjacobs33.

## CAMP HOMEGROWN



Open to parents, professionals,  
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2025

Register Here (scan):



or visit:  
[camphomegrown2025.vfairs.com](http://camphomegrown2025.vfairs.com)

## SUPPORT GROUPS

### ADDICTION

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

### CHILDREN AND YOUTH

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

### CRISIS AND TRAUMA

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

### GRIEF AND LOSS

Adams Place adamsplacelv.org	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
Bereavement Support (Dignity Health)	702-616-4912
CompassionCare Hospice	702-636-0200
Concerns of Police Survivors (COPS) concernsofpolicesurvivors.org	702-501-8083
Divorce/Separated Support Group	702-735-5544
Grief Loss & Family Support Group	702-735-5544

## SUPPORT GROUPS

Griefshare griefshare.org	1-800-395-5755
Grief Recovery After a Substance Passing (GRASP)	302-492-7717
Grief Recovery (death, divorce, career and other losses)	702-980-8303
Nathan Adelson Hospice nah.org	702-796-3157
Pet Loss Family Support Group	702-735-5544
Southern Hills / Compassionate Care and Grief Support	702-916-7776
Suicide and Murder Victims Support Group	702-735-5544
The Compassionate Friends compassionatefriends.org	877-969-0010
Tragedy Assistance Program for Survivors (TAPS) Military Survivor	800-959-8277

### LGBTQ

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

### SUICIDE

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

### OTHER

ADHDOutLoud	702-518-9539 ext 7
Alzheimer's Associaton alz.org	702-248-2770
Cleveland Clinic Caregiver Support and Programs	702-483-6000
Depression and Bipolar Support Alliance (DBSA)	702-625-0495
Dignity Health Womens Center (Support Groups) dignityhealth.org	702-616-4900
Give Me a Break (GAB) - Respite	702-219-0394
National Organization Parents of Murdered Children pomc.com	513-721-5683
Nevada Senior Services adultdaycarelv.org	702-648-3425

## Suicide prevention starts with everyday heroes like you.

American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.



Learn more. Get involved. Make a difference



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

Nevada 211 - Connect to Services [nevada211.org]	211 or 866-535-5654
Police NON-Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
AARP Friendly Voice [aarpcommunityconnections.org/friendly-voices]	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) [APSGethelp.com]	702-486-6930
Afghan Behavioral Health Support (Dari, Pashto, & English)	800-615-6514
Al-Anon [al-anon.org]	800-344-2666
Alcoholics Anonymous (AA) [aa.org]	702-598-1888
Alzheimer's Association Helpline [alz.org]	800-272-3900
American Addiction Centers Resource [centers.org]	866-892-4547
American Chronic Pain Association (ACPA) [theacpa.org]	800-533-3231
American Pregnancy Association	800-672-2296
Care Solace (CCSD students) [caresolace.com/ccsd]	888-515-0595
Cocaine Anonymous [snvca.org or ca.org]	702-941-0950
Codependents Anonymous [coda.org]	602-277-7991
Crystal Meth Anonymous [crystalmeth.org]	855-638-4373
Debtors Anonymous [debtorsanonymous.org]	800-421-2383
Depression & Bipolar Support Alliance (DBSA) [dbsalliance.org]	800-826-3632
Drug Free Workplace Helpline	800-967-5752
Eating Disorders [anad.org]	888-375-7767
Eldercare Locator [eldercare.acl.gov]	800-677-1116
Empower Work (Work issues) [empowerwork.org] TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous [gasn.info]	855-222-5542
GriefShare [griefshare.org]	800-395-5755
IMAlive (online crisis chat)	imalive.org/online
International OCD Foundation [iocdf.org]	617-973-5801
Lap of Love - Pet loss resource line [lapoflove.com]	855-352-5683
LGBT National Hotline	888-843-4564
LGBT National Senior Hotline	888-234-7243
LGBT National Youth Talkline	800-246-7743
MADD (Impacted by drunk or drugged driving)	877-623-3435
Marijuana Anonymous [marijuana-anonymous.org]	800-766-6779
Military OneSource (Military Community) [militaryonesource.mil]	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
NAMI Teen and Young Adult TXT FRIEND to 62640	800-950-6264
Narcotics Anonymous [na.org]	888-495-3222

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

Naseeha (Muslim and Non-Muslim) [naseeha.org]	866-627-3342
National Abortion Federation Hotline	800-772-9100
National Alliance on Mental Illness (NAMI) Helpline [nami.org/help]	800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	800-931-2237
National Resource Center on ADHD	866-200-8098
National Teen Dating Violence Abuse Helpline	866-331-9474
Nicotine Anonymous [nicotine-anonymous.org]	877-879-6422
Nevada Health Connection [treatmentConnection.com]	800-450-9530
Nevada Teen Peer Support Text Line (ages 14-24)	TXT 775-296-8336
Office on Women's Health (Resource line)	800-994-9662
Overeaters Anonymous [oa.org]	505-891-2664
PACT Warmline (Anyone affected by Substance Use Disorder)	702-763-4589
Partnership to End Addiction (Concerned Parents) [drugfree.org]	TXT CONNECT to 55753
Physician Support Line [physiciansupportline.com]	888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) [postpartum.net]	800-944-4773
Problem Gamblers Helpline	800-522-4700
SAMHSA's Helpline [samhsa.gov/find-help/national-helpline]	800-662-4357
Schizophrenia & Pyschosis Action Alliance [sczaction.org]	800-493-2094
Schizophrenia and Action Alliance [sczaction.org/helpline]	800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives [selfinjury.com]	800-366-8288
Sex Addicts Anonymous [saa-recovery.org]	800-477-8191
Sidran Institute - Trauma or Dissociation [sidran.org]	410-825-8888
StrongHearts Native Helpline [strongheartshelpline.org] 24/7	844-762-8483
Stop It Now! (Abuse helpline)	888-773-8368
Survivors of Incest Anonymous [siawso.org]	877-742-9761
TARA for Borderline Personality Disorder [tara4bpd.org]	888-482-7227
Teen Help Inc	800-400-0900
Teen Line (TXT 839863)	800-852-8336
Tobacco (Nevada) Quit Line [nevada.quitlogix.org]	800-784-8669
Tragedy Assistance Program for Survivors (Military) [taps.org]	800-959-8277
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211 [211.org]	800-233-4357
UNLV Careline (Sexual Assault, Violence, Stalking)	702-895-0602
Vet Center Call Center [vetcenter.va.gov/media/Call-Center-PSA.asp]	877-927-8387
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044



# A MATTER OF WORDS

*“I believe the biggest stigma right now, with mental health, is that a lot of men are not talking about it.” – MAURO RANALLO*

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.

.....

YOU HAVE THE POWER TO INFLUENCE GREAT CHANGE IN YOUR FAMILY AND EVEN THE FUTURE GENERATIONS THAT COME AFTER YOU. THE DECISIONS YOU MAKE TODAY, POSITIVE OR NEGATIVE, ARE BEING EVALUATED BY YOUR CHILDREN. SET THE EXAMPLE: WHEN YOU NEED HELP, ASK FOR IT; FEELINGS ARE REAL, DON'T IGNORE THEM; AND, YOU ARE NO LESS A MAN FOR DOING SO.

— ANTHONY NEDELMAN

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Photo Credit: Francesco Ungaro from Pexels

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