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NOTE FROM: *The Editor*

Another new year and another start for all of us—welcome to Volume 4 of *Mental Health Spectrum*!

The topic of this issue is long overdue – workplace mental health. As the majority of people are in the workforce for most of their adult years, it is imperative that we address workplace wellness. The workplace is that “home away from home”, that key location where working people spend most of their time. In 2022, as the impact of the COVID pandemic revealed an underlying pre-existing national mental health crisis, the U.S. Surgeon General issued its first report addressing mental health in the workplace and the need for a healthy workforce.

In this issue, we highlight: some key signs of poor mental health in the workplace, work-life balance, recovery friendly workplaces, impact of social media, microaggression, multi-generational workspaces, employee assistance programs, and more. We hope to provide education and insight into the impact of poor mental health in the workplace, and encouragement to seek appropriate treatment and support in order to facilitate recovery and make healthier life choices both at work and at home. What we need to understand is that mental health impacts everyone directly or indirectly. From loss of income/employment and damage to family/relationships, from emotional and mental distress to illnesses, substance use, and behavioral issues, the impact on mental health and the workforce is significant.

The good news is that mental health issues are often treatable. It is imperative that the workplace environment fosters a culture of connectiveness and compassion to facilitate healthy and positive mental health for its workers. People need to understand that it is okay to talk about mental health and the issues should not be stigmatized. Stigma is the greatest obstacle to seeking and receiving appropriate mental health care, for anyone, at any age.

Finally, I would like to thank our guest contributors for their support and all those who have donated to help keep *Mental Health Spectrum* afloat. In particular, a very special thanks to Care Coalition for their part sponsorship of this issue. Without donor support and positive feedback, we would not be able to continue providing this free resource. So thank you and a Happy New Year to all!

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

CONTENTS

1	SIGNS AND SYMPTOMS OF POOR MENTAL HEALTH IN THE WORKPLACE
2	HOTLINES
3 – 4	MENTAL HEALTH IN THE WORKPLACE: AN OVERVIEW
6 – 9	STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS
11	THERAPISTS AND CLIENTS ON SOCIAL MEDIA: ETHICS AND ETIQUETTE
12	MENTAL HEALTH IN A MULTI-GENERATIONAL WORKSPACE
13	NATIONAL ORGANIZATIONS
14	Q & A WITH REBECCA SULTAN
15 – 16	HOSPITAL LISTING
17	IT'S ALL ABOUT SELF-CARE
18 – 24	OUTPATIENT LISTING
25 – 26	COMPANIES ARE IDENTIFYING AS “RECOVERY FRIENDLY” AND WE'RE HERE FOR IT
27	SUICIDE PREVENTION: 5 THINGS YOU SHOULD KNOW
29	SPECIAL FEATURE: SHARED EXPERIENCES
30	LOCAL SHELTER AND TRANSITIONAL HOUSING
31 – 32	WORKPLACE MENTAL HEALTH AND...
32	MICROAGGRESSION AT WORK
33 – 34	SUPPORT GROUPS
35 – 36	HELPLINES
	Back Cover A MATTER OF WORDS

SIGNS AND SYMPTOMS OF

Poor Mental Health in the Workplace

Mental health conditions are common, affecting 1 in 5 Americans, with 75% of lifetime cases starting by age 24.¹ With so many people affected, this means that poor mental health in the workplace is extremely common and can negatively affect businesses and the labor force.² The two most common mental health problems in the workplace are depression and anxiety, followed by burnout.^{1,2,3} Knowing how to spot the signs of poor mental health is an important tool to have as a worker, colleague, manager, or employer. The symptoms may not always be obvious, but the following are 8 common signs to look out for concerning mental health issues at work:^{1,2,3}

1 Uncharacteristic behavior: unkempt appearance or poor grooming, uncontrollable procrastination, acting aggressively, being unusually quiet, often turning up late or asking to leave early, and/or being absent frequently.

2 Disinterest in work or day-to-day activities: losing interest in activities, particularly those that they used to enjoy, or lack of satisfaction from achievements.

3 Changes in sleeping or eating behaviors: insomnia, difficulty sleeping, overeating, or loss of appetite. Potential indicators of a mental health issue at work are if suddenly a worker begins to regularly miss lunch, refuses to eat with co-workers, or seems to fall asleep at work.

4 Decreases in engagement and productivity: decreased performance due to difficulty concentrating, feeling distracted, struggling to complete tasks, inability to make decisions, and lack of motivation to engage.

5 Social withdrawal or conflict with others: withdrawing and isolating from colleagues; avoiding, or dreading work with certain colleagues.

6 Increased emotional behavior: feeling sad, worthless, and hopeless; suddenly crying a lot, becoming irritable and angry often.

7 Irrational fears, paranoia, or anxiety: excessive worry, paranoia about co-workers and anxieties around job security; negative attitude toward the job, organization, and/or colleagues/customers.

8 Substance use/misuse: turning to alcohol, drugs, or other addictions - typically an urgent sign that someone needs help.

While the symptoms of mental health problems can vary in people because of their experiences and conditions, it is important to be aware of any changes in behaviors at work. If you recognize some of the above symptoms in yourself (or in a colleague or employee), it could indicate that help is needed. Ignoring early signs of a mental health problem at work may lead to increased vulnerability to burnout, more serious health issues, and damage to one's career and other relationships. Some starting places to get help:

- **Employee Assistance Programs (EAPs):** Provide free, confidential assessment, short term counseling, referral, and follow-up services.
- **Findsupport.gov:** Online guide that helps people navigate through common questions at the start of their journey.
- **SAMHSA's National Helpline (800-662-HELP):** 24/7 confidential treatment referral and information about mental and substance abuse disorders, prevention and recovery.

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HOTLINES (24/7)

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

Mental Health in the Workplace: An Overview

BY ANJUM KHAN | MA, PMP, PMI-ACP

Every person needs good health to function normally and survive. Good health is about both physical and mental health, which in turn, impacts our life's journey. If there is one thing that the COVID pandemic has underscored, it is the critical role of mental health in our overall wellness. According to the World Health Organization (WHO), "mental health is a state of mental well-being that enables people to cope with the stresses of life, to realize their abilities, to learn well and work well, and to contribute to their communities."¹ Prior to the pandemic, the Centers for Disease Control and Prevention (CDC) had noted that, "mental health disorders are among the most burdensome health concerns in the United States,"² with nearly 1 in 5 adults affected by a mental health condition. In 2022, since the pandemic began, 1 in 3 adults were experiencing depression.³ Given that about 63% of Americans are part of the labor force and spend much of their lifetime at work,² it is imperative that we take a closer look at mental health in the workplace.

Work and mental health: what is the link?

People work to primarily earn a livelihood so that they can fulfill their basic needs of food, water, and shelter – for themselves and for those who depend on them. In today's world, these basic needs are becoming increasingly costly and just getting a regular source of income to sustain a modest and decent lifestyle can be a challenge. Now consider two very important facts: (1) the working age population in America is 15-64 years, and (2) half of all lifetime mental health conditions start by age 14.^{2,4} Here alone is a red flag – the youngest, just entering the workforce, may already be experiencing poor mental health. In addition, many of those already in the workforce experience some kind of work-related stress that impacts their mental health. And poor mental health in the workplace has a domino effect, impacting everything around the individual personally and professionally, and affects the company as well.

Impact on individuals. Poor mental health and workplace stress can lead to more serious mental health conditions like major depression and anxiety, and even physical illnesses like hypertension, diabetes, headaches, and cardiovascular disease.^{1,2} These conditions interfere with a person's normal functioning, reducing cognitive performance by 35% and even affecting one's ability to perform physical tasks (20% decline).² These lead to problems in personal relationships as well as in engaging, performing, and retaining one's job. In fact, depression and anxiety are the leading cause of disability and unemployment (and likelihood of living in poverty).^{1,2,4}

Impact on businesses. When an employee with poor mental health struggles to communicate at work, to perform tasks and be productive, the businesses also suffer. Lack of productivity can cost companies a significant amount of money, which in turn starts impacting the economy, which then affects the cost of living. Research shows that depression and anxiety are the top mental health issues in workers and are the cause of a loss of 12 billion working days worldwide.^{1,4}

Some Key Facts

- A safe and healthy work environment is a basic right for all workers.^{1,4}
- An estimated 15% of working-age adults have a mental disorder at any given time.¹
- Unemployment, job/financial insecurity, burnout, and recent job loss are risk factors for suicide attempts.^{1,2}
- Two in five workers are experiencing stress, performance issues, and mental health issues that are leading to reduced focus, depression, lack of motivation, insomnia, burnout, and loss of productivity at work.^{3,4,5}

Benefits: work as a protective factor.^{1,2,4} Satisfactory work can be a protective factor for mental health. The primary reason is that it provides income, a necessary resource to fulfill basic needs. It also provides a sense of meaning, purpose, confidence, achievement, and structure to our lives. There is also a sense of inclusion and opportunity for social functioning. All these are known to help promote and support good mental health.

Drawbacks: work as a risk factor.^{1,2,4} Unsatisfactory and stressful work and work environments pose a significant risk to mental health. Issues like discrimination/exclusion, inequality, low/inadequate pay, job insecurity, excessive workload, harassment/bullying, unsafe working conditions, inflexible hours,

lack of peer support, and an organizational culture that enables these factors, are a risk to mental health.

Caring for mental health at work: employee actions^{1,2,4,5}

- **Prioritize work-life balance.** Research shows that work-life balance has a significant impact on our overall wellness. Some people, however, struggle with even identifying what it is that needs balancing. We all have ups and downs, but what is it that is consistently causing the tilts? This is where we need to take a moment for ourselves. We need to review both our personal and professional lives, honestly analyze the situations if we can or seek professional help to do this, so we can more accurately identify the problem (time management, setting boundaries, stress management) and achieve the necessary balance.
- **Prioritize health and self-care.** Know the signs and symptoms of poor mental health. It is important that we educate ourselves on some common signs of poor mental health and learn more about when, where, and how to get help. Early identification and care increase the likelihood of full recovery. Also pay attention to physical health, incorporate time for exercise and adapt healthy diets.

Facilitating good mental health in the workplace: employer actions^{1,2,4,5,6}

- Recognize that an employee's health and well-being at the workplace is a crucial determinant in the overall quality of work performance and productivity, which in turn, is vital to the success of the company.
- Be open to evaluating factors that may be contributing to work-related stress and enable subsequent changes to the workplace environment, like promoting flexibility and communication.
- Develop, implement, and promote adequate health and well-being support services for employees, which include programs on mental health education, counseling, and intervention—especially targeting depression and anxiety, and stress and burn-out prevention, identification, and management.
- Follow the US Surgeon General's five workplace essentials: (1) Protection from harm (including security and safety); (2) Connection and community (including social support and belonging); (3) Work-life harmony (including autonomy and flexibility); (4) Mattering at work (including dignity and meaning); and (5) Opportunity for growth (including learning and accomplishment).
- Consider promoting use of the Notice. Talk. Act. At Work: Notice the signs and symptoms (in a co-worker or employee), Talk with the person or counselor (first simply ask if they are ok?), Act to facilitate help (reach out to or recommend Employee Assistance Programs or other mental health professionals).

Conclusion

No matter our circumstances, at the end of the day, we are human beings with an inherent need to feel safe and happy. A significant part of this is being able to fulfill our basic needs, which requires money. And we need to work to earn that money. Our world today relies on an economically productive population. Since over half the population spends its life in the workplace, it is imperative that employers address the critical need to develop and implement workplace policies and programs that include mental health in the workplace, such as psychosocial and health promotions/interventions and stress management training. It is important to understand that while for a company, employees are the most valuable asset; for an individual, the mind is the most valuable asset. The key is having a healthy work-life balance.

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6. Center for Workplace Mental Health. (2020). *Mental Health in America*. From <https://bit.ly/48W1Ys5>



Invest in your work life balance. Time with friends and family is as important as times at work. Getting that out of balance is a path toward unhappiness. STEPHEN GILLETT

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STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Active Minds

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

Alzheimer's Association – Desert Southwest Chapter

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

American Foundation for Suicide Prevention (AFSP) Nevada Chapter

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

Autism Coalition of Nevada

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

Avery Burton Foundation

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

Bamboo Bridges

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

CARE Coalition

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

Center for Autism Spectrum Disorders (CASD)

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

Center for the Application of Substance Abuse Technologies (CASAT)

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

Children's Advocacy Alliance

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

Clark County Children's Mental Health Consortium

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

Community Partners for Better Health

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

Crisis Support Services of Nevada (CSSNV)

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

Depression Bipolar Support Alliance (DBSA) Southern Nevada

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

Emma's House, Inc

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

Family and Child Treatment Center of Southern Nevada (FACT)

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

Family TIES of Nevada

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

FEAT of Southern Nevada

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

Foundation for Recovery (FFR)

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

Harm Reduction Center/Trac B Exchange

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

Health Services Coalition

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

Heart 2 Give

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

Henderson Equality Center

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

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

Hope Means Nevada

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

Jean Nidetch Care Center

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

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

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

Lou Ruvo Center for Brain Health

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

National Alliance on Mental Illness (NAMI) Southern Nevada Chapter

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

National Association of Social Workers (NASW) Nevada Chapter

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

Nevada Action Coalition

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

Nevada Caregivers Coalition

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

Nevada Care Connection

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

Nevada Coalition to END Domestic and Sexual Violence

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

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

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

Nevada Coalition for Suicide Prevention (NCSP)

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

Nevada Council on Problem Gambling

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

Nevada Counseling Association

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

Nevada Crisis Intervention Team (CIT)

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

Nevada Disability Advocacy & Law Center

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

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

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

Nevada Hospital Association

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

Nevada Minority Health and Equity Coalition (NMHEC)

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

Nevada Outreach Training Organization

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

Nevada PEP

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

Nevada Primary Care Association

Federally designated Primary Care Association for the State of Nevada. NVPCA 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.
nvpca.org (775-887-0417)

Nevada Psychiatric Association (NPA)

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

Nevada Psychological Association (NPA)

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

Nevada Public Health Association

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

Nevada School Counselor Association (NvSCA)

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

Nevada State Opioid Response

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

Nevada Statewide Coalition Partnership

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

Nevada Statewide Maternal and Child Health Coalition

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

Nevada Tobacco Control & Smoke-Free Coalition

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

Nevada Voluntary Organizations Active in Disaster (VOAD)

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

New Zeal

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

PACT Coalition

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

Pink Chair (formerly Hookers for Jesus)

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

Prevent Child Abuse Nevada

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

Real Autism Difference

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

reQ therapy bbq for mental health

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

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

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

RITE Renew Interactive Training & Education

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

RubiesLV

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

S.H.E.R.O Foundation

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

Shine A Light Foundation

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

Signs of Hope

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

Solutions of Change

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

Southern Nevada Adult Mental Health Coalition

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

IN A MENTAL HEALTH CRISIS?

DO NOT DELAY IN SEEKING HELP.



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

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


SPRING MOUNTAIN
INSPIRING HOPE
springmountaintreatmentcenter.com



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

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

Therapists and Clients on Social Media: Ethics and Etiquette

BY GEORGIA FOURLAS* | PHD, LCSW, LISAC

Social media represents a large community where clients and therapists may encounter one another and need to navigate boundaries in their relationships. Social media is a broad term that includes a variety of digital media sites such as Facebook, Offer Up, TikTok, YouTube, online dating sites, etc. Social media sites contain all sorts of information about clients and therapists; professional and personal, from the mundane and to the highly intriguing. Each social media site has its own culture and the kind and level of information shared is often based on the culture of that site. For example, online dating sites would be an odd place to advertise the car you are trying to sell. Social media is also a place where many therapists advertise or promote their practices. And a place where clients may go to seek out therapists or read therapist reviews to find someone who is a great fit for them. Which means...therapists and clients are definitely going to see some things about one another online.

As a client, how would you feel if you discovered that your therapist is polyamorous and was in open relationships? Would this impact your ability to work with them? Would you view them differently if you knew these things? Those are just a few examples of information that a client could discover about a therapist on social media.

As a therapist, how would you handle a situation where you saw something on social media about your client that was very different than what they told you about themselves (e.g., told you they were in long term recovery for alcohol and you saw a picture of them drinking or told you they ended a toxic relationship but saw their post about how well that relationship was progressing, etc.)? How would you address seeing something online from your client that indicated they were contemplating suicide? These are a few examples of how a therapist could see ethical dilemmas arise from viewing client information online.

Therapists are bound by professional ethical codes but clients are not. Therapists need to exercise caution in regards to ethical standards with attention to issues related to professional boundaries, intended or unintended self disclosure, dual relationships, and legal issues (e.g., mandated reporting, confidentiality, informed consent, etc.); particularly therapists who are using social media to promote their professional practice. Therapists who are on social media for personal reasons should always be aware of privacy and security settings that prevent personal information from being viewed by the public. This is not because therapists have anything to hide, but because of how clients may interpret or attach meaning to that information and how it may impact the therapeutic relationship.

Clients may or may not understand the intricacies of professional ethics. Clients may attempt to connect with their therapist on social media and not understand why the therapist declines to connect. This could lead to feelings of rejection or contribute to abandonment triggers. Clients may want to consider some etiquette with their therapist on social media. Clients have the right to view anything they want; however, when seeking information about a therapist online, it is most respectful to focus on their professional online presence and to avoid attempts to find personal info. Searching through your therapist's social media to find personal info would be like walking into a new friend's house, picking up their mail on the counter, and looking through it. It is out there for anyone to see, there might be nothing they are hiding, but it is not appropriate etiquette. Therapists do have the right to have a private personal life and to not share everything about themselves at work and/or with their clients.

Therapists and clients are bound to encounter one another out "in the wild". It is important that ethics and etiquette are applied in a way that respects privacy and boundaries. Social media sites often open people up to misunderstandings and misinterpretations of information. If handled with caution and care, therapeutic relationships can thrive, even if encounters online occur.

*Dr. Georgia Furlas, Executive Director for Rio Retreat Center at The Meadows, holds a doctorate in social work and has worked in the field of behavioral health for over 20 years. She has worked with adults and children as a crisis counselor, trauma therapist, and addictions therapist; and has also worked with patients in an inpatient setting at both state and privately funded agencies. She speaks and conducts training on social media ethics for therapists.

MENTAL HEALTH IN A MULTI GENERATIONAL WORKSPACE BY MHS STAFF WRITERS

Today's coworker may be one of four generations who grew up in different times and have varying expectations, life experiences, skill-set, and perspectives.^{1,2} Employers would be remiss if they did not know what combination of generations they have working for them and do not factor this into their overall mental health and wellness strategy.

Generation Views on Mental Health and Ways of How to Support Them in the Workplace²

BABY BOOMERS (1946–1964)

Not comfortable discussing mental health and tend to relate mental health to severe mental illness; taught to persevere through challenges; keep emotions private. **How to support:** Foster open communication; promote counseling services through EAP program; form an Employee Resource Group (ERG) specifically for this generation - good venue for peer support; offer special support for grief (experiencing death of friends/peers).

GEN X (1965–1980)

Also not comfortable discussing mental health; taught that expressing emotions is a sign of weakness; prize their independence as most grew up as original "latchkey kids"; may be the most stressed (teenagers, aging parents, accelerating careers, paying for college, menopause). **How to support:** Educate on the importance of self-care; offer flexibility and wellness/stress management resources; provide menopause support; form ERGs for caregivers.

MILLENNIALS (1981–1996)

Termed the 'anxious generation' due to "helicopter parenting"; are the first to grow up with internet technology; talk openly about therapy; prioritize well-being and will advocate for it. May be experiencing financial stress (student loans, starting a family, making major purchases). **How to support:** Offer mental health days; make them mental health ambassadors; offer resources to facilitate seeking support; respect their prized boundaries between work and life.

GEN Z (1997–2012)

Digital natives. Spent much of their time in turmoil. Lived through the pandemic at a vulnerable state in their lives. Seek a sense of belonging, connection, inclusion and value boundaries between work and life. Feel strongly that employers should provide for mental health. **How to support:** Connect them with company mission & purpose; offer multiple modes of therapy services; offer flexibility to help manage stress & anxiety; educated less savvy on behavioral health benefits; schedule check-ins; match with a mentor to support on career and life; increase social connectedness with company meet-ups.

REFERENCES:

1. Aarons-Mele, Morra. (October, 2023). *Navigating Mental Health in a Multigenerational Workplace*. From <https://bit.ly/479oX0X>
2. Herron, Andrea. (2023). *How to provide support for mental health across the generations*. From <https://bit.ly/3GS0zJE>

Walk to Fight Suicide

April 27, 2024 | Sunset Park | 9am-12pm

The American Foundation for Suicide Prevention's 'Out of the Darkness' walk helps to raise funds for lifesaving research, education, advocacy and survivor support programming.

By participating, you are stepping into a growing movement of people sending the message that suicide can be prevented and that together, we can do more to save lives and support everyone's mental health.

You can find more information at afsp.org/vegas



NATIONAL ORGANIZATIONS

Diversity and Multicultural

Behavioral Health Indian Health Services ihs.gov/communityhealth/behavioralhealth
BIPOC Mental Health mhanational.org/bipoc Black Mental Wellness blackmentalwellness.com
National Latino Behavioral Health nlbha.org The Network La-Red tnlr.org

General

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

Grief

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

Human Trafficking

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

Legal and Disability

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

Substance Use

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

Suicide Prevention and Postvention

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

Trauma and Abuse

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

Veterans

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

Workplace

Center for Workplace Mental Health workplacementalhealth.org
Mental Health America – Workplace Wellness mhanational.org/workplace
Mental Health at Work dol.gov/general/mental-health-at-work
Recovery Ready Workplace Resource Hub dol.gov/agencies/eta/RRW-hub
Workplace Health Promotion cdc.gov/workplacehealthpromotion



MANAGER OF EMPLOYEE ASSISTANCE PROGRAM SERVICES
BEHAVIORAL HEALTHCARE OPTIONS

Mental Health Spectrum (MHS): Tell us a little about your organization?

Rebecca Sultan (RS): Established in 1991, Behavioral Healthcare Options, Inc. (BHO) is a subsidiary of UnitedHealthcare. BHO is a leading provider of specialty behavioral health employee assistance and work-life services. We promote individualized problem-focused care in the least restrictive setting for our members to ensure proper treatment and minimal disruption to work and family activities. We offer our client companies a tremendous number of resources to benefit their employees. As a local Las Vegas company, we rapidly assist our members with quality service.

MHS: What are Employee Assistance Programs (EAPs)?

RS: EAPs provide voluntary, confidential services to employees who need help managing personal difficulties or life challenges. EAP is meant to be a short term solution and used to address acute concerns. Once the issue is identified as chronic in nature, a person would access long-term care through their insurance benefits. EAPs are more than counseling sessions. EAPs offer financial, legal, childcare, and senior benefits as well.

MHS: How should employees best utilize EAPs?

RS: Employees can contact their Human Resource or Benefits department to access their EAP phone number and company code, then call that line to access their free counseling sessions and other resources available to them and family members residing in their home. BHO also offers an online intake form which a member can complete to receive a call back within 24 business hours and obtain the resources they need.

MHS: What are two things about EAPs that might surprise employees to know?

RS: Not only are EAPs confidential and free but they also renew every January 1st. If you have access to an EAP that offers 3 sessions per year per topic you can access that benefit at the start of the year. This benefit is available for the employee and everyone in their household as we realize a concern of a family member may adversely affect the employee as well.

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

RS: When things are not good at home employees can, at times, take those issues to work. EAPs are there to help employees manage their personal stress so it does not become a workplace concern. As a people manager myself, I want to make sure my own staff is doing more than just okay. No matter what role you play in an organization, we need to be at our best to support a company's mission and work well with our colleagues and customers. So, in every staff meeting I start off with a two-word check-in. I ask how each person is doing emotionally (feeling words only) to allow them a safe space to release what is bothering them. I do not go into therapy mode although if someone says that they are overwhelmed I will check in with them after the meeting to see what I can do to assist them. In workplace environments, it is always helpful for managers to recognize they are managing people, not just employees. That can go a long way in facilitating loyalty, job fulfillment and creating a strong team.

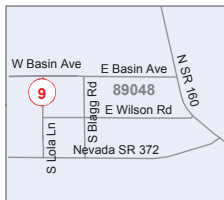
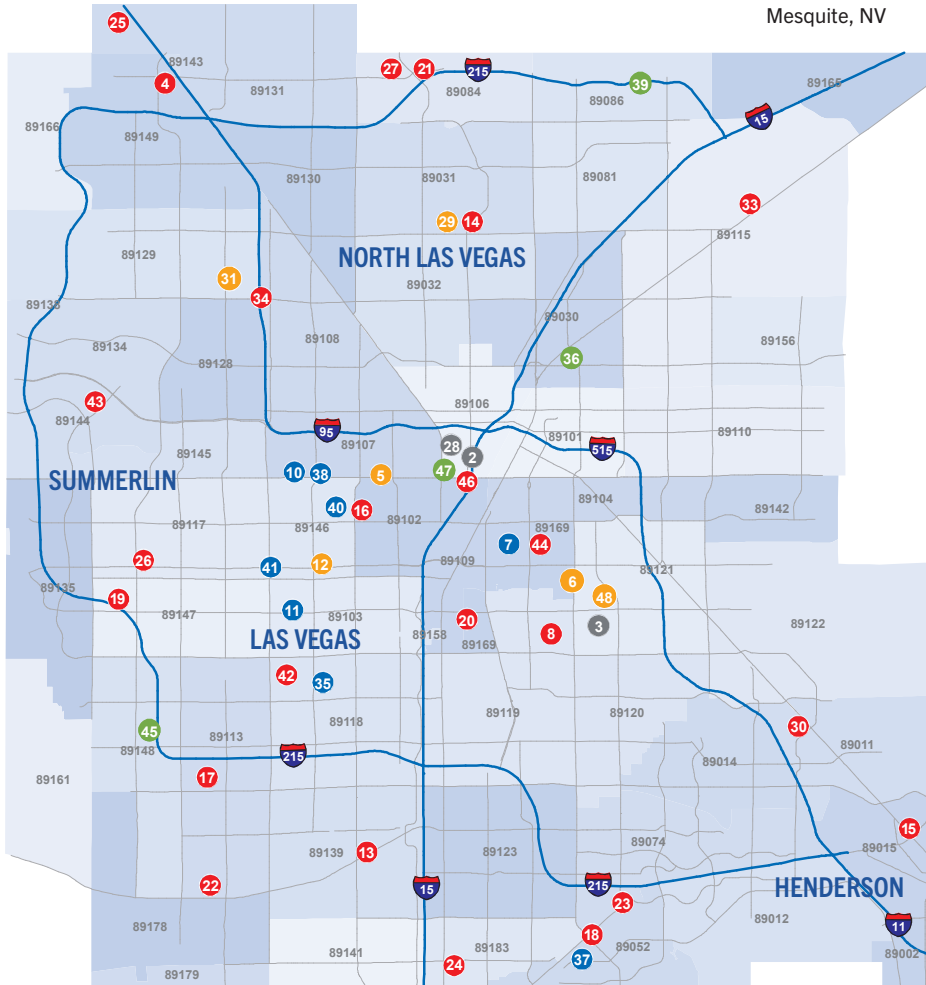
*Rebecca Sultan is a licensed marriage family therapist, clinical alcohol drug counselor, and certified integrative mental health practitioner. She is a passionate educator with more than 18 years of experience working with a variety of populations, including first responders, severe and chronic mental illness, and substance use disorders. At BHO, Rebecca strives to incorporate wellness practices within member organizations as part of mental health advocacy. She ensures that clinicians in the network have up to date training and knowledge to facilitate Critical Incident Responses in the community. Rebecca spends her down time cooking, facilitating sound baths, energy healing, working out, walking her border collie, reading and eating.

HOSPITAL LISTING

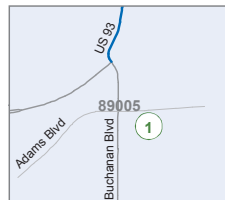
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

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

For Emergencies call 911 for immediate assistance.

It's All About Self-Care

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

LISTENING

SUGGESTED MUSIC:
CHRISTIAN POP

 Example: The Sun is Rising – Britt Nicole

Free songs available on pandora.com

SUGGESTED ACTION:
MEDITATION

 Free app where you can practice daily meditation and mindfulness exercises from any device.

Smiling Mind
smilingmind.com.au

SUGGESTED SHOW:
BOLLYWOOD

Example: Bollywood Beats

Available on tubi.com

SUGGESTED READING:
HEALTH & FITNESS

 Example: Well at Work – Esther M. Sternberg, MD

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

WATCHING

READING

"Self care is the non-negotiable. That's the thing that you have to do." – JONATHAN VAN NESS

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

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

HBI Network

The Human Behavior Institute (HBI) online provider services links to credentialed providers. HBI is a full service behavioral health organization. HBI develops and implements managed behavioral health services and employee assistance programs.

OUTPATIENT LISTING

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

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

FOCUS / SPECIALTY

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

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

OUTPATIENT LISTING

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

OUTPATIENT LISTING

Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopevlv.com	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections cbcautism.com	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada crossroadsofsonv.com	702-382-7746	89102	ADDICT, SAT
DCFS-Neighborhood Care, North dcfs.nv.gov/Programs/CMH/Contact_CMHS	702-486-5610	89032	Children Mental Health Services
DCFS-Neighborhood Care, South	702-486-6726	89015	
DCFS-Neighborhood Care, West	702-486-0000	89146	
Desert Hope Outpatient americanaddictioncenters.org	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry	702-685-3300	89146	Psychiatric Services
Desert Psychological desertpsychological.com	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) adsd.nv.gov	702-486-6200	89103	DD
Desert Treatment Clinic deserttreatment.com	702-248-0000	89014	Methadone/Suboxone
Desert Winds Recovery Center desertwindsrecovery.com	702-904-8255	89146	ADDICT, Detox, Sober Living
Diamond Mental Health diamondmentalhealth.net	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Dynamic Music Therapy vegasmusictherapy.com	702-257-0792	89102	Music Therapy
Earth's Edge Wellness earthsedgewellness.com	702-582-9474		Faith Crisis, Sex Therapy, Sleep Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	ED, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Emma's House Inc emmashouseinc.org		89052	CBT, MFT, TELE, Grief, Trauma
Empowerment Center of NV	702-636-8729	89032	Crisis Intervention, General
Estra Healthcare Services estrahealth.com	725-502-7699	89102	OCD, Compulsive Gambling
Evergreen Counseling evergreencounselinglv.com	702-248-6290	89146	ODD, Sexual Problems, Trauma
Evolving Minds Therapy evolvingmindstherapy.com	702-881-1234	Virtual	General, Crisis Services
Focus Mental Health Solutions focusmentalhealth.com	702-790-2701	89102 89052	Psychiatric Services
Foundations Counseling Center foundationsnv.com	702-240-8639	89128	Youth, ADHD, ASD, ED
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Harmony Healthcare harmonyhc.com	702-251-8000	89102	Insurance Provider
Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindslv.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, TELE

OUTPATIENT LISTING

HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
High Risk Pregnancy Center hrpregnancy.com	702-382-3200	89106	ODU, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
Hope Medical Center hopemedicalcenter.org	702-425-8511	89104	Mind Body Therapies
Horizon Behavioral Health horizonbehavioralmedicine.com	702-463-4788	89052	Psychiatric Services
Human Behavior Institute (HBI) hbinetwork.com	702-248-8866	89146	Insurance Provider, CM
Ignite Teen Treatment igniteteentreatment.com	866-202-7217	89147	Youth
Innovation Behavioral Health Solutions drsandrgray.com	702-900-2784	89146	EMDR, Neuropsychological Assessment, Trauma
Integrated Psychological Solutions lvpsych.com	888-320-2271	89146	CBT, ED, EMDR, MOOD
Integrity Counseling integritycounselinglv.com	702-499-4922	89117	BST, CM, PSR, SAT
International Problem Gambling Center gamblingproblems.org	702-363-0290	89146	Problem Gambling
Jewish Family Services (JFS) jfsalv.org	702-732-0304	89119	Anxiety, MOOD
Kayenta Therapy kayentatherapy.com	702-438-7800	89134	TELE
Landmark Recovery landmarkrecovery.com	725-217-9910	89129	ADDICT, IOP, PHP, SAT
Lake Mead Wellness Center lakemeadwellnesscenter.org	702-900-5040	89015	Abuse, Parenting, Trauma
Las Vegas Counseling lasvegascounselingcenter.com	702-466-3750	89117	TELE
Las Vegas Grief and Loss Counseling Center	702-580-4912	89117	Grief
Las Vegas Indian Center lvindiancenter.org	702-647-5842	89106	SAT
Las Vegas Therapy lvtmentalhealth.com	702-659-4825	89129	Postpartum, Sexual Issues
Legacy Counseling & Workforce Connections legacycounselingandworkforceconnections.com	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness legacynv.com	702-942-1774	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry lifebridgekids.com	702-765-4965	89117	Youth
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free livingfreehealth.org	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
Mental Health Counseling & Consulting	702-400-6413	89123	Problem Gambling
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Mobile Mental Health Support Services mmhssnv.com	707-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	CBT, Mindfulness, MOOD, Rogerian

OUTPATIENT LISTING

Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services
Nevada Health Centers, Cambridge nevadahealthcenters.org	702-307-5415	89119	ADDICT, Psychotherapy, Testing/Evaluation
Nevada Health Centers, Eastern	800-787-2568	89104	
Nevada Health Centers, Henderson	702-868-0327	89015	
Nevada Health Centers, MLK	702-383-1961	89106	
Nevada Health Centers, North Las Vegas	702-214-5948	89030	
Nevada Mental Health nevadamentalhealth.com	702-440-8430	89106	
Nevada Mental Health Associates nevadamha.com	702-530-5344	89104	Grief, MOOD, PTSD, Sexual Issues, Trauma
Nevada Mercy and Care Inc nevadamercyandcare.org	702-444-0599	89119	Refugee
Nevada State Behavioral Health	702-714-1681	89120	MOOD, Trauma, PTSD
Never Give Up Wellness Center nevergiveupbhs.com	702-951-9751	89146	Biofeedback, MFT, MM, Psychiatric Services
New Way Empowerment Center	702-695-4345	89146	Trauma, Life Transitions
Nippon Clinic nipponclinic.vegas	702-994-7267	89119	MOOD, ED, PTSD
No Limits Counseling nolimitscounseling.com	702-600-5251	89144	Couples, MOOD, Teens, TELE
Nueva Vida Mental Health nvms.com	702-659-8827	89103	BST, CBT, PSR
Oasis Counseling oasiscounselingtoday.com	702-294-0433	89113	
Open Arms Counseling openarmscounseling.org	702-823-4300	89015	ADDICT, EMDR, MM
Our Little World Treatment Center olwtreatment.com	702-742-3093	89012	ASD
Overton Psychological Services facebook.com/Overtonpsych	702-563-1000	89074	
Pathways Therapy & Wellness Center pathwaystherapynv.com	702-363-7284	89052	Anxiety, MOOD, Trauma, PTSD, Relationships
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Progressive Psychiatric Services progressivepsychlv.com	702-899-1208	89146	ADDICT, CBT, MM
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occurring, LGBTQ, MM, SAT, TELE
Puzzle Pieces Autism & Behavioral Services LLC puzzlepiecesnv.com	702-704-5112	89131	ASD
Red Rock Counseling redrockcounseling.com	702-389-4500		
Red Rock Psychological Health redrockph.com	702-898-5311	89119	
Resolutions Behavioral Health Therapy resolutionsbehavioralhealththerapy.com	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services resourcefamilyservices.com	702-331-5608	89119	Couples, Family Therapy
Restorative Behavioral Health LLC myrestorativehealth.com	702-853-6727	89031	General

OUTPATIENT LISTING

SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Mental Health serenitymentalhealth.org	702-815-1550 775-751-5211	89146 89048	Anxiety, MOOD
SFS Therapies sfstx.com	702-979-4268	89128	Speech Therapy
Shining Star Community Services shiningstarlv.com	702-882-7827	89119	Family Therapy, Grief
Sierra Sage Recovery Services sierratreatment.com	702-880-8230	89107	ADDICT, CBT, IOP, SAT
Signs of Hope Counseling Center sohvlv.org/counseling	702-366-1640	89106	Trauma (Sexual Assault), PTSD
Silver State Health silverstatehealth.org	702-471-0420	89119	Anxiety, MOOD, PTSD
Skills 4 Kids facebook.com/skills4kidLLC	702-538-9476	89117	
Solutions of Change solutionsofchange.org	702-445-6937	89120	General
Southern Nevada Adult Mental Health	702-486-6000	89146	CM, Mobile Crisis, MM
Southern Nevada Community Health Center snchc.org	702-759-1700	89107	General
Southern Nevada Pediatric Center southernnevadapediatriccenter.com	702-850-5437	89128	ADHD, Anxiety, MOOD
Southern Nevada Psychological Services snvpsyc.com	702-483-8017	89109	Biofeedback, Cognitive Rehab, Psychotherapy
Southern NV Care Center lasvegas-clinic.com	702-625-0022	89169	Evaluations, Counseling, Referrals
Southwest Autism & Behavioral Solutions swbehavior.com	702-270-3219	89120	ASD
Strong Minds Addiction & Recovery Therapy strongminds.vegas	702-708-2559	89146	SAT, Sober Living Houses
Summit Mental Health	702-727-4459	89102	MOOD, Trauma, PTSD
Synergy KTC synergyktc.com	725-222-4582	89113	Ketamine Therapy
Tancell Care tancell-care.business.site	702-476-0262	89119	DD
Tandem Therapy Services tandemtherapyservices.com	702-396-0101	89117	ABA, ASD, Speech Therapy
The Center for Child and Family Development thecenterforchildandfamilydevelopment.com	702-912-5848	89120	Pediatric Neuropsychology
The Evidence Based Practice of Nevada theebpnv.com	702-508-9181	89074	ADHD, ASD, ED, MOOD, OCD, PTSD
The Hamilton Group hamiltongrouplv.com	702-289-4883	Virtual	MM
The Healthy Foundations Center healthyfoundations.center	702-489-2117	89117	BST, PSR
The Lovaas Center thelovaascenter.com	702-877-2520	89103	ABA, ASD
The Meadows Outpatient Center meadowsoutpatient.com	866-681-3457	89148	ADDICT, Women's Intimacy Issues
The Nestled thenestledrecovery.com	702-299-6406	89146	IOP, SAT
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE
The Peaceful Mind Counseling Center thepeacefulmindcounseling.com	702-766-9063	89129	ED, MOOD

OUTPATIENT LISTING

The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Tilton's Therapy tiltonstherapy.com	702-381-1839		Mobile Therapy
TIM Care	702-617-6313	89106	General, SAT, Psychiatric
Touro Center for Autism & Developmental Disabilities tourocadd.org	702-777-4808	89014	ASD
TREAT horsetherapylv.com	702-768-2326	89139	Equine Assisted Psychotherapy
Tribe Sin City triberecoveryhomes.com	702-899-1924	89030	IOP, PHP, SAT, Trauma Based Therapy
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
United Citizens Foundation ucfoundation.com	702-888-6300	89147	School-based, TELE
U.S. VETS usvets.org/locations/las-vegas	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC vegascaresllc.com	725-206-5434	89121	General, PSR, BST
Vegas Stronger vegasstronger.org	702-202-6647	89101	SAT
Ventana Health Associates	702-360-2800	89134	
Veridian Wellness veridianwellness.com	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health victoriousbhs.com	702-723-0125	89119	BST/PSR, Psychiatric Services
Visions Health and Wellness visionshw1.com	702-527-6337	89108	Neurofeedback, SAT, Trauma
We Are Hope wearehopelv.com	702-333-4373	89130	ADDICT, General, Trauma
Well Care Behavioral + Medical Clinic thewellcaregroup.com	702-291-7121	89122	BST, CM, PSR
Westcare westcare.com	702-385-3330	89101	SAT
Wongu Health Center wongu.edu/wongu-health-center	702-852-1280	89123	Breathing Techniques, Psychiatry
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT

PASTORAL COUNSELING AND LIFE COACH Rev. Bryan Ostaszewski
(Certified Interfaith Counselor, Ordained Minister & Chaplain)

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

Call **1.800.649.0925** for a free consultation • www.tuffservices.org

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Coping Skills, Depression, Divorce, Domestic Abuse, Trauma, PTSD, Suicidal Ideation.

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Companies are Identifying as “Recovery Friendly” and We’re Here For It

BY ROBERT SCHOMER AND JONATHON LAMBSON*, EDITED BY SEAN O’DONNELL

A national push for businesses to consider behavioral health in the workplace is catching the attention of large corporations and small business owners.¹ It’s a topic that’s been traditionally absent from board rooms and HR departments, but several factors are driving this shift in workplace culture and priorities. Mental health and employee well-being, especially in the context of the COVID-19 pandemic, along with ideologies of social responsibility driven by Gen Z and younger generations entering the workforce, are contributing factors.^{2,3} Additionally, the worsening deaths of despair in communities due to preventable overdoses and suicides, coupled with a relatively large population affected by behavioral health issues,¹ are influencing employers to reconsider what recovery looks like in their workplace.

According to the Substance Use and Mental Health Services Administration (SAMHSA), there are over 20 million Americans who identify as living in recovery from a substance use disorder, and another 38.8 million recovering from a mental illness;⁴ nearly 2 in 10 people, more than double the LGBTQ population in the U.S.^{2,3} This population also represents their employees, customers, and top talent looking for work. Employers are recognizing the opportunity to make recovery part of their corporate social responsibility, DEI, and employee wellness programs.

Earlier this fall, the White House announced a new effort to help employers create workplace environments that celebrate recovery, reduce stigma of mental health and addiction, and remove employment barriers for job seekers living in recovery.¹ This announcement comes after years of employers, states, and community-based organizations leading this effort.

Today, there are approximately 30 states with Recovery Friendly Workplace Initiatives.¹ New Hampshire is a great example. New Hampshire Governor, Chris Sununu, pioneered the initiative in 2018 which has grown to support over 300 businesses and thousands of employees in his state.¹

In Nevada, the Recovery Friendly Workplace Initiative has been a collaboration between employers, Nevada’s Department of Health and Human Services, and the nonprofit organization, Foundation for Recovery.⁵ The program has provided no-cost advising, training, and behavioral health resources to over 65 Nevada employers who have become designated by the Governor as Recovery Friendly Workplaces.⁵ It’s estimated that the economic impact of substance misuse in Nevada alone is \$6.8 billion per year, often felt by employers in lost workplace productivity, turnover, and absenteeism.⁵ The Nevada Recovery Friendly Workplace Initiative has taken an employer-driven approach to implementing Recovery Friendly practices and supporting behavioral health recovery in the workplace for nearly four years.

Key Components of the Nevada Recovery Friendly Workplace Initiative⁵:

Training: Customized training on substance use and mental health in the workplace, recovery-friendly policies, and resources available in the local community.

Supportive Policies: Encouraging recovery-friendly workplace policies, hiring practices, and employee gatherings.

Guidance and Resources: (1) Participating employers receive hands-on guidance and resources from a Recovery Friendly Advisor as they take steps towards implementing recovery friendly practices within their workplace. (2) Anonymous Support Kits are provided to Recovery Friendly Workplaces which include helpful resources and tools for employees like overdose prevention kits, local directories, warm lines, and other materials.

Retention: Retaining a healthier, more motivated and more productive workforce through the delivery of evidence-based health and safety practices.

Benefits for Employers:

Participating employers gain more than just a socially responsible image. The program has proven benefits for businesses, including increased employee morale, enhanced productivity, and a more resilient workforce.² By supporting employees in recovery, employers contribute to a healthier, happier, and more dedicated team. Moreover, the initiative helps employers develop a robust support system for supporting employees facing challenges related to substance use disorders or mental health. Recognizing that these issues can affect anyone, the program emphasizes the importance of compassion, open communication, and a non-judgmental approach within the workplace.

Challenges and Overcoming Stigma:

While the Nevada Recovery Friendly Workplace Initiative has garnered widespread support, challenges remain in overcoming deeply ingrained societal stigmas associated with substance use disorders and mental health challenges. In a 2014 study, 78% of people said they would be unwilling to work closely on a job with a person with drug addiction.⁶ In the same study, 64% believed employers should be able to deny employment to people with a history of a drug addiction.⁶ But steadily, public attitudes and perceptions are changing. In a 2022 Workplace Recovery Survey report by Fors Marsh, 74% of top-level managers said they would think more positively of their co-worker after finding out they are in recovery from substance use disorder.⁷ The survey also revealed a general sentiment shared among employee respondents; there is a greater need for recovery services in the workplace.⁷ Over a third of responses identified a need for employer-provided resources. Foundation for Recovery continues to tackle these challenges head-on through education and advocacy among employers and in Nevada communities.

Changing attitudes requires a collective effort, and the initiative encourages employers to be active participants in challenging stereotypes and dismantling preconceived notions. By fostering an environment that prioritizes understanding and support, employers become advocates for change within their communities.

Additional information on how you can get involved is available online at workplace.forrecovery.org. Learn more about the work Foundation for Recovery is doing in Nevada at forrecovery.org

*Robert Schomer and Jonathan Lambson are Recovery Friendly Workplace Ambassadors for Foundation for Recovery.

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The Recovery Friendly Workplace Initiative.
Promoting mental and physical well-being.
Get started with your business today.
workplace.forrecovery.org



Recovery is about progression not perfection.

UNKNOWN



Suicide Prevention

5 Things You Should Know

Suicide is a leading cause of death among working-age adults in the United States. It deeply impacts workers, families, and communities. Fortunately, like other workplace fatalities, suicides can be prevented. Below are 5 things to know about preventing suicide.

1
BE AWARE

Everyone can help prevent suicide.

Mental health and suicide can be difficult to talk about—especially with work colleagues—but your actions can make a difference. When you work closely with others, you may sense when something is wrong.



2
PAY ATTENTION

Know the warning signs of suicide.

There is no single cause for suicide but there are warning signs. Changes in behavior, mood, or even what they say may signal someone is at risk. Take these signs seriously. It could save a life.



3
REACH OUT

Ask "Are you okay?"

If you are concerned about a coworker, talk with them privately, and listen without judgment. Encourage them to reach out to your Employee Assistance Program (EAP), the human resources (HR) department, or a mental health professional.



4
TAKE ACTION

If someone is in crisis, stay with them and get help.

If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or the 988 Suicide and Crisis Lifeline.



5
LEARN MORE

Suicide prevention resources are available.

- Call or text the Suicide and Crisis Lifeline at 988.
- Visit the American Foundation for Suicide Prevention (www.afsp.org) to learn more about suicide risk factors, warning signs, and what you can do to help prevent suicide.



OSHA Occupational Safety and Health Administration

1-800-321-OSHA (6742)
TTY 1-877-889-5627
osha.gov/preventingsuicides



OSHA 4118/0718 2022

DON'T LET THEIR RECOVERY GO UP IN SMOKE



AS A HEALTH CARE PROVIDER, YOU COULD SAVE A LIFE IN LESS THAN 3 MINUTES:



ASK

About tobacco use at every visit



ADVISE

All tobacco users to stop



ASSIST

Patients who are ready to quit by offering them medication and referring them to the Nevada Tobacco Quitline

FREE QUITLINE SERVICES ARE AVAILABLE AT 1-800-QUIT-NOW (1-800-784-8669) OR TEXT QUITNOW TO 333888.



View our short training module, order free materials, and learn about the cessation eReferral process at www.gethealthyclarkcounty.org.

Contact us at TobaccoProgram@snhd.org or call 702-759-1270 for more information.



www.gethealthyclarkcounty.org
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

Made possible with funding from the Department of Health and Human Services.

SPECIAL FEATURE

SHARED EXPERIENCES

" Self-care is not self-indulgence, it is self-preservation." — AUDRE LORDE

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.

Employee Assistance Programs...Why Not? (Anonymous)

I was married to the love of my life for over ten years. Our marriage and family life was moving along as life does, from newlyweds to parents of young children. We by no means had the picture-perfect relationship, but there were no major problems. Genuinely, I thought it was a reasonably strong and healthy relationship. However, an event happened that blew up my entire world. Honestly, I did not see this occurrence coming.

There was something that just seemed "off". To this day, I really cannot pinpoint it. I am not sure what finally triggered my suspicion that my husband was having an affair, but something did. Then, one day, I was able to confirm it. There I was - a wife, mother of two small children — completely heartbroken and distraught. I had no idea what to do. Who should I reach out to? What is going to happen to me? My children? My LIFE?

At that point, I was completely unsure how to handle this, what to do, or who to reach out to. I did not have any siblings, other relatives, or close friends that I felt comfortable confiding in. Not only did I feel betrayed, helpless, hopeless, disappointed, and stunned, I also felt extremely embarrassed, even though it was not my fault. I had never felt so vulnerable and lost in all my life. I never imagined that I would be in this situation.

Even worse, I felt completely alone. It is amazing how you feel like you are the only one dealing with something like this. A few weeks went by, with me being numb and shocked. But over that time, I found out that my spouse wanted to work things out. But he did not know how to make it right. How do we move on from this?

By chance I remember seeing the phone number for our Employee Assistance Program (EAP) and decided to give them a call. The person who answered was so kind, professional, and nonjudgmental. We talked over what was happening, and we were offered several sessions with a therapist. Arrangements were made so we could see someone that was near where we lived. We cautiously decided to attend those three sessions.

Now it is ten years later, and we are still together. There are many factors that kept us together, and I am sure that one of them was attending those three sessions. The sessions helped a great deal by opening the communication between the two of us. That allowed us to begin the healing process, and work through it. I am sure that being able to talk it through with a professional who did not know me or us was reassuring.

I think there are many misconceptions about EAPs. EAPs are totally anonymous. The companies that manage EAPs are not employees of the company you work for. It was completely anonymous and the person who answered my call did not know me.

Even though I was in a crisis, you do not have to be in a crisis to use EAPs. Whenever you have a challenge, difficulty, or crisis, you can contact your EAP. And the issue does not have to be work related. My recommendation is that if you are not feeling yourself, have a challenge, difficulty, or crisis, give EAPs a try.

LOCAL SHELTER AND TRANSITIONAL HOUSING

FAMILIES

Family Promise

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

HELP of Southern Nevada

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

Safe Families for Children, Olive Crest

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

S.A.F.E. House

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

MEN

Catholic Charities Shelter for Men

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

Las Vegas Rescue Mission

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

Salvation Army

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

WOMEN

Destiny House (Hookers for Jesus)

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

Refuge for Women

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

Safe Nest

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

Shelter of Hope (LV Rescue Mission)

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

The Shade Tree for Women

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

YOUTH

Nevada Partnership for Homeless Youth

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

Shannon West Homeless Youth Center

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

St Jude's Ranch (SJRC)

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

DID YOU KNOW

Gun Purchase — If you buy a gun, a locking device will come with it. On June 14, 2023 SB294 signed by Governor Lombardo requires a licensed gun dealer to provide a locking device that secures a firearm with each sale or transfer of a gun. **The unlawful storage of a firearm may result in imprisonment or a fine.**

Workplace Mental Health And ...

CAREER/JOB TYPE

Construction Workers

- Males in the construction & extraction occupational group had the highest suicide rates according to a CDC study.¹
- One contributing factor is the crisis of high use/abuse of opioids for pain management among this group, which increases the likelihood of a suicide attempt by 75%.¹

Educators/Teachers

- Work in one of the most stressful professions in the U.S; the stress is related to negative outcomes such as depression, anxiety, burnout, and low job satisfaction, which is leading to a national teacher retention crisis.²
- Well-being is promoted by fostering strong, supportive school cultures, and positive relationships.²

First Responders

- Are exposed to risk factors/hazards (e.g., earthquakes, fires, floods, infectious diseases, toxic chemicals, injury, death) and stressful environments (threats to personal safety, long hours, frequent shifts, poor sleep, physical hardships, trauma) daily as part of their jobs.³
- Develop mental health conditions, like depression and PTSD, at a significantly higher rate than the general public.³
- Protective factors include: (1) longer duration of employment, job satisfaction, specialized training, assurance in personal and team capabilities, and resilience for stress reduction and pre-disaster events; (2) social support and camaraderie for during the event; and (3) professional mental health help and peer support for after an event.³

Healthcare Workers

- More likely to report poor working conditions, compassion fatigue, & more poor mental health days compared to other workers.⁴
- Self-reported feeling burnout was up from 2018 to 2022 according to the Quality of Worklife Survey.⁴
- Stressors include demanding and dangerous duties, e.g., exposure to infectious diseases, violence from patients/families, long hours, supply shortages, & compassion fatigue.⁴ Twice the number of health workers reported harassment at work in 2022 compared to 2018.⁴
- According to the CDC health care workers continue to face a mental health crisis.⁴

Hospitality

- Employees face challenging environments (unfavorable work schedules, long hours) that may be linked to poor sleep quality, symptoms of depression, anxiety, and social problems.⁵

POST PANDEMIC

- The pandemic created an added mental health strain on everyone, exacerbating existing stressors and worsening preexisting mental health challenges—and making it the top significant prolonged impact of the pandemic.^{2,4,6}
- For healthcare workers, the pandemic increased patient load, exacerbating strains on workers, who report feeling fatigue, loss, and grief at higher levels than before the pandemic.⁴ In teachers, it worsened the already increasing teacher burnout and shortage.²
- The 2024 Large Employer Health Care Strategy Survey found that employers are seeing a significant rise in mental health issues of their employees (most commonly depression, anxiety, and substance use disorder).⁶ Mental health initiatives are of high priority in 2024 for these employers and strategies will focus on addressing access to care, burnout, and quality of mental healthcare.^{4,6}

YOUR RIGHTS

- Under federal law, workers with mental health conditions may be protected against discrimination and harassment at work due to their condition, have workplace confidentiality rights, and have a legal right to reasonable accommodations that can help them perform and keep their job.⁷
- Family Medical and Leave Act (FMLA), if offered to an employee, may be used for a mental health condition.⁷
- The Americans with Disabilities Act (ADA) limits the employers' ability to ask disability related questions.⁷
- The Mental Health Parity and Addictions Equality Act (MHPAEA) requires that insurance plans that cover mental health or substance use conditions be no more restrictive than insurance coverage for other medical or surgical benefits.⁷
- Other federal and state laws may apply to mental health and substance use benefits, know your rights, workplace discrimination is illegal.⁷

RECOMMENDATIONS AND OPPORTUNITIES

For Employees

- **Create balance:** Take your breaks, communicate your needs, find support, and balance work and home life.
- **Understand your benefits:** Contact Human Resources (HR) or your EAP to find out what your benefits are before you need to access them. Ask questions to understand what is and is not included in your plan. Take advantage of the open enrollment periods (typically once a year) to review your benefits and make sure they are still what you need.
- **Know your rights:** Stressful workspaces are harmful to your mental health. Understand your rights and advocate for yourself. Identify your needs, communicate them clearly, so your workplace can understand how they can support you.

For Employers

- **Build inclusive, positive workplaces:** Employees need to feel safe, valued and respected at work. Reduce stress and fatigue. Create recovery friendly workplaces. Support grieving workers. Help prevent suicide. Reduce the stigma surrounding mental health. Start the conversation. The mental health of all employees needs to be a primary focus.

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MICROAGGRESSION AT WORK

- Microaggressions are subtle, often unconscious forms of speech, behavior, or actions towards people of marginalized communities.¹ Microaggressions can occur anywhere, but the workplace is a common setting in which microaggressions take place.¹ Microaggressions are categorized into three types of behaviors: microinsults (disrespectful comments toward an individual's identity), microassaults (behaviors meant to hurt or harm an individual), and microinvalidations (invalidating the experiences or identities of individuals through speech).¹ Microaggressions may target individuals from any marginalized group such as race or ethnicity; disability or health status, gender identity, sexual orientation, religious faith, social class or income level.²

- Microaggressions are real and are extremely harmful as they can produce feelings of shame, self-doubt, worthlessness, diminished self-esteem, diminished self-confidence, anger, irritability, increased stress, anxiety, and depression.² Microaggression may fuel a sense of isolation, which may lead a person to avoid friends and loved ones. Microaggressions might also affect an individual's ability to work.²

Things to consider when encountering microaggression as an:

- **Employee:** Consider how you would respond calmly to address the situation; step away until you've decided how to respond; engage in a discussion to share how you feel about the comment or behavior; educate the other person respectfully; involve a supervisor or human resources if you are unable to get any resolution.
- **Employer:** Create/model safe and respectful work environments; celebrate diversity; implement and enforce policies that protect the rights, dignity, and mental health of all employees.

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SUPPORT GROUPS

ADDICTION

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

CHILDREN AND YOUTH

Alternative Peer Group (Drop-in center for teens) apglv.org	702-445-7318
Parenting Project (free parenting classes)	702-455-5295
Solutions of Change solutionsofchange.org	702-343-3610
Turning Point Nevada (Substance Use)	702-743-7384

CRISIS AND TRAUMA

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

GRIEF AND LOSS

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

SUPPORT GROUPS

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

LGBTQ

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

SUICIDE

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

OTHER

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

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

Arms Of Support

A Survivors Of Suicide Attempt Support Group

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

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

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

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



HELPLINES

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

HELPLINES

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

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

A MATTER OF WORDS

The key to a healthy life is having a healthy mind – RICHARD DAVIDSON

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

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WE HAVE THE POWER TO MAKE WORKPLACES ENGINES FOR MENTAL HEALTH AND WELL-BEING. DOING SO WILL REQUIRE ORGANIZATIONS TO RETHINK HOW THEY PROTECT WORKERS FROM HARM, FOSTER A SENSE OF CONNECTION AMONG WORKERS, SHOW THEM THAT THEY MATTER, MAKE SPACE FOR THEIR LIVES OUTSIDE WORK, AND SUPPORT THEIR LONG-TERM PROFESSIONAL GROWTH.

VIVEK H. MURTHY, M.D., M.B.A., VICE ADMIRAL, U.S. PUBLIC HEALTH SERVICE,
SURGEON GENERAL OF THE UNITED STATES

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

We thank CARE Coalition for this recognition and their support.