Is Your Child Feeling Lonely, Depressed or Anxious?

Risk Factors:

- Grades Changing
- Withdrawing from Social Activities
- Trouble Sleeping/Sleeping More than Usual
- Self-Harm
- Substance Abuse
- Depressed/Loss of Joy
- Experiencing Abuse or Violence

PREVENTION AND CRISIS*

My Child/Teen IS NOT Currently at Risk of Harming Themselves

- **Communities in Schools** (775) 846-0250 — Site coordinator & Resource room in 13 local Title 1 schools
- **Downing Counseling Clinic at UNR** (775) 682-5515 — Training clinic for Masters level students
- **Washoe County School District School Counselor Coordinator** (775) 721-5284 — Available in schools Washoe County school-aged students
- **Quest Counseling** (775) 786-6880 24/7 crisis support — Assessments, Short Term and Long Term Counseling. *Can prescribe meds
- **NAMI Western NV** (775) 241-4212 — Non-crisis support "warm line"

Do You Have Insurance?

LONGER TERM SUPPORT

NO

- **Private Therapy Options** — Many private therapists and therapy practices treat youth, see list on the back for ages seen and specialities. Insurance and No Insurance Options
- **Northern Nevada Hopes** (775) 786-4673 — Telehealth pediatric counseling and in person psychiatry. Free for established clients
- **Community Health Alliance** (775) 329-6300 — Federal Qualified Health Center providing therapy and med management
- **Hope Means Nevada** (775) 296-8336 — Provides community communication
- **Nevada Division of Child and Family Services** 775-688-1600 — Provides child and family therapy and medication management

YES

- **Quest Counseling** (775) 786-6880 24/7 crisis support — Crisis support, medication management, and ongoing therapy
- **Thrive Wellness** (775) 525-8103 — Outpatient therapy Eating disorders Therapists
- **Private Therapy Options** — Many private therapists and therapy practices treat youth, see list on the back for ages seen and specialities. Insurance and No Insurance Options

My Child/Teen IS AT RISK of Harming Themselves

CRISIS CARE

- **Suicide & Crisis Hotline** Call 988 Available 24/7 — Site coordinator & Resource room in 13 Title 1 schools
- **Children's Mobile Crisis Response Team** (775) 688-1670 — Team will go immediately to the child's school to assist
- **Quest Counseling** (775) 786-6880 24/7 crisis support — Assessments, short term and long term counseling. *Can prescribe meds
- **Emergency Room** At local hospitals — For immediate self harm, not a locked facility. All hospitals have Emergency Departments

What Next?

Released Home for Less Intense Therapy

- **Willow Springs** (775) 858-3303 — Intensive PhP + IOP for 20 adolescents 116 Inpatient beds (101 girls, 15 boys) -Treats residents ages 12-17
- **True North Treatment** (775) 870-5027 — IOP program for ages 11+
- **Renown / UNR SOAR Clinic** (775) 982-2800 First episode psychosis — Intense patient and family care management
- **Thrive Wellness** (775) 525-8103 — Eating disorder program Php + IOP for ages 12+

FOLD

Released Home, for Outpatient Intensive Therapy

- **Reno Behavioral Health Hospital** (775) 393-2201 — Partial hospitalization 6 hours/day; Intensive Outpatient 3 hours/day
- **Koinonia Family Services** (775) 826-2050 — Supports clients with behavioral and emotional difficulties in school-like setting and after school program
- **Private Therapy Options** — Many private therapists and therapy practices treat youth, see list on the back for ages seen and specialities. Insurance and No Insurance Options
- **Pacific Behavioral Health** (775) 287-8270 — IOP program for ages 13+
- **Vitality Unlimited** (775) 322-3668 — IOP Program for ages 12+
- **SAI Mental Health** (775) 800-1136 — IOP program for ages 12+

Admitted to an Inpatient Facility

- **Reno Behavioral Hospital** (775) 393-2201 — - 42 acute beds (50/50 boys, girls) - Another 21 long term residential, inpatient beds for girls only -Treats residents ages 4+
- **Willow Springs** (775) 858-3303 — -116 residential beds (101 girls, 15 boys) -Treats residents ages 12-17
- **PRTF North** (775) 688-1633 — -Division of Child and Family Services State Psychiatric Residential Treatment Facility -16 beds. -Treats residents ages 6-17
- **PRTF Enterprise** (775) 688-1600 — -Division of Child and Family Services State Psychiatric Residential Treatment Facility -20 beds. -Treats residents ages 6-17

PREVENTION AND CRISIS

LONGER TERM SUPPORT* INPATIENT/OUTPATIENT OPTIONS

*Additional resources for prevention and support can be found via QR code on the back page

No Insurance Required to be Seen

Alliance Family Services
(775) 387-3004

Amber Creek
(775) 284-9888

American Comprehensive Counseling Services
(775) 356-0371

Children's Cabinet
(775) 352-8090

Clover Counseling
(775) 354-3819

Community Health Alliance
(775) 329-6300

Downing Clinic at UNR
(775) 682-5515

Great Basin Behavioral Health
(775) 453-4143

Health Psychology Associates
(775) 448-6828

Koinonia Family Services
(775) 826-3774

Maple Star
(775) 677-2216

Mill Street Care Center
(775) 501-8655

Northern Nevada Child and Adolescent Services
(775) 688-1600

Northern Nevada HOPES
(775) 786-4673

Pacific Behavioral Health
(775) 287-8270

Quest Counseling
(775) 786-6880

Renown Behavioral Health
(775) 982-5419

Rise Wellness
(775) 525-3400

SAI Mental Health
(775) 800-1136

Serenity Mental Health
(775) 841-6050

Thrive Wellness
(775) 525-8103

Vitality Unlimited
(775) 322-3668

Options for Those with Insurance

Alliance Family Services
(775) 387-3004

Amber Creek
(775) 284-9888

Clover Counseling
(775) 354-3819

Downing Clinic at UNR
(775) 682-5515

Family Behavioral Health
(775) 378-2775

Great Basin Behavioral Health
(775) 453-4143

Healing Minds
(775) 448-9760

Health Psychology Associates
(775) 448-6828

Koinonia Family Services
(775) 826-3774

Maple Star
(775) 677-2216

Pacific Behavioral Health
(775) 287-8270

Renown Behavioral Health
(775) 982-5419

Rise Wellness
(775) 525-3400

SAI Mental Health
(775) 800-1136

Sierra Sunrise Wellness
(775) 440-1256

Thrive Wellness
(775) 525-8103

True North
(775) 870-5027

Vitality Unlimited
(775) 322-3668

Many additional individual therapists can be found by specialty on PsychologyToday.com

Please advise of any additions/changes so that we can keep this information current: YMHdata@childrenscabinet.org.

Check out this link for complete and updated contact information for all providers, including specialties, insurance plans covered and approximate wait times, as well as additional youth mental health resources in northern Nevada:

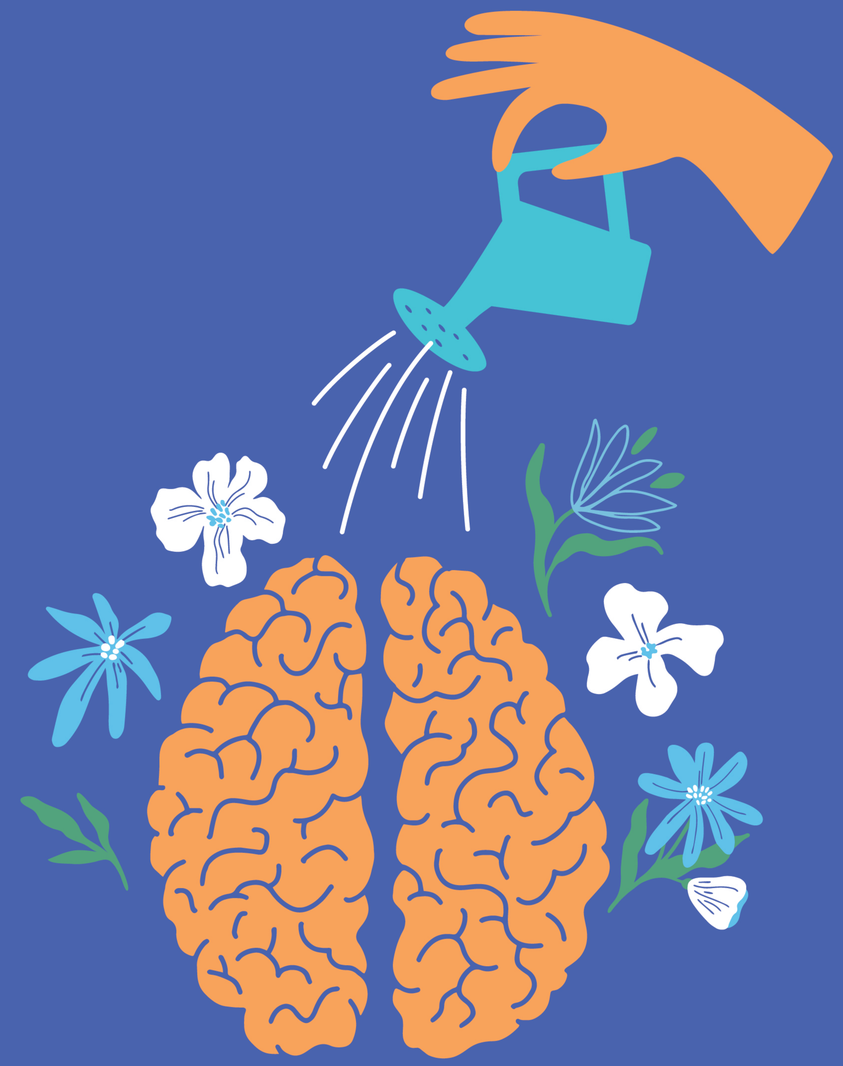
This resource is sponsored by:

COMMUNITY FOUNDATION of Northern Nevada

Renown™ CHILDREN'S HOSPITAL

The Children's Cabinet

FOLD

Community Youth Mental Health Guide

Understanding northern Nevada's resources for children and teens who need mental health support