



FREE

FEBRUARY 2026 • VOLUME 6 • ISSUE 1



Mental Health Spectrum™

A resource for psychological wellness



NICOTINE And Mental Health

SERVING LAS VEGAS AND SURROUNDING AREAS



Mental Health Spectrum™

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VOLUME 6 ISSUE 2: CHRONIC ILLNESS AND MENTAL HEALTH: PART 1 COMING MAY 2026

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KEY DIFFERENCES BETWEEN... 988 & 911 988 SUICIDE & GRIEF LIFELINE		911	988
		<ul style="list-style-type: none"> → Urgent threats to life or safety → Immediate intervention for physical danger → Medical emergencies → Crimes in progress 988 SUICIDE & GRIEF LIFELINE	<ul style="list-style-type: none"> → Emotional support → Crisis de-escalation → Connection to community resources → Relies on law enforcement / emergency medical intervention only when necessary 988 SUICIDE & GRIEF LIFELINE

FOLLOW THESE 3 STEPS TO SAFE GUN STORAGE

1

Store Firearms

Store gun securely by using a trigger lock, biometric lock, gun case, strong box, gun cabinet or gun safe.

2

Store Ammunition

Store and lock ammunition safely.

3

Restrict Access

Keep others from getting access to stored firearms 24/7. This includes family, friends, children or other visitors.

To request **FREE** firearm safety kits, resources and information, and/or organize a lock distribution event, contact: projectchildsafe.org/law-enforcement

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Front Cover Credit: Freepik.com

NOTE FROM: *The Editor*

Welcome to Volume 6 of Mental Health Spectrum (MHS)! While 2025 was fraught with challenges resulting in unprecedented levels of uncertainty and anxiety for many, it has also highlighted the importance of staying informed, connected, and resilient. And so we at MHS want to express deep gratitude to our sponsors and contributors for making it possible for us to continue providing this free resource. Special thanks to CARE Coalition for sponsoring this Issue!

We begin this volume with an age-old public health dilemma: the use of nicotine. Nicotine use is often talked about more as a physical habit, vice, or addiction, and less about the emotional relationship people have with it. For many, nicotine is not just about cigarettes or vaping—it is a crutch disguised as a companion during stress, loneliness, uncertainty, and exhaustion. While nicotine is often seen as a short-term coping tool, it is important to understand that it is not harmless. It has a range of long-term physical and mental health effects, including impact on the brain and nervous system (as noted in the articles in this Issue).

It is also important to highlight that mental health challenges and nicotine use often overlap. Nicotine may create moments of relief, but it does not resolve the underlying stress/emotions that leads people to rely on it. Over time, this reliance can make it harder to feel steady without nicotine, reinforcing worry about cutting back or stopping. For individuals already navigating anxiety, low mood, or chronic stress, that fear alone can become a significant barrier to change. As such, exploring healthier ways to respond to stress can open new possibilities.

Breaking free from nicotine is not simply about quitting a product. It is about rebuilding a relationship with stress, emotions, and the body. Rather than focusing solely on stopping a behavior, it can be helpful to consider what role nicotine plays and what needs it may be filling. While nicotine may feel familiar or comforting, greater awareness of its effects can open the door to healthier coping strategies. Small shifts in understanding can lead to meaningful improvements in well-being over time. We hope this issue helps readers better understand the connection between nicotine and mental health and encourages thoughtful, informed steps toward positive, healthier choices.

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

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SIGNS AND SYMPTOMS OF *Nicotine Misuse And Dependence*

Nicotine is a highly addictive substance found in the tobacco plant and may also be made synthetically.¹ It is present in a variety of products and may be ingested through different methods like smoking, chewing, vaping, or inhaling. While many people use nicotine to cope with stress, misuse can quickly lead to physical and mental dependence which can become detrimental to one's overall health.¹ The following are common signs, symptoms and side effects of nicotine use and dependence.

PHYSICAL SIGNS	
Immediate Effects²	Increased heart rate and blood pressure, dizziness, nausea, reduced appetite, dry mouth
Chronic Use²	Persistent cough, respiratory infections, yellowed teeth or fingers, fatigue, headaches, gum disease and tooth loss
BEHAVIORAL AND PSYCHOLOGICAL SIGNS	
Dependence Indicators¹	Using nicotine immediately or within 30 minutes upon waking, difficulty going without it for a few hours, continued use despite health warnings, attempts to quit fail
Emotional & Cognitive Changes¹	Irritability, anxiety, low mood when not using, difficulty concentrating, feeling "unable to relax" without nicotine
Lifestyle Impact²	Prioritizing nicotine use over responsibilities, social withdrawal, or avoiding smoke-free environments
WITHDRAWAL SYMPTOMS	
Physical³	Strong cravings, increased appetite, sleep disturbances, constipation
Emotional & Cognitive³	Anxiety, irritable mood, restlessness, depression, frustration, anger

MENTAL HEALTH IMPLICATIONS

- **Mood Instability:** Nicotine alters brain chemicals like dopamine and serotonin that regulate mood, which can increase anxiety, depression, and irritability over time.⁴
- **Stress Misinterpretation:** Many users believe nicotine reduces stress, but dependence creates a cycle where relief only comes from ending withdrawal symptoms, thereby increasing stress levels.⁴
- **Co-occurring Disorders:** Higher rates of nicotine use occur among individuals with depression, PTSD, and ADHD.²
- **Sleep Disruption:** Nicotine is a stimulant that interferes with deep sleep, worsening fatigue and emotional regulation.

PHYSICAL HEALTH IMPLICATIONS

- **Major health impacts:** Nicotine damages the lungs and cardiovascular system—causing lung cancer, chronic respiratory disease, heart attack, stroke, and increased risk of diabetes & related complications like kidney and vision damage, and gum disease.³
- **Reproductive and pregnancy effects:** Nicotine can reduce fertility and increase the risk of miscarriage, premature birth, low birth weight, harm to fetus development, and maternal health.²
- **Brain development:** In adolescents and young adults, nicotine can harm brain development, impacting learning, mood, attention and impulse control.²

Nicotine addiction is not just a physical habit, it is both a mental and physical health challenge. Recognizing the signs early can lead to better health and freedom from dependence.^{1,2,4} **If you have made more than one serious attempt to quit nicotine use, but have been unable to stop for good, it is time to seek help.**

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HOTLINES (24/7)

EMERGENCIES (Physical dangers needing police, fire, or EMS)	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 childhelphelp.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 Text Line (Text TALK or CARE to) crisistextline.org/text-us	741741 (TALK) or 839863 (CARE)
Crisis Text Line (Text BLUE to) Law Enforcement	741741
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 (S.A.F.E House) safehouse.org	702-564-3227
Domestic Violence (SafeNest) safenest.org	702-646-4981
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
Human Trafficking Hotline sohiv.org/rise	702-936-4004
Intertribal Council of NV Hotline (Family Violence Prevention) itcnfvpp.org	775-722-8794
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
Safe Call Now (First Responders Support) safecallnow.us	206-459-3020
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
Teen Dating Abuse loveisrespect.org	866-331-9474
The Network La-Red (LGBTQ Abuso de Pareja) tnlr.org/es ESPAÑOL	800-832-1901
The Network La-Red (LGBTQ Domestic Partner Violence) tnlr.org/en	800-832-1901
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

Nicotine's Hidden Toll on Mental Health

BY SOUTHERN NEVADA HEALTH DISTRICT (SNHD) TOBACCO CONTROL PROGRAM

Nicotine use affects all aspects of the human body, both physical and mental. Mental health is closely linked to physical health which are both equally important to an individual's overall health status.¹ Mental health is defined as a behavioral health component that includes a person's emotional, psychological, and social well-being.¹ This state of well-being helps individuals to cope with the stresses of life, realize their abilities, learn and work well and contribute to their community.¹ Nicotine use harms an individual's well-being, making it essential to understand its impact on mental health.

Tobacco use remains the leading cause of preventable disease, disability, and death in the U.S. Nearly 49.3 million U.S. adults—about 1 in 5—still use tobacco,² and in Nevada, 14.5% of adults smoke.³ Every tobacco product contains nicotine, a highly addictive chemical that's known to cause adverse health effects.^{4,5} Nicotine can disrupt brain development (which is still ongoing until the mid-20s), impairing areas of attention, learning, and mood.⁵ It also increases risk of cancer, heart disease, lung disease, Type 2 diabetes, and reproductive health problems.²

Likewise, an individual's mental health can be affected by nicotine use. The CDC reported smoking is more common among adults with mental health conditions than those without mental health conditions.⁶ Approximately, 40% of all cigarettes smoked by U.S. adults are consumed by people with behavioral health conditions.⁶ Additionally, individuals with mental health conditions have a nicotine dependency rate that's 2-3x higher than the general population.⁶ Smoking-related diseases such as cardiovascular disease, lung disease, and cancer are some of the most common causes of death among adults with mental health conditions.⁷

Furthermore, people with mental health conditions who use tobacco products like cigarettes and vapes may experience temporary relief from their symptoms due to nicotine's mood-altering effects. However, this can lead to individuals developing nicotine dependency.⁴ People with mental health conditions who smoke are more likely to experience worse health outcomes such as greater depressive symptoms, greater likelihood of psychiatric hospitalization and drug-and-alcohol-use relapses.⁷ Additionally, smoking can reduce the effectiveness of some psychiatric medications. Ultimately, treating tobacco use disorder alongside other behavioral health conditions doesn't affect treatment and can help people have a better recovery and quality of life.⁸

It should be stated that quitting tobacco is a journey, and not one individual's journey is the same! Quitting tobacco use has many benefits including: improving physical and mental health, increasing life expectancy, and lowering risks of cardiovascular diseases, COPD, poor reproductive health outcomes, and reducing the financial burden on tobacco users and the health care systems.² Quitting tobacco use is never easy, but every step towards a tobacco-free life allows you to experience a healthier and stronger you! Hence, it is important to encourage individuals who use tobacco products to quit using them. If you need help quitting explore the resources below.

Adults: Call the Nevada Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669)

Teens: Programs tailored to help young people quit vaping or any form of tobacco: American Lung Association's **NOT for Me** program at notforme.org
My Life, My Quit program at nv.mylifemyquit.org/en-us
Truth Initiative's **EX Program** by texting **EXPROGRAM** to 88709

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- Centers for Disease Control and Prevention. (2024, September 17). *Cigarette smoking: About*. From <https://bit.ly/48cNkPK>



American Heart Association.

The truth about... How Tobacco and Nicotine Harm Mental Health + Brain Development

We know that tobacco use and nicotine addiction can harm heart and lung health, but emerging research shows it also negatively impacts mental health and brain development.



USING E-CIGARETTES, including vaping products **CAN WORSEN DEPRESSION** symptoms in youth.

Frequent users of e-cigarettes have **2.4X HIGHER ODDS** of reporting depression compared to people who have never used e-cigarettes.

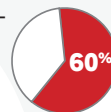


A study has shown **COLLEGE STUDENTS** who use **E-CIGARETTES HAVE HIGHER RATES** of attention deficit hyperactivity disorder (ADHD) symptoms.



More than **4 IN 5 YOUTH AND YOUNG ADULTS SURVEYED** said they started using e-cigarettes to decrease stress, anxiety or depression.

In a recent survey of 1,000 15- to 24-year-olds who frequently use e-cigarettes, **60%** say they **DIDN'T KNOW** that using these products could actually increase their anxiety and irritability.



Many tobacco users **MISTAKENLY BELIEVE** tobacco products can relieve stress or anxiety, or improve mental health or mood.

This could be due to the **CYCLE OF WITHDRAWAL SYMPTOMS** caused by tobacco use that are followed by temporary relief once they use again.

Studies have suggested that **NICOTINE ALTERS FEAR AND ANXIETY RESPONSES**, and contributes to the development, maintenance and recurrence of anxiety disorders.



KICKING THE ADDICTION to nicotine can reduce anxiety, depression and stress, and improve positive mood and quality of life.

Nicotine/Tobacco Symptoms:

- Nicotine disrupts memory, attention and drug reward processing — and these effects are even more serious during brain development.
- Young people who use nicotine have a harder time paying attention in class and remembering what's being taught.
- Youth exposed to nicotine experience increased difficulty regulating emotional responses well into adulthood.



www.heart.org/TobaccoEndgame

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PEER RECOVERY SUPPORT SPECIALIST
WARMLINE

725-246-6861

TO ACCESS SERVICES FOR INDIVIDUALS
AFFECTED BY SUBSTANCE USE DISORDER
(INCLUDING FAMILY AND FRIENDS)

NEED ASSISTANCE?

A Peer is here to help! Call us to connect with services and get your questions answered.

WHAT CAN PEERS OFFER?

- Navigation into substance use treatment options
- Referrals to recovery meetings
- Wraparound services (ex. Medicaid, food, transportation, clothing, etc.)

If there is no answer, please leave a voicemail with your name and contact number. A Peer will return your call as soon as possible.

WHAT IS A PEER?

A Peer Recovery Support Specialist is someone who has personal experience with mental health challenges and/or substance use with recovery and helps others by sharing their journey. They provide nonclinical assistance to help individuals set and achieve their recovery goals.

Peers are certified by the Nevada Certification Board (NCB) to practice in the field.

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You're not giving up anything when you quit smoking. You're gaining freedom, health, and happiness. ALLEN CARR

Photo Credit: Lotphey from Pexels

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

ALZHEIMER'S, CAREGIVING, OTHER DEMENTIA'S

- 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)
- 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)

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

Parkinson's Place Las Vegas
Connecting, empowering, and inspiring the Southern Nevada Parkinson's community.
parkinsonsplacelv.org

AUTISM & OTHER DISABILITIES

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)

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)

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 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)

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)

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

CHILDREN, YOUTH & YOUNG ADULTS

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

Child Mental Health Action Coalition
A group of leaders, professionals and community members dedicated to creating strategies that meet the urgent needs in Nevada for mental and behavioral health services for children.
tara.raines@caanv.org

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 Meetings: 1st Friday 10:00am

Creative Solutions for Positive Youth Development
A mental health multidisciplinary team providing services at the Boys and Girls Club. Members, families, teachers, mentors, outside therapists, and clubhouse staff members can refer members to services as needed.
bgcsnv.org/services/mental-health

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

Inspiring Children Foundation
Dedicated to transforming lives through a whole human approach physical, social, emotional, and mental health.
inspiringchildren.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)

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.
nvnmch.org Meetings: 2nd Tuesday 8:30am

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]

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

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

DOMESTIC VIOLENCE, ABUSE, HUMAN TRAFFICKING

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)

Bikers Against Child Abuse (BACA)

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

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)

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 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)

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)

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

RubiesLV

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

S.H.E.R.O Foundation

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

Signs of Hope

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

Southern Nevada Human Trafficking Taskforce (SNHTTF)

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

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)

University of Nevada, Reno (UNR) Extension

The *Healthy Living, Sustainable Recovery* team can provide free nutrition training and curriculum designed for women in substance use disorder recovery (healthrecovery@unr.edu). *Hope for Family Resilience* provides a nationally recognized, research-based advocate training focused on addressing domestic violence (hopteam@unr.edu). Extension.unr.edu/hope

LGBTQ+

Henderson Equality Center

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

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 Pride Tree

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

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

PROFESSIONAL ASSOCIATIONS

Behavioral Health Association of Nevada (BHANV)

Works with any individual who works in or supports behavioral health to overcome the behavioral health and addiction challenges throughout Nevada. bhanv.org

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)

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. lasvegashelps.org (702-952-2477)

Mental Health Coalition Las Vegas

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

National 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 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 Hospital Association

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

Nevada Physician Wellness Coalition

Founded by physicians for physicians to address the devastation and negative community impact of physician burnout and suicide. nevadaphysicianwellnesscoalition.com

Nevada Primary Care Association

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

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

SUBSTANCE USE PREVENTION & HARM REDUCTION

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 12:00pm

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)

Community Counseling Center

The mission of the center is keeping families together, preventing homelessness, and helping clients lead sober lives. Provides professional, compassionate, culturally competent, affordable, and individually appropriate mental health care. cccofsn.org

Dancesafe

A harm reduction nonprofit that promotes health and safety with music and nightlife communities. dancesafe.org

Foundation for Recovery (FFR)

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

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 Opioid Center for Excellence (NOCE)

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

STATE AND LOCAL NONPROFIT ORGANIZATIONS / COALITIONS

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 State Opioid Response

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

New Zeal

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

PACT Coalition

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

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 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

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

There is No Hero in Heroin (TINHIIH) Foundation

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

University of Nevada, Reno (UNR) Extension

The Healthy Living, Sustainable Recovery team can provide free nutrition training and curriculum designed for women in substance use disorder recovery.
healthyrecovery@unr.edu

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)

Women's Sustainable Recovery Coalition

Advocates through a network of providers and resources to help women to sustain recovery and restore their lives.
wsrcoalition.org / admin@wsrcoalition.org
Meetings: Quarterly: Feb, May, Aug, Nov

SUICIDE PREVENTION & DEPRESSION

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

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)

Depression Bipolar Support Alliance (DBSA) Southern Nevada

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

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

Find Your Anchor

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

Heart 2 Give

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

Hope Means Nevada

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

Nevada Office of Suicide Prevention - Division of Public and Behavioral Health

Mission is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaboration efforts.
suicidprevention.nv.gov
(Southern Office 702-486-8225)

To Write Love On Her Arms (TWLOHA)

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

Tomorrow Needs You Foundation

Created by a father after losing his daughter to suicide. Provides practical advice for parents on starting open, supportive conversations about suicide with their teens.
2morrowneedsyou.com

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

VETERANS

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.
reqttherapybbq.com

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)

WOMEN

Heart & Sol Collective

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

UNSHAKEABLE

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

OTHER

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)

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 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)

Resiliency & Justice Center

(formerly Vegas Strong Resiliency Center)

A place of healing and support dedicated to serving as a multi-agency resource and referral center for residents, visitors, and responders affected by violent crime.

resiliencyandjustice.org

RITE Trainings

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

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 (702-445-6937)

Southern Nevada Health District

Addresses chronic disease risk factors including tobacco use, secondhand smoke, physical inactivity and unhealthy diets. Offers free programs to assist with chronic disease prevention and self-management.
gethealthyclarkcounty.org (702-759-1270)

The Mental Health Moment

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

Trauma Intervention Program (TIP) of Southern Nevada

Nonprofit dedicated to ensuring that those who are emotionally traumatized in emergency situations receive the assistance they need.
tipoflasvegas.org (702-229-0426)

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)



NEED A SAFE SLEEP ENVIRONMENT FOR YOUR BABY?

VISIT NVMCH.ORG/SAFE-SLEEP

The Neuroscience Behind Nicotine's Mental Health Impact

BY DR. PAUL H. JANDA ESQ., WHARTON MBA*

As a neurologist who regularly treats patients with cognitive disorders, I'm deeply troubled by the growing body of evidence on nicotine's effects on brain chemistry and mental health, especially in young people whose brains are still developing.¹ This is not a distant concern; it's a pressing issue that demands our immediate attention. The relationship between nicotine and mental health represents a cruel paradox. Many young people turn to e-cigarettes believing they'll find relief from stress or anxiety, but they're actually setting themselves up for worsening mental health. The statistic that more than 80% of youth started vaping to decrease stress, anxiety, or depression² is deeply troubling because neuroscience tells us they're doing precisely the opposite of what they intend.

The Neurobiological Mechanisms

To understand why nicotine worsens mental health, we need to look at what's happening in the brain. Nicotine hijacks the brain's reward circuitry by binding to nicotinic acetylcholine receptors throughout the brain, including areas critical for emotional regulation, attention, and memory formation. These receptors typically respond to acetylcholine, a neurotransmitter involved in learning, attention, and arousal. When nicotine floods these receptors, it creates an artificial surge of dopamine (the brain's "reward" chemical), which produces the temporary pleasant sensation users seek.

However, the brain is remarkably adaptive. With repeated nicotine exposure, the brain downregulates these receptors, meaning it produces fewer receptors and makes the ones it has less sensitive. This is the neurobiological basis of tolerance and dependence. Now the brain requires nicotine to function normally, and without it, users experience withdrawal symptoms including anxiety, irritability, difficulty concentrating, and depressed mood.

What users experience as 'stress relief' is just a temporary cessation of these withdrawal symptoms. Once someone becomes dependent on nicotine, their brain enters a vicious cycle: withdrawal creates anxiety and irritability, using nicotine provides temporary relief, but this relief is simply a return to baseline, not an improvement beyond it. Over time, the brain recalibrates to require nicotine just to feel normal, and the baseline level of anxiety increases. Users are constantly chasing a feeling of calm they created by becoming dependent in the first place.

The Developing Brain at Risk

The adolescent and young adult brain is particularly vulnerable to these effects. The prefrontal cortex, the brain's executive control center responsible for attention, working memory, impulse control, and emotional regulation, does not fully mature until the mid-20s. During this critical developmental window, nicotine exposure can permanently alter how these systems develop and function.

The data on cognitive effects are particularly striking.^{1,3} Nicotine impairs prefrontal cortex development, which explains why students who vape have more difficulty concentrating in class and retaining information. The higher rates of ADHD symptoms we're seeing among e-cigarette users likely reflect this disruption of attentional networks.^{1,3,4} These aren't temporary effects that resolve when someone stops vaping; we are talking about potential long-term changes in how the brain processes information and maintains focus.

Perhaps most concerning is nicotine's impact on the developing limbic system, which governs emotional responses, fear processing, and stress reactivity. Youth exposed to nicotine show altered fear conditioning and heightened anxiety responses that can persist well into adulthood. The amygdala, our brain's emotional alarm system, becomes hyperreactive. The hippocampus, critical for memory formation and stress regulation, shows structural and functional changes. We are essentially programming young brains to be more anxious, more reactive to stress, and less capable of emotional regulation, not less.

A Growing Public Health Crisis

What makes this situation particularly alarming is the sheer scale of youth e-cigarette use and the fact that 60% of frequent young users don't even know these products can increase anxiety and irritability.² This represents a massive gap in public health education. These young people are making decisions about their brain health based on incomplete or misleading information, often influenced by marketing

that positions vaping as a safer, more sophisticated alternative to smoking. In my work with medical students and neurology residents, I emphasize that we must take detailed substance use histories, including e-cigarette use, when evaluating patients for anxiety, depression, or cognitive complaints. Too often, nicotine dependence masquerades as a primary psychiatric disorder when it's a significant contributing factor.

The Path Forward

The good news is that cessation can lead to meaningful improvement. The brain has remarkable plasticity, even into adulthood. When patients successfully quit, we typically see reductions in anxiety and depression within weeks to months as the brain begins to recalibrate its receptor systems and neurotransmitter balance. Dopamine signaling gradually normalizes, stress response systems recalibrate, and cognitive function improves. However, the earlier and longer the exposure during critical developmental periods, the more challenging recovery can be, and some neurodevelopmental effects may persist. This is why prevention is so vital. Every day we can prevent a young person from starting nicotine use is a day we protect their developing brain from potentially permanent changes.

For information on well-being and mental health visit **Mental Health and Well-being | American Heart Association**

* Dr. Paul H. Janda Esq. Wharton MBA, Board-Certified Neurologist, Professor of Neurology, and Neurology Residency Program Director. He is a member of the Nevada board of directors of the American Heart Association.

REFERENCES

- Centers for Disease Control and Prevention. (2024.). *Cigarette Smoking*. From [cdc.gov/tobacco/basic_information/health_effects/index.htm](https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm)
- American Heart Association. (2025). *The truth about tobacco and nicotine: How tobacco and nicotine harm mental health and brain development*. American Heart Association. From <https://bit.ly/3KVw34J>
- U.S. Department of Health and Human Services, Office of the Surgeon General. (2024). *E-cigarette use among youth and young adults*. From <https://e-cigarettes.surgeongeneral.gov>
- American Academy of Pediatrics. (2024). *E-cigarettes and youth*. From <https://bit.ly/4ITqkJ7>

Smoke-Free Lives = Healthy Minds

Smoke is Smoke. Whether it's a cigarette or electronic vapor product, it's not harmless and it's not healthy!

Quitting smoking is associated with lower levels of anxiety, depression, and stress.

The Nevada Tobacco Quitline is available to assist those who are ready to take the next step towards better mental and physical health!

Call 1-800-QUIT-NOW (1-800-784-8669). Para Hispanohablantes, llame al 1-855-DÉJELO-YA (1-855-335-3569).



To order your **FREE** cessation resources, providers can visit gethealthyclarkcounty.shop or contact the Southern Nevada Health District Tobacco Control Program at tobaccoprogram@snhd.org.

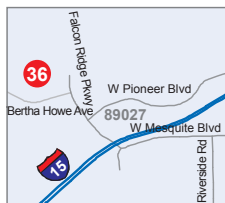


www.gethealthyclarkcounty.org
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

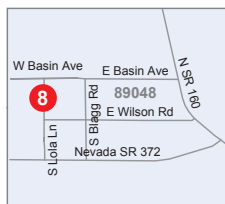
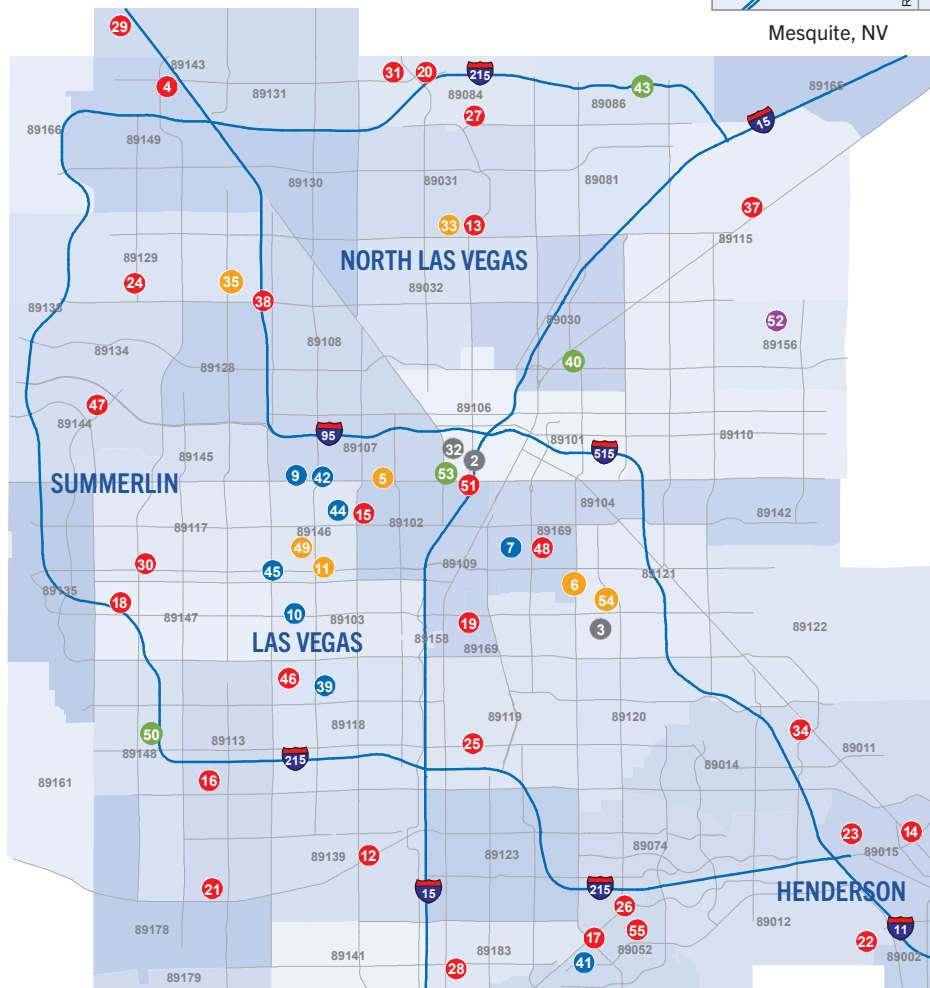
Made possible with funding from the Department of Health and Human Services.

HOSPITAL LISTING

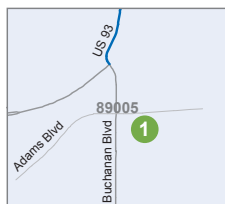
Hospital
Hospital with Psychiatric Unit
Psychiatric Hospital
Addiction Inpatient Facility
Certified Community Behavioral Health Center
Behavioral Health Crisis Stabilization Center



Mesquite, NV



Pahrump, NV



Boulder City, NV

HOSPITAL LISTING

- Boulder City Hospital, Geriatric Behavioral** 901 Adams Blvd, Boulder City, 89005 702-293-4111
- Bridge Counseling 1640 Alta Dr, Suite 4, LV, 89106 702-474-6450
- Bridge Counseling 4221 McLeod Dr, LV, 89121 702-474-6450
- Centennial Hills Hospital** 6900 N Durango Dr, NLV, 89149 702-835-9700
- Crossroads of Southern NV** 2121 W Charleston Blvd, LV, 89102 702-382-7746
- Desert Hope Treatment Center** 2465 E Twain Ave, LV, 89121 702-848-6223
- Desert Parkway Hospital** 3247 S Maryland Pkwy, LV, 89109 877-663-7976
- Desert View Hospital** 360 S Lola Ln, Pahrump, 89048 775-751-7500
- Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 702-486-8900
- Thrive Hospital (formerly Desert Winds)** 5900 W Rochelle Ave, LV, 89103 702-522-7922
- Desert Winds Recovery Center** 633 Palmyra Ave, LV 89146 702-904-8255
- Dignity Health St Rose, Blue Diamond** 4855 Blue Diamond Rd, LV, 89139 702-216-7305
- Dignity Health St Rose, North LV** 1550 W Craig Rd, NLV, 89032 702-777-3615
- Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Pkwy, HEN, 89015 702-564-2622
- Dignity Health St Rose, Sahara** 4980 W Sahara Ave, LV, 89102 702-216-7365
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Rd, LV, 89113 702-616-4666
- Dignity Health St Rose, Siena** 3001 St Rose Pkwy, HEN, 89052 702-616-5000
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Rd, LV, 89147 702-216-7335
- Elite Medical Center** 150 E Harmon Ave, LV, 89109 702-546-0911
- ER at Aliante** 7207 Aliante Pkwy, NLV, 89084 702-962-5100
- ER at Blue Diamond** 9217 S Cimarron Rd, LV, 89178 702-776-4800
- ER at Boulder's Edge** 1501 Wagon Wheel Dr, HEN, 89002 702-962-0400
- ER at Cadence** 865 E Lake Mead Pkwy, HEN, 89015 725-201-5500
- ER at W Craig** 7050 W Craig Rd, LV, 89129 702-675-7020
- ER at Desert Springs** 2075 E Flamingo Rd, LV, 89119 702-369-7772
- ER at Green Valley** 2581 St Rose Pkwy, HEN, 89074 702-780-2700
- ER at North Las Vegas** 6625 N 5th St, NLV, 89084
- ER at S Las Vegas Blvd** 10700 Giles St, LV, 89183 702-962-0800
- ER at Skye Canyon** 9860 W Skye Canyon Park Dr, LV, 89166 702-962-0700
- ER at The Lakes** 3325 S Fort Apache Rd, LV, 89117 702-962-0500
- ER at Valley Vista** 7230 N Decatur Blvd, NLV, 89084 702-534-7200
- FirstMed Health + Wellness 400 Shadow Ln, Ste 106, LV, 89106 702-731-0909
- Gallus Medical Detox** 1550 W Craig Rd, Ste 330, LV, 89032 702-857-7164
- Henderson Hospital** 1050 W Galleria Dr, HEN, 89011 702-963-7000
- Landmark Recovery** 3371 N Buffalo Dr, LV, 89129 844-332-2076
- Mesa View Regional Hospital** 1299 Bertha Howe Ave, Mesquite, 89027 702-346-8040
- Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd, Nellis AFB, 89191 702-653-2273
- MountainView Hospital** 3100 N Tenaya Way, LV, 89128 702-962-5000
- Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 702-909-3440
- North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 702-649-7711
- Seven Hills Hospital** 3021 W Horizon Ridge Pkwy, HEN, 89051 866-598-6327
- Southern Nevada Adult Mental Health** 6161 W Charleston Blvd, LV, 89146 702-486-6000
- Southern Nevada Veterans Medical Center** 6900 N Pecos Rd, NLV, 89086 702-791-9000
- Spring Mountain Sahara** 5460 W Sahara Ave, LV, 89146 702-216-8900
- Spring Mountain Treatment Center** 7000 W Spring Mountain Rd, LV, 89117 702-873-2400
- Spring Valley Hospital** 5400 S Rainbow Blvd, LV, 89118 702-853-3000
- Summerlin Hospital** 657 N Town Center Dr, LV, 89144 702-233-7000
- Sunrise Hospital** 3186 S Maryland Pkwy, LV, 89109 702-961-5000
- The Nestled Recovery Center** 2860 S Bronco St, LV, 89146 702-299-6406
- The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd, LV, 89148 702-916-5100
- University Medical Center (UMC)** 1800 W Charleston Blvd, LV, 89102 702-383-2000
- UMC Crisis Stabilization Center** 5409 E Lake Mead Blvd, LV, 89156 702-383-6200
- Valley Hospital, Behavioral Health Unit** 620 Shadow Ln, LV, 89106 702-388-4000
- Vogue Recovery Center Nevada** 4011 McLeod Dr, LV, 89121 702-533-4154
- West Henderson Hospital** 1155 Raiders Way, HEN, 89052 725-235-2000

For emergencies, call 911 for immediate assistance.

Q&A

SOUTHERN NEVADA HEALTH DISTRICT (SNHD) TOBACCO CONTROL PROGRAM*

- 1. What initiatives is the Southern Nevada Health District currently leading to reduce nicotine use and promote tobacco-free living?**

The Southern Nevada Health District Tobacco Control Program has a variety of initiatives that help to promote tobacco-free living. For example, our teen vaping prevention program, BreakDown, works with our local schools to educate and prevent teens from vaping. Our programs, Por Mi Por Ti Por Nosotros, Because We Matter, Island eNvy, and CRUSH engage Hispanics/Latinos, African Americans, Hawaiian/Pacific Islanders and LGBTQ+ communities to reduce tobacco use through community outreach, media campaigns and smoke-free events. Additionally, we work with healthcare providers in Southern Nevada to implement the tobacco brief intervention process and promote cessation among patients. Lastly, we work with local businesses and multi-unit housing properties to promote smoke-free businesses and homes.
- 2. What indicators may suggest early nicotine use in children or adolescents, and what prevention practices are most effective for parents and guardians to implement?**

Warning signs of youth vaping include shortness of breath, chest pain, smoker's cough, lung infections, changes in behavior or eating habits, and sleeping problems. Parents and guardians can do the following to help prevent or stop vaping: Share Information, Be Supportive, and Set a Good Example. They can share accurate information about nicotine use and vaping, offer support through open communication and modeling a tobacco-free lifestyle including having a tobacco-free home. Resources are available at gethealthyclarkcounty.org under the Live Tobacco-Free section.
- 3. What misperceptions or myths exist about nicotine use and mental health?**

A common misperception about nicotine use and mental health is that nicotine use helps to decrease stress. However, the truth is nicotine dependence can worsen anxiety, disrupt sleep and impair concentration. Another misperception is that a young person's mental health isn't affected when they vape or smoke. Nonetheless, research has shown that nicotine exposure during adolescence can interfere with brain development, increase susceptibility to mood disorders and an increase in stress.
- 4. What has been the most effective resource to help people quit using nicotine?**

Quitting nicotine use is a journey and not one person's quit journey is the same! There are many resources available to help you or someone you know quit nicotine. For example, the NV Tobacco Quitline is available 24/7 at 1-800-QUIT-NOW (1-800-784-8669). For teens, the American Lung Association's NOT program at notforme.org, the Truth Initiative's EX program available by texting EXPROGRAM to 88709 and My Life, My Quit available at nv.mylifemyquit.org/en-us/ are free, voluntary programs to help teens quit vaping. Additionally, our Live Tobacco-Free section on gethealthyclarkcounty.org has the most up to date information on available quitting resources.
- 5. What is one key takeaway message about nicotine and mental health that we should remember?**

Nicotine affects all aspects of a person's health whether mental or physical health. The good news is that quitting nicotine use can help you restore your overall health and well-being. Quitting is not a linear journey, but every step that you take towards a nicotine-free life is a step closer to a healthier mind. You don't have to do the journey alone; there are many resources out there to help you! You got this!

*The SNHD Tobacco Control Program is a diverse team of dedicated health educators committed to helping our community live a tobacco-free life and live in a tobacco-free environment. Through our outreach programs, we dedicate our time to educating all Southern Nevada on several tobacco – related issues. Our work includes addressing the following: teen vaping prevention, increasing the number of smoke-free places, tobacco retailer educational outreach, helping lower tobacco use rates among all communities and increasing the number of individuals who seek cessation services.

National Organizations - Substance Use

American Lung Association lung.org Campaign for Tobacco Free Kids tobaccofreekids.org
Celebrate Recovery celebraterecovery.com 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 pttcnetwork.org
SmokeFree smokefree.gov Treatment Advocacy Center treatmentadvocacycenter.org

SPECIAL FEATURE

SHARED EXPERIENCES

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.

Letting Go of Smoking as a Support Tool

Growing up overweight left deep marks on my self-image that I didn't fully understand at the time. When I finally lost weight in high school and began smoking casually, I created a dangerous mental connection between cigarettes and my worth. In my mind, smoking became the tool I needed to keep the weight off. This belief trapped me in a cycle of fear and dependency that lasted nearly two decades. The addiction wasn't just physical; it was deeply psychological, woven into my sense of control and self-worth.

The mental burden intensified each time I tried to quit. As my metabolism shifted and the pounds began to creep back, panic would set in. The nicotine patches were horrible...the amount of nicotine going into my body was 2 to 3 times more than any cigarette I smoked. Each failed attempt to quit felt like proof that I couldn't maintain my weight without smoking, deepening my sense of helplessness and shame. Watching my mom's health deteriorate from smoking added another layer of emotional torment. The guilt of choosing cigarettes over health, even as I watched the person I loved most suffer the consequences, created a painful internal conflict that weighed heavily on my mental well-being.

What finally allowed me to quit at 35 wasn't another diet plan or a different foolproof quit-smoking method—it was a fundamental shift in how I saw myself. I had spent years tying my value to my weight and using nicotine as a crutch to maintain an image I thought I needed to be acceptable. When I finally became comfortable in my own skin and understood that my worth wasn't determined by a number on a scale, the hold nicotine had on me began to loosen, and my relationship with my weight became much healthier.

Jodi C.



The Mental Health Moment

Take A Moment
FOR Your Mental Health

www.thementalhealthmoment.org

[@thementalhealthmoment](https://www.instagram.com/thementalhealthmoment)

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:
K-POP
Example: Dynamite by BTS
Free songs available on youtube.com

SUGGESTED SHOW:
TRAVEL
Example: Great Destinations
Available on tubitv.com

WATCHING

DOING

SUGGESTED ACTION:
COLORING
Coloring can help reduce stress and anxiety by shifting your focus away from worries and into a calming, structured activity. The repetitive motion and creativity involved can relax the mind, similar to meditation. It also provides a simple way to express emotions and improve mood.

SUGGESTED READING:
SCIENCE FICTION
Example: Binti by Nnedi Okorafor
Free reading material available at public libraries (thelibrarydistrict.org or hendersonlibraries.com or City of North LV: <http://bit.ly/3WGFdww>)

READING

"When we are no longer able to change a situation, we are challenged to change ourselves." – VICTOR FRANKL

ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

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

Nevada Providers (nevadaproviders.com)

Mental health providers directory that provides a thorough community asset map of available Clark County and Nevada based mental health and related resources. The listing is searchable by provider type, location, insurance and language.

OUTPATIENT LISTING

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

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

FOCUS / SPECIALTY

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

NAME + WEB ADDRESS	PHONE	ZIP	FOCUS / SPECIALTY
ABC Therapy 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
Ackerman Center grantagift.com	702-998-9505	89106	ABA, ASD, Neuropsychology
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
Ameduri Health Services ahslasvegas.com	702- 551-0950	89119	MOOD, PTSD, LGBTQ
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
Arbor Wellness arborwellnesslv.com	702-830-9588	89117	Psychiatric Services, Age 6+
Arevalo Counseling & Mentoring	702-970-3535	89074	English & Spanish Services

OUTPATIENT LISTING

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

OUTPATIENT LISTING

Clarity Wellness Center claritywclv.com	702-578-4505	89121	Military, Minorities
Clear View Counseling clearviewcounseling.com	702-254-4883	89101	ADHD, Crisis, MFT, PTSD
Clinical Solutions clinicalsolutionslv.com	702-212-3008	89117	CBT, DBT, MOOD
Collaborative Center Foundation collablv.org	702-329-3208	89113	CM, DD
Collier Counseling and Life Coaching colliercounseling.org	702-860-5249	89015	Couples Counseling, DBT, EMDR, PTSD
Community Counseling Center cccofsn.org	702-369-8700	89104	General
Connexions Mental Health Services connexionsmentalhealthservices.com	725-696-2204	89121	TELE, Military, Veterans, First Responders
Core Mental Health Service corementalhealthservices.com	725-735-2700	89134, 89027	Medical Family Therapy, PTSD
Cornwall Counseling cornwallcounseling.com	859-321-4956	89119	REBT
Corridor of Hope Wellness & Consulting corridorofhopelv.com	702-522-9000	89104	Grief, Domestic Violence, LGBTQ
Creative Behavioral Connections cbcautism.com	702-901-5200	89130	ABA, ASD
Crossroads of Southern Nevada crossroadsofsonv.com	702-382-7746	89102	ADDICT, SAT
Cypress Tree Therapy Center cypresstreetherapycenter.com	702-904-9812	89146	
DCFS-Neighborhood Care, North dcfs.nv.gov/Programs/CMH/Contact_CMHS	702-486-5610	89032	Children Mental Health Services, PSY Serv.
DCFS-Neighborhood Care, South	702-486-6726	89015	PSY Serv.
DCFS-Neighborhood Care, West	702-486-0000	89146	PSY Serv.
Desert Hope Outpatient americanaddictioncenters.org	702-286-8394	89121	ADDICT, SAT
Desert Psychiatry	702-685-3300	89146	Psychiatric Services
Desert Psychological desertpsychological.com	702-650-6508	89120	Testing, Assessment
Desert Regional Center (DRC) adsd.nv.gov	702-486-6200	89103	DD
Desert Treatment Clinic deserttreatment.com	702-248-0000	89014	Methadone/Suboxone
Desert Winds Recovery Center desertwindsrecovery.com	702-904-8255	89146	ADDICT, Detox, Sober Living
Diamond Mental Health diamondmentalhealth.net	702-395-4002	89130	ADDICT, Equine Therapy, Trauma
Divine Soul Mental Health divinesoulmentalhealth.com	702-843-5015	89123	TELE
Dynamic Music Therapy vegasmusictherapy.com	702-257-0792	89102	Music Therapy
Earth's Edge Wellness earthsedgewellness.com	702-582-9474		Faith Crisis, Sex Therapy, Sleep Therapy
Eating Disorder Institute lasvegaseatingdisorders.com	702-503-5592		ED, DBT, Nutrition Therapy
Eden Center for Eating Disorders edentreatment.com	877-853-3362	89102	ED, Co-Occurring Disorders
Elements of Motivation elementslv.com	702-331-4874	89117	Home Based Services
Emma's House Inc emmashouseinc.org		89052	CBT, MFT, TELE, Grief, Trauma
Empowerment Center of NV	702-636-8729	89032	Crisis Intervention, General
Estra Healthcare Services estrahhealth.com	725-502-7699	89102	OCD, Compulsive Gambling

OUTPATIENT LISTING

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	89147	Grief, EMDR, LGBTQ+, TELE, Spanish speaking
Freedom Behavioral Health	702-485-1300	89119	Gambling, SAT
Freedom Change Success fcstherapylasvegas.com	561-309-3507	89146	Men, Christian Counseling
Frontier Medical & Behavioral Center frontiermbc.com	702-750-2438	89031	Psychiatric Services
Fuente de Vida Mental Health fuentedevidanv.org	725-204-8809	89120	English/Spanish, BST, PSR, TELE
Glass House Counseling ghca-lv.com	702-586-8693	89104	PSR, Support Groups
Grace from Grief gracefromgrief.com	702-339-4100	89134	Grief, Spiritual Counseling
H.O.P.E. Counseling Services hopecounselingservices.net	702-437-4673	89106 89031	ADHD, MOOD, PTSD, Trauma
Halo Mental Health halomentalhealth.com	702-805-2069	89106	Psychiatric
Harmony Healthcare harmonyhc.com	702-251-8000	89102	Insurance Provider
Head to Heart headtoheartnv.com	702-460-7236	89052	EMDR, Couples, Teen
Heads Up Guidance and Wellness Centers headsupnevada.org	702-922-7015	89102	
Healing with Grace Counseling Center hwgcounseling.com	702-716-0908	89052	
Healthy Minds healthymindslv.com	702-622-2491	89106	Co-occurring, SAT
Hello Therapy hellotherapylv.com	702-381-2192	89074	Grief, Trauma, TELE
HELP of Southern Nevada helpsonv.org/behavioral-health-services	702-369-4357		TELE
High Risk Pregnancy Center hrpregnancy.com	702-382-3200	89106	OUD, MAT (must be pregnant)
Honeybee Behavioral Health myhoneybeetherapy.com	702-550-9035	89118	Abuse, Grief, Family Conflict
Hope Medical Center hopemedicalcenter.org	702-425-8511	89104	Mind Body Therapies
Horizon Behavioral Health horizonbehavioralmedicine.com	702-463-4788	89052	Psychiatric Services
House of Yogini y3lhouseofyogini.com			Mind Body Wellness
Human Behavior Institute (HBI) hbinetwork.com	702-248-8866	89146	Insurance Provider, CM
Icarus icarusbehavioralhealthnevada.com	702 600 3392	89113	MOOD, Trauma, SAT, MM
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

OUTPATIENT LISTING

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 lvmentalhealth.com	702-659-4825	89129	Postpartum, Sexual Issues
LBR Mental Health therapy-for-everyone.com	725-222-0101	89128	Complex Trauma
Legacy Counseling & Workforce Connections legacycounselingandworkforceconnections.com	702-763-7443	89146	BF, CBT, IOP, SAT, Telehealth
Legacy Health and Wellness legacynv.com	702-942-1774	89128	BST, PSR, Crisis Services, Parenting, EMDR
Life Bridge Psychiatry lifebridgekids.com	702-765-4965	89117	Youth
Life Care Wellness https://lifecarewellnessllc.org	702-854-5402	89032	Anxiety, Depression, Grief
Life Spring Counseling Center lifespringcounselingcenter.org	702-939-5433	89117	Anxiety, MOOD, Premarital, PTSD
LifeQuest lifequestnv.com	702-830-9740	89145	CM, BST, MFT, MM, SAT
Living Free livingfreehealth.org	775-505-1625	89060	ADDICT
Lotus Behavioral Health Services lotusbehavioralhealthservices.com	725-215-0359	89128	MOOD, PTSD, Trauma
LV Comprehensive Treatment Center	888-660-9506	89109	Opioid Use Disorder Programs
Maternal Minds Counseling maternalmindscounseling.com	702-456-4262	89128, 89015	Maternal Mental Health
Meadows Behavioral Health meadowsbh.com	866-412-1891	89148	ADDICT, ED, IOP
Medens Health medenshealth.com	702-659-5400	89103	Neuropsychological Testing
Mental Health Counseling & Consulting	702-400-6413	89123	Problem Gambling
M.H.S Behavioral Services	702-848-1696	89120	ABA, BST, CM, PSR
Midtown Psychiatry	702-854-5000	89102	Psychiatric Services
Mighty Mental Health mightymentalhealth.com	702-479-1600	89146	MM, Psychiatry
Mindful Illumination Counseling	702-506-4554	89101	ADDICT, Sound Therapy
Mind Matters mindmatters-health.com	877-826-6463		Neuropsychology
Mingo Health Solutions mhsbehavioralservices.com	702-848-1696	89120	
Miracle Minds Therapy miraclemindstherapy.org	702-888-6300	89147	School-based, TELE
Mobile Mental Health Support Services	702-888-0036	89146	Anxiety, MOOD, Personality D/S, Relationship
Moderation of the Mind Counseling modofthemind.com	702-272-1879	89117	CBT, Mindfulness, MOOD, Rogerian
Mojave Counseling unlvhealth.org/psychiatry-mental-health	702-253-0818 702-968-4000	89146 89014	Children/Adolescents, CM, Adults
Moriah Behavioral Health moriahbehavioralhealth.com	866.624.1722		
Music 4 Life Inc. themusic4life.com	702-889-2881	89146	ADDICT, Anxiety, PTSD
Neubauer Mental Health Services nmhslv.com	702-806-5268	89108	
Nevada Behavioral Health Systems nvbhs.com	702-978-8100		Managed Mental Health & Substance Abuse Services

OUTPATIENT LISTING

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 nvmhs.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
Optima Healing and Recovery optimahealing.com	702-879-2369	89014	IOP, MM, PHP
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
Peak Mental Health peakmentalhealth.org	702-323-4634	89105	EMDR, Trauma, Workshops
Perceptions Counseling Center of Southern Nevada pccofsn.com	702-850-8700	89120	Child Therapy, TELE
Progressive Psychiatric Services progressivepsychlv.com	702-899-1208	89146	ADDICT, CBT, MM
Pro-Health Therapeutic & Empowerment Services phtes.com	702-490-9009	89169	Co-Occuring, LGBTQ, MM, SAT, TELE
Puzzle Pieces Autism & Behavioral Services LLC puzzlepiecesnv.com	702-704-5112	89131	ASD
Radical Elevation radicalelevation.com	702-608-1488	89110	ADHD, PTSD, SAT, Trauma
Red Rock Counseling redrockcounseling.com	702-389-4500	89015	Psych. Service, MM, SAT
Red Rock Psychological Health redrockph.com	702-898-5311	89119	
Rejuven Health rejuvenhealthlv.org	702-285-8311	89015	
Renewing Health and Wellness renewinghealthandwellness.com	702-766-1898	89119	ADHD, Mood, OCD
Resolutions Behavioral Health Therapy resolutionsbehavioralhealththerapy.com	702-462-1813	89146	Anxiety, MOOD, Trauma
Resource Family Services resourcefamilyservices.com	702-331-5608	89119	Couples, Family Therapy

OUTPATIENT LISTING

Restoration & Recovery restorationandrecoverylv.com	844-473-5322	89130	EMDR, Sex Addiction Therapy
Restorative Behavioral Health LLC myrestorativehealth.com	702-853-6727	89031	General
Safe Harbor Medical safeharbormedlv.org	702 870-8852	89128	Grief, SAT
SAFY of Nevada Specialized Alternative safy.org/nevada	702-385-5331	89130	Youth, Family
Season of Change seasonofchangepllc.com		TELE	Christian Centered Therapy
Serenity Counseling and Support Services serenitysupportservices.com	702-903-2973	89117	ADHD, Anger Management, Bullying, Parenting, Trauma
Serenity Non Profit serenitynonprofit.com	702-815-1550	89113	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	
SNHD Behavioral Health Clinic	702-759-1700	89127	MM, Psych. Evaluations, TELE
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
Sunrise Clinics sunriseclinics.org	702-209-0370	89103	MM
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

OUTPATIENT LISTING

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 Novum Health Support Center (SilverSummit Members)	702-605-5858	89502	BH Services, Crisis Assessments
The Parkey Group theparkeygroup.com	725-230-8526	89145	CBT, Couples, TELE
The Peaceful Mind Counseling Center thepeacefulmindcounseling.com	702-766-9063	89129	ED, MOOD
The Practice, UNLV unlv.edu/thepractice	702-895-1532	89154	CBT, DBT, Testing
Therapeutic Solutions Behavioral Health therapeuticsolutionslv.com	702-919-6111	89110	Anxiety, MOOD
Therapy Treatment Center therapytreatmentcenters.com	702-423-2625	89102	Anger Management, MOOD, PTSD, Trauma
Theravada Mental Health theravadawellness.com	702-757-8720	89130 89052	DBT, EMDR
There & Back Recovery thereandbackrecovery.com	702-714-1739	89104	Life Transitions, Hip Hop Therapy
Thrive Solutions thrivesolutionslv.com	702-602-8504	89148	ADDICT, IOP, MFT, MM
Thrive Wellness Reno thrivehere.com	775-525-8103		Virtual IOP
Tilton's Therapy tiltonstherapy.com	702-381-1839		Mobile Therapy
TIM Care	702-617-6313	89106	General, SAT, Psychiatric
Touro-Pierce Autism Center 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
TUFF Services Ministries tuffservices.org	800-649-0925	89053	Pastoral Counseling
UNLV STAR Clinic bit.ly/unlvstar	702 895-1929	89154	Anxiety, CBT, Insomnia
U.S. VETS usvets.org/locations/las-vegas	702-947-4446	89101	Eligible Veterans, SAT
Vegas Cares LLC vegascaresllc.com	725-206-5434	89121	General, PSR, BST
Vegas Stronger vegasstronger.org	702-202-6647	89101	SAT
Ventana Health Associates	702-360-2800	89134	
Veridian Wellness veridianwellness.com	702-763-4452	89074	DBT, EMDR, Trauma
Victorious Behavioral Health victoriousbhs.com	702-723-0125	89119	BST/PSR, Psychiatric Services
Virtue Recovery Center virtuerecoverycenter.com/nevada	866-806-0960	89149 89113	ADDICT, ED, SAT
Visions Health and Wellness visionshw1.com	702-527-6337	89108	Neurofeedback, SAT, Trauma
We Are Hope wearehopelv.com	702-333-4373	89130	ADDICT, General, Trauma
Well Care Health 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	Acupuncture
Zia Counseling ziacounseling.com	702-823-9043	89102	Couples, EMDR, MFT

It does not matter how slowly you go as long as you do not stop.

CONFUCIUS

LOCAL SHELTER AND TRANSITIONAL HOUSING

FAMILIES

Family Promise

702-638-8806 • 1410 S Maryland Pkwy, LV 89104
Provides short term transition shelter, bridge housing and case management.
familypromiselv.com

HELP of Southern Nevada

702-369-4357 • 1640 E Flamingo Rd, LV 89119
Provides housing and intensive case management for those with documented disability.
helpsonv.org

Las Vegas Rescue Mission

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

Safe Families for Children, Olive Crest

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

S.A.F.E. House

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

MEN

Catholic Charities Shelter for Men

702-387-2282 • 1511 Las Vegas Blvd North, 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

The Courtyard Homeless Resource Center:

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

WOMEN

Destiny House (Hookers for Jesus)

702-623-0958 | Hotline: 702-883-5155
Free residential facility for sex trafficking victims and commercially exploited women.
hookersforjesus.net

Living Grace Homes

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

Refuge for Women

Residential healing and recovery program for survivors of trafficking and sexual exploitation. Non-emergency housing must apply online.
rfwlasvegas.org

Safe Nest

702-877-0133 | Hotline: 702-646-4981
Confidential domestic violence shelter.
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 persons ages 12-20 with emergency shelter, drop in center, and independent living.
nphy.org

Shannon West Homeless Youth Center

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

St Jude's Ranch (SJRC)

702-294-7100 • 200 Wilson Cir, Boulder City 89005
Transitional housing and services for ages 18-24.
stjudesranch.org

Breaking the Nicotine–Stress Cycle: How to Reclaim Calm Without Lighting Up

BY ANJUM KHAN | MA, PMP, PMI-ACP

Throughout the 1900s, cigarettes were not just about relieving stress, but a symbol of sophistication—especially among young people and women. As awareness of tobacco’s health risks grew in the late 1990s, usage declined.¹ Then came the advent of e-cigarettes, vaping and other products advertised as tobacco-free products, which revived that image of stylish stress relief. Youth, in particular, began vaping at alarming rates.^{1,2} What many overlook is that nicotine, present in both traditional and new products, remains addictive and harmful.¹

Nicotine use: a widespread issue

For many people, nicotine feels like a dependable and acceptable way to manage stress. A cigarette or a quick vape during a difficult moment or a break at work or school can seem calming, offering a brief sense of relief. Because of this, nicotine use remains a widespread issue. According to a national health survey in 2022, approximately 20% of adults (49.2 million people) continue to smoke cigarettes, making tobacco use **the number one leading cause of preventable illness and death nationwide**.^{1,2} In Nevada, adult smoking rates are higher than the national average, affecting an estimated 15% of adults and contributing to more than 4,000 smoking-related deaths each year, along with over \$1 billion in annual healthcare costs.^{2,3} **More alarmingly in Nevada is the rise in youth vaping, with nearly 1 in 6 middle school, and 1 in 3 high school students reporting using vaping products.**^{1,2} There is also a disparity in the population groups affected by tobacco and nicotine use, leading to health disparities in these populations. Those with higher rates of nicotine use are people with mental health disorders, living in poverty, and/or having low education.¹ **In fact, 40% of all adult cigarette consumption is done by those with mental health or substance use disorders.**⁴

How nicotine hooks into stress: Short-term/fake “relief,” long-term/real “pressure”

For many individuals, stress plays a dual role: it contributes to continued nicotine use and makes quitting feel more difficult. Understanding how nicotine interacts with stress is an important step toward breaking this cycle. Nicotine acts quickly on the brain, producing brief shifts in mood, attention, and perceived calm.^{1,2} As nicotine levels drop, the body goes into withdrawal—often marked by irritability, restlessness, difficulty concentrating, and low mood.^{1,2,5} These withdrawal sensations can feel like stress, which increases the urge to use nicotine again. The brain learns this pattern, resulting in a familiar cycle:^{1,2}

1. Stress or negative emotion rises
2. Nicotine provides a brief shift in feeling
3. Nicotine fades, triggering withdrawal discomfort
4. Nicotine is used again to feel “steady”

But nicotine doesn’t fix the external stressor; it only temporarily quiets the discomfort created by nicotine wearing off. Over time, this cycle can keep stress sensitivity elevated because the nervous system is repeatedly pushed between stimulation and withdrawal.^{1,2}

What nicotine does to the body (and why it matters for stress)

Nicotine is not just a “mental” habit—it has physical effects that can reinforce stress patterns. Nicotine can increase heart rate and blood pressure and activate systems involved in cardiovascular strain, which is one reason nicotine exposure may feel activating even when people interpret it as calming.⁴ Meanwhile, smoking overall harms nearly every organ system, and the most common smoking-related causes of illness and death include cancer, heart disease, stroke, and lung disease.^{2,4,5}

Quitting can feel harder before it feels better

Quitting nicotine often comes with a short period where symptoms feel uncomfortable, especially in the first days and weeks. People may experience irritability, restlessness, anxiety, sleep disruption, and strong cravings.^{2,5} This is a common reason people return to nicotine: they interpret withdrawal as proof they “need” nicotine to cope. But research evidence consistently shows that quitting is associated with improvements in health and—importantly for many people—often does not worsen mental health and may improve it over time.^{2,3,4,5} In a 2023 study, smoking cessation sustained for a period of weeks was associated with improved measures of anxiety and depression, offering reassurance that quitting will not make mental health worse.⁵

Recognizing common triggers

Identifying personal triggers is an important step toward breaking the nicotine–stress cycle. Common triggers include:^{6,7}

- Emotional stress, conflict, or anxiety
- Fatigue or poor sleep
- Routine moments (waking up, after meals, driving, breaks at school/work)
- Social cues, such as being around others who smoke or vape

Those triggers are not just “habits”—they’re learned associations between a feeling/state (pressure, fatigue, overwhelm) and a nicotine “solution.” When you remove nicotine, the trigger remains, but the coping tool is missing—unless you replace it deliberately.^{2,6,7} Awareness allows people to prepare alternatives rather than relying on nicotine in these moments.

Reclaiming calm without lighting up^{1,2,3,6,7}

Quitting doesn’t require you to be completely calm. Instead, aim to swap nicotine-related coping habits for methods that genuinely reduce stress and support you through cravings. The following are evidence-based practical and simple strategies that help:

1) Track Your Triggers: Log when, what, and how you feel during cravings for one week. Use this information to identify patterns and plan for future action. For example: (1) Identify your specific feelings at the time that you seem depressed—are you actually feeling tired, lonely, bored, or hungry? Focus on and address these specific needs. (2) Avoid people who smoke or situations where smoking/vaping is promoted, especially in the early phases of quitting.

2) Swap the Habit, Not Just the Nicotine: Keep your break but change the activity: walk for two minutes, make tea or drink water, chew on carrots or apples or sugarless gum, stretch, or practice slow, controlled breathing. Stay consistent—have a replacement for every craving. Think, “when A happens, I will do B”.

3) Use Evidence-Based Quit Supports: Combine behavioral support with FDA-approved medication. Coaching and quitlines help plan for tough moments and manage withdrawal. Resources like smokefree.gov offer detailed tips and plans to help quitting.

4) Improve Sleep & Manage Stress: Sleep loss makes quitting harder. Stick to regular bedtime routines (like stop using phone/computer at least 30 minutes before bed), set next day’s top tasks so you have a defined purpose, and cut back on evening caffeine and nicotine.

5) Make a Simple Calm Plan: List your top three triggers. For each, pick two alternative actions and use a reminder phrase: “This craving will pass. I can ride it out.” Turn quitting into a repeatable process.

A calmer future is possible

Nicotine often feels like a stress solution, but its calming effects are brief and tied to withdrawal relief rather than true stress reduction. Over time, reliance on nicotine can increase emotional strain and make balance harder to maintain. Breaking the nicotine–stress cycle is not about judgment or willpower—it is about understanding how the cycle works and choosing tools that restore steadiness rather than perpetuate tension. With the right support and strategies, many people find that life without nicotine feels calmer, more stable, and more manageable than expected. And that is worth the effort.

REFERENCES

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3. Wu, A. D., et al. (2023). *Smoking Cessation and Changes in Anxiety and Depression*. From <https://bit.ly/4pqBA1w>
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5. Centers for Disease Control and Prevention (CDC). (2018). *OSH Behavioral Health: What We Know*. From bit.ly/3Lejp0Y
6. Smokefree.gov. *Know Your Triggers*. From <https://bit.ly/3N5UcGv>
7. National Cancer Institute. (2022). *Handling Nicotine Withdrawal and Triggers When You Decide To Quit Tobacco*. From <https://bit.ly/4aKAQ3E>



Life Coaching

With Anjum Khan | PMP, PMI-ACP, KBC

Struggling with stress, feeling stuck, or ready for a change?

Offering confidential life coaching to help you build resilience, gain clarity, and move forward with purpose.

Take the first step—your well-being matters.

Book a free 30-minute consultation today. Email: darwec.consult@gmail.com

Coaching for mental wellness, meaningful goals, and better balance.

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 [joiningroups.com]	775-238-4471
Heroin Anonymous [heroinanonymous.org]	
Marijuana Anonymous [marijuana-anonymous.org]	800-766-6779
Nicotine Anonymous [nicotine-anonymous.org]	877-879-6422
Nar-anon (families & friends of addicts) [nar-anon.org]	800-477-6291
Narcotics Anonymous (NA) [na.org]	702-369-3362
Narcotics Anonymous Region [51 region51na.org]	888-495-3222
Overeaters Anonymous (OA) [oa.org]	702-593-2945
Pills Anonymous [pillsanonymous.org]	
Sex Addictions Anonymous [saa-recovery.org]	800-477-8191
Sex and Love Addicts Anonymous (S.L.A.A.) [slaafws.org]	800-477-8191
SMART Recovery [smartrecovery.org or smartinhenderson@gmail.com]	
Southern Nevada Codependents Anonymous [sonvcoda.org]	702-706-2632
The Meeting Space/The Recovery Store [themeetingspace.com]	702-726-9218

CHILDREN AND YOUTH

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

CRISIS AND TRAUMA

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

GRIEF AND LOSS

Adams Place [adamsplacelv.org]	702-202-3891
Aviant Hospice	702-605-9959
Bereavement Adult Support Group	702-671-1111
Bereavement Support (Dignity Health)	702-616-4912
CompassionCare Hospice	702-636-0200
Concerns of Police Survivors (COPS) [concernsofpolicesurvivors.org]	702-501-8083

SUPPORT GROUPS

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

LGBTQ

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

SUICIDE

Arms of Support (Survivors of Suicide Attempt)	702-209-3425
Smile Through The Storms [smilethroughthestorms.com]	607-241-6624
Southern Nevada Surviving Suicide Loss [survivingsuicidelosslv.com]	
Suicide Bereavement Support Group	702-735-5544
Survivors of Suicide Loss Support Group	702-807-8133

OTHER

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



CUSTODY NOTIFICATIONS FOR SURVIVORS,
ADVOCATES, VICTIMS & ENFORCEMENT

**Nevada
S.A.V.E.
Notifications**

The new **Nevada S.A.V.E. Offender Notification System (save.nv.gov)** is the new victim notification system for survivors, advocates, victims and law enforcement that replaced the VINE service in late August 2025. The platform offers an Agency Resource section, which functions as a comprehensive statewide resource guide.

The Nevada Office of the Attorney General is asking organizations that provide services to communities in Nevada, including but not limited to non-profits, legal resources, victim services, and faith-based agencies, to REGISTER to be listed in this section. This guide is accessible to all Nevadans, allowing them to create an account, search, save, and build a personalized list of both local and national resources. Agencies that would like to be included in the resource section will need to complete the Microsoft Form with the requested information. Once the form is processed, the organization's information will be inputted onto the website.

Office of the Nevada Attorney General | Email aginfo@ag.nv.gov or Phone (702) 486-3420 Las Vegas or (775) 684-1100 Carson City

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

Nevada 211 - Connect to Services [nevada211.org]	211 or 866-535-5654
Police NON-Emergency Response	311
1in6 - Helpline for Men who were Sexually Abused / Assaulted	1in6.org/helpline
AARP Friendly Voice [aarp.org/family-relationships/friendly-voice]	888-281-0145
AARP Friendly Voice (Spanish)	888-497-4108
Adult Protective Services (APS) (Report suspected abuse, exploitation vulnerable adults 18+) [APSGethelp.com]	702-486-6930
Afghan Behavioral Health Support (Dari, Pashto, & English)	800-615-6514
Al-Anon [al-anon.org]	800-344-2666
Alcoholics Anonymous (AA) [aa.org]	702-598-1888
Alzheimer's Association Helpline [alz.org]	800-272-3900
American Addiction Centers [americanaddictioncenters.org]	866-892-4547
American Chronic Pain Association (ACPA) [theacpa.org]	800-533-3231
American Pregnancy Association	800-672-2296
Care Solace (CCSD students) [caresolace.com/ccsd]	888-515-0595
Cocaine Anonymous [snvca.org or ca.org]	702-941-0950
Codependents Anonymous [coda.org]	602-277-7991
Crystal Meth Anonymous [crystalmeth.org]	855-638-4373
Debtors Anonymous [debtorsanonymous.org]	800-421-2383
Depression & Bipolar Support Alliance (DBSA) [dbsalliance.org]	800-826-3632
Drug Free Workplace Helpline	800-967-5752
Eating Disorders [anad.org]	888-375-7767
Eldercare Locator [eldercare.acl.gov]	800-677-1116
Empower Work (Work issues) [empowerwork.org] TXT HELLO to	510-674-1414
Food Addicts in Recovery Anonymous (FA)	foodaddicts.org
Gamblers Anonymous [gasn.info]	855-222-5542
GriefShare [griefshare.org]	800-395-5755
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 (Victims and survivors of impaired driving crashes) [madd.org]	877-623-3435
Marijuana Anonymous [marijuana-anonymous.org]	800-766-6779
Military OneSource (Military Community) [militaryonesource.mil]	800-342-9647
My Life, My Quit (ages 13-18) TXT "start my quit" to	36072
NAMI Teen and Young Adult TXT FRIEND to 62640	800-950-6264
Narcotics Anonymous [na.org]	888-495-3222
Naseeha (Muslim and Non-Muslim) [naseeha.org]	866-627-3342

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

National Abortion Federation Hotline	800-772-9100
National Alliance on Mental Illness (NAMI) Helpline [nami.org/help]	800-950-6264
National Alliance on Mental Illness (NAMI) Warmline	775-241-4212
National Eating Disorders Information + Treatment Helpline	800-931-2237
National Resource Center on ADHD	866-200-8098
National Teen Dating Violence Abuse Helpline	866-331-9474
Nicotine Anonymous [nicotine-anonymous.org]	877-879-6422
Nevada Health Connection [treatmentConnection.com]	800-450-9530
Nevada Teen Peer Support Text Line (ages 14-24)	TXT 775-296-8336
Office on Women's Health (Resource line)	800-994-9662
Overeaters Anonymous [oa.org]	505-891-2664
PACT Warmline (Anyone affected by Substance Use Disorder)	725-246-6861
Partnership to End Addiction (Concerned Parents) [drugfree.org]	TXT CONNECT to 55753
Pediatric Access Line (Psychiatric Consultations for Providers)	702-553-4528
Physician Support Line [physiciansupportline.com]	888-409-0141
Poison Center (Nevada)	702-732-4989
Postpartum Support International (PSI) [postpartum.net]	800-944-4773
Problem Gamblers Helpline	800-522-4700
SAMHSA's Helpline [samhsa.gov/find-help/national-helpline]	800-662-4357
Schizophrenia & Pyschosis Action Alliance [sczaction.org]	800-493-2094
Schizophrenia and Action Alliance [sczaction.org/helpline]	800-493-2094
Self Abuse Finally Ends (S.A.F.E) Alternatives [selfinjury.com]	800-366-8288
Sex Addicts Anonymous [saa-recovery.org]	800-477-8191
Sidran Institute - Trauma or Dissociation [sidran.org]	410-825-8888
StrongHearts Native Helpline [strongheartshelpline.org] 24/7	844-762-8483
Stop It Now! (Abuse helpline)	888-773-8368
Survivors of Incest Anonymous [siawso.org]	877-742-9761
TARA for Borderline Personality Disorder [tara4bpd.org]	888-482-7227
Teen Help Inc	800-400-0900
Teen Line (TXT 839863)	800-852-8336
Tobacco (Nevada) Quit Line [nevada.quitlogix.org]	800-784-8669
Tragedy Assistance Program for Survivors (Military) [taps.org]	800-959-8277
True Path Wellness Helpline (Addiction)	866-601-3539
United Way 211 [211.org]	800-233-4357
UNLV Careline (Sexual Assult, Violence, Stalking)	702-895-0602
Vet Center Call Center [vetcenter.va.gov/media/Call-Center-PSA.asp]	877-927-8387
Vets Information and Referral, PTSD Crisis Intervention	888-777-4443
West Care (Detoxification)	702-383-4044

Connectedness - Awareness - Resources - Education



A substance misuse and behavioral health awareness coalition.

WE OFFER:

Monthly Coalition Meetings
Clearing House
Pill Take Back Events
Deterra Drug Disposal Bags
Sponsored by Rali NV

Trainings
Naloxone
Fentanyl Testing
Suicide Prevention
Mental Health 1st aid

Our Mission

To increase public awareness of the effects of drug and alcohol misuse, behavioral and mental health disorders, by educating and supporting youth, adults, and the community at large through collaboration with other agencies in Clark County; thus identifying and promoting healthy behaviors and reducing substance misuse in our community.

Visit our website for more info:

www.carecoalitionnv.org

P: 702-463-1415



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