Communities in

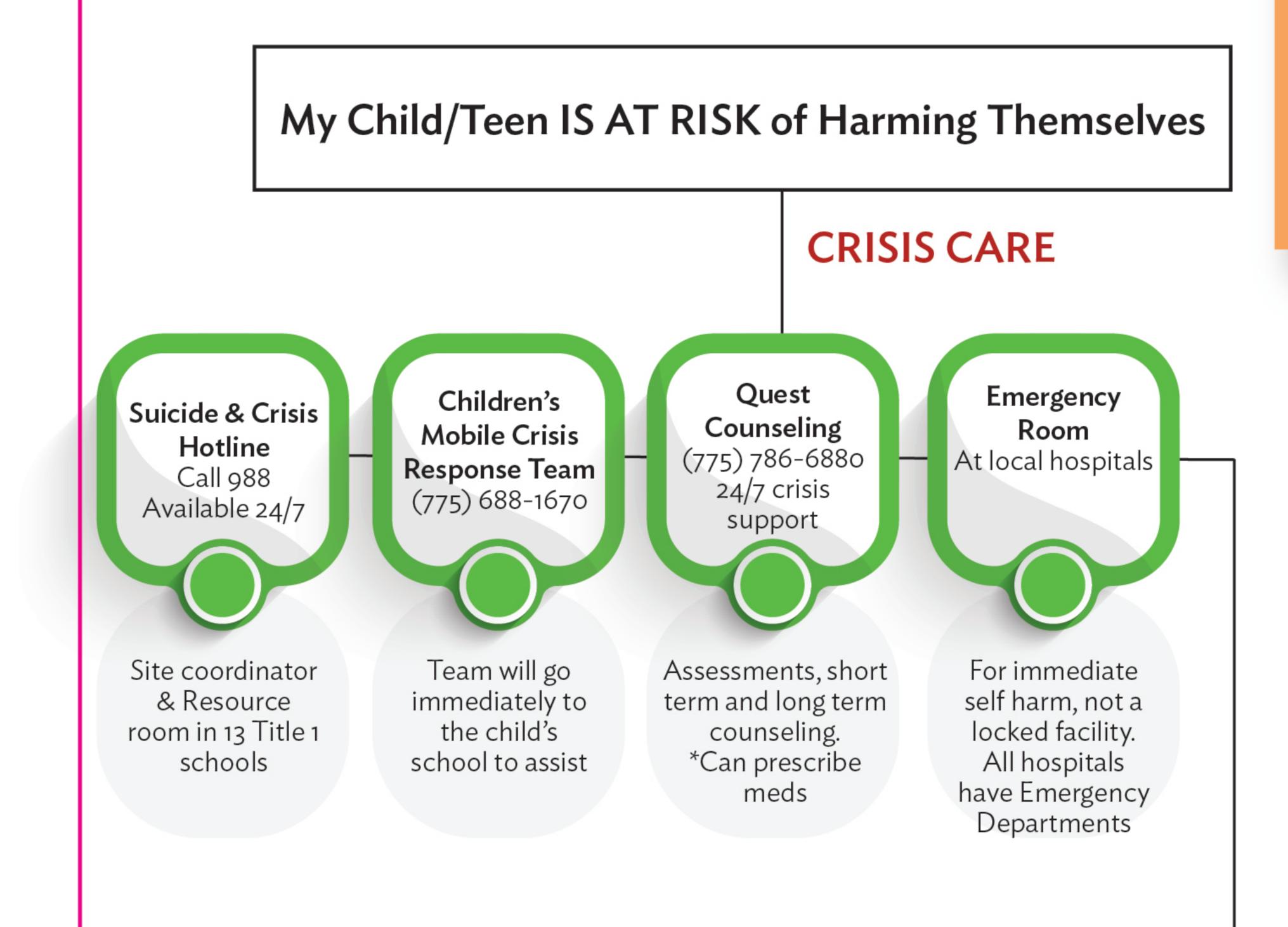
Schools

(775) 846-0250

Downing

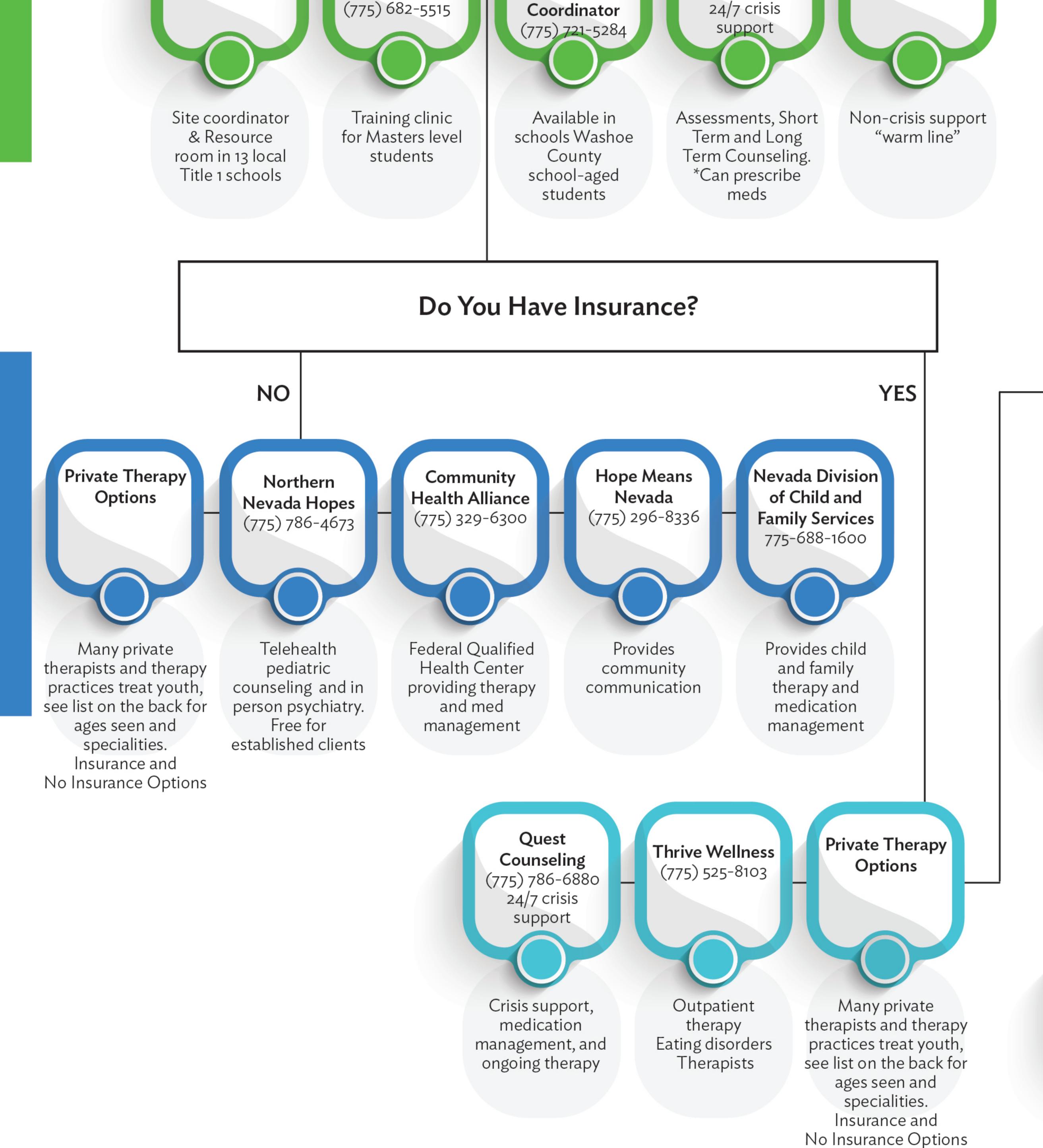
Counseling

Clinic at UNR





- 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

Washoe County

School District

School Counselor

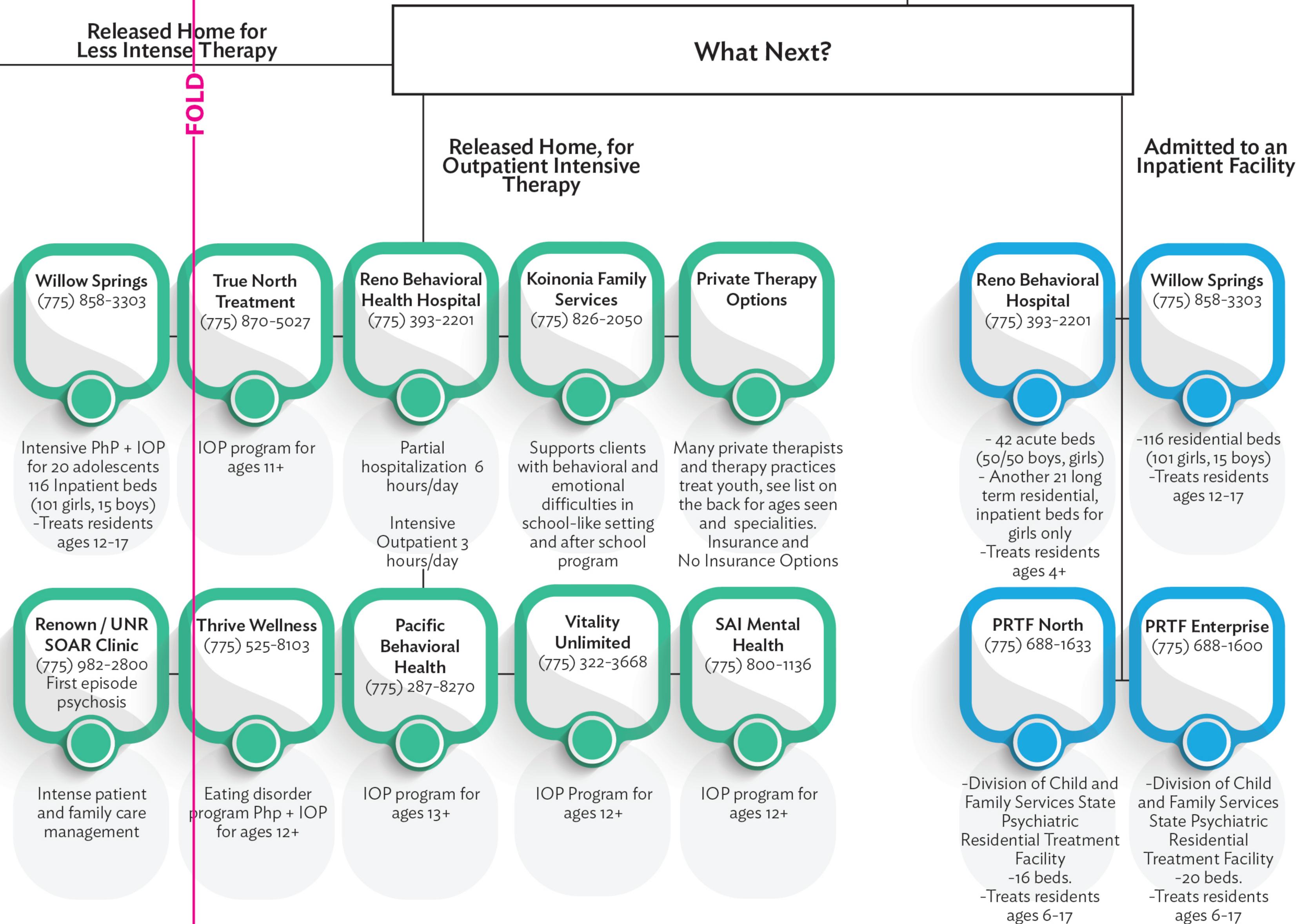
Quest

Counseling

(775) 786-6880

NAMI Western

(775) 241-4212



*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

(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

Koinonia Family Services 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

Sierra Sunrise Wellness (775) 440-1256

> Thrive Wellness (775) 525-8103

> True North (775) 870-5027

Vitality Unlimited (775) 322-3668

SAI Mental Health (775) 800-1136

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 Youth Mental Health Guide

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

