

# 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

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

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

### CRISIS CARE

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

NO

YES

<b>Private Therapy Options</b>  Many private therapists and therapy practices treat youth, see list on the back for ages seen and specialties. Insurance and No Insurance Options	<b>Northern Nevada Hopes</b> (775) 786-4673  Telehealth pediatric counseling and in person psychiatry. Free for established clients	<b>Community Health Alliance</b> (775) 329-6300  Federal Qualified Health Center providing therapy and med management	<b>Hope Means Nevada</b> (775) 296-8336  Provides community communication	<b>Nevada Division of Child and Family Services</b> 775-688-1600  Provides child and family therapy and medication management
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<b>Quest Counseling</b> (775) 786-6880 24/7 crisis support  Crisis support, medication management, and ongoing therapy	<b>Thrive Wellness</b> (775) 525-8103  Outpatient therapy Eating disorders Therapists	<b>Private Therapy Options</b>  Many private therapists and therapy practices treat youth, see list on the back for ages seen and specialties. Insurance and No Insurance Options
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## Released Home for Less Intense Therapy

<b>Willow Springs</b> (775) 858-3303  Intensive PhP + IOP for 20 adolescents 116 Inpatient beds (101 girls, 15 boys) -Treats residents ages 12-17	<b>True North Treatment</b> (775) 870-5027  IOP program for ages 11+	<b>Reno Behavioral Health Hospital</b> (775) 393-2201  Partial hospitalization 6 hours/day Intensive Outpatient 3 hours/day	<b>Koinonia Family Services</b> (775) 826-2050  Supports clients with behavioral and emotional difficulties in school-like setting and after school program	<b>Private Therapy Options</b>  Many private therapists and therapy practices treat youth, see list on the back for ages seen and specialties. Insurance and No Insurance Options
<b>Renown / UNR SOAR Clinic</b> (775) 982-2800 First episode psychosis  Intense patient and family care management	<b>Thrive Wellness</b> (775) 525-8103  Eating disorder program PhP + IOP for ages 12+	<b>Pacific Behavioral Health</b> (775) 287-8270  IOP program for ages 13+	<b>Vitality Unlimited</b> (775) 322-3668  IOP Program for ages 12+	<b>SAI Mental Health</b> (775) 800-1136  IOP program for ages 12+

## What Next?

### Released Home, for Outpatient Intensive Therapy

### Admitted to an Inpatient Facility

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

PREVENTION AND CRISIS\*

PREVENTION AND CRISIS

LONGER TERM SUPPORT

LONGER TERM SUPPORT\*  
INPATIENT/OUTPATIENT OPTIONS

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

# Community Youth Mental Health Guide

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

## No Insurance Required to be Seen

A Child's World (775) 322-4650	Community Health Alliance (775) 329-6300	Mill Street Care Center (775) 501-8655	Rise Wellness (775) 525-3400
Alliance Family Services (775) 387-3004	Downing Clinic at UNR (775) 682-5515	Northern Nevada Child and Adolescent Services (775) 688-1600	SAI Mental Health (775) 800-1136
Amber Creek (775) 284-9888	Great Basin Behavioral Health (775) 453-4143	Northern Nevada HOPES (775) 786-4673	Serenity Mental Health (775) 841-6050
American Comprehensive Counseling Services (775) 356-0371	Health Psychology Associates (775) 448-6828	Pacific Behavioral Health (775) 287-8270	Thrive Wellness (775) 525-8103
Children's Cabinet (775) 352-8090	Koinonia Family Services (775) 826-3774	Quest Counseling (775) 786-6880	Vitality Unlimited (775) 322-3668
Clover Counseling (775) 354-3819	Maple Star (775) 677-2216	Renown Behavioral Health (775) 982-5419	Zephyr Wellness (775) 525-1616

## Options for Those with Insurance

Alliance Family Services (775) 387-3004	Family Behavioral Health (775) 378-2775	Koinonia Family Services (775) 826-3774	SAI Mental Health (775) 800-1136
Amber Creek (775) 284-9888	Great Basin Behavioral Health (775) 453-4143	Maple Star (775) 677-2216	Sierra Sunrise Wellness (775) 440-1256
Child, Adolescent & Family Counseling Center (775) 826-1002	Healing Minds (775) 448-9760	Pacific Behavioral Health (775) 287-8270	Thrive Wellness (775) 525-8103
Clover Counseling (775) 354-3819	Health Psychology Associates (775) 448-6828	Renown Behavioral Health (775) 982-5419	True North (775) 870-5027
Downing Clinic at UNR (775) 682-5515		Rise Wellness (775) 525-3400	Vitality Unlimited (775) 322-3668

Many additional individual therapists can be found by specialty on [PsychologyToday.com](https://www.psychologytoday.com)

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



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