

Community and National Resources

UNLV Support Services

- Center for Individual, Couples, and Family Counseling 702-895-3106
- CAPS (counseling) 702-895-3627
- Jean Nidetch Women's Center 702-895-4475

Grief Support

- Adams Place (grief support group for teens/children)
 - www.adamsplacelv.org
- Dignity Health Bereavement Support Group
 - www.dignityhealth.org/las-vegas/classes-and-events/support-groups/bereavement-support-group

Psychiatrists/Medication Management

- Southern Nevada Adult Mental Health Services
 - Multiple locations in the valley
 - [http://dpbh.nv.gov/Programs/ClinicalBehavioralServ/locations/Southern_Nevada_Adult_Mental_Health_Services_\(SNAMHS\)_Locations/](http://dpbh.nv.gov/Programs/ClinicalBehavioralServ/locations/Southern_Nevada_Adult_Mental_Health_Services_(SNAMHS)_Locations/)
- Uzoma Osuchukwu, MD (702)750-2438
 - (pediatric psychiatrics)
- Jonathan Still, MD (702) 338-8818
 - Henderson (13 years old and up)
- Faisal Suba, MD (702) 485-2100
- Alliance Mental Health Services (psychiatry)
 - [4270 South Decatur Boulevard, Suite B6, Las Vegas, Nevada 89103](http://www.alliance-mental-health.com)

Divorce/Blended Family Support Specialists

- UNLV Law School (divorce mediation classes)
 - (702)386-1070
 - www.lacsn.org/what-we-do/free-classes
- Family Solutions Inc.
 - (702) 395-8417
 - <https://www.familysolutionslv.org>
- Family Law Self-Help Center (FLSHC)
 - 601 N. Pecos Rd.
Las Vegas, NV 89101
 - www.clarkcountycourts.us
 - (702) 455-2385 Local
- Legal Aid Center of Southern Nevada
 - 725 E. Charleston Blvd.
Las Vegas, NV 89104
 - [lacsn.org](http://www.lacsn.org)
 - (702) 386-1070 Local

Support for Suicidal Crisis and Grieving

- Suicide Call/Lifelines:

- Crisis Call Center 24/7: 877-885-4673
- National Suicide Prevention Hotline: 800-273-8255
- Text "HOME" to 741741
- Suicide Prevention lifeline (800)273-8255
- www.suicidepreventionlifeline.org
- Survivors of Suicide Loss Support Groups
 - Henderson area: Linda Flatt (702)807-8133
 - Las Vegas areas:
 - Solace Tree Family Grief Center (702)280-7689
 - Suicide Bereavement group (702)735-5544
 - www.info4nv.org
 - Survivors of Suicide Christian faith -based group
 - Steve and Nancy Yoshidsy (702)656-7141
 - www.mothersgrievingsuicide.com
 - The Trevor Project Teen Suicide Hotline
 - (866) 4-U-Trevor/(866) 488-7386
 - www.TheTrevorProject.org

12 Step Support Meetings

- AA – Alcoholics Anonymous
- ACA – Adult Children of Alcoholics for those who were raised in alcoholic and other dysfunctional families
- Al-Anon/Alateen, for friends and families of alcoholics, associated with AA
- CA – Cocaine Anonymous
- CLA – Clutterers Anonymous
- CMA – Crystal Meth Anonymous
- Co-Anon, for friends and family of cocaine addicts, associated with Cocaine Anonymous
- CoDA – Co-Dependents Anonymous, for people working to end patterns of dysfunctional relationships and develop functional and healthy relationships
- COSA – a friends and family group associated with Sex Addicts Anonymous
- COSLAA – CoSex and Love Addicts Anonymous, for friends and family of people with a sex or love addiction, associated with SLAA
- DA – Debtors Anonymous
- EA – Emotions Anonymous, for recovery from mental and emotional illness
- FA – Families Anonymous, for relatives and friends of addicts
- FA – Food Addicts in Recovery Anonymous
- FAA – Food Addicts Anonymous
- GA – Gamblers Anonymous
- Gam-Anon/Gam-A-Teen, for friends and family members of problem gamblers
- HA – Heroin Anonymous
- MA – Marijuana Anonymous
- NA – Narcotics Anonymous
- Nar-Anon, for friends and family members of addicts
- NicA – Nicotine Anonymous
- OA – Overeaters Anonymous
- PA – Pills Anonymous, for recovery from prescription pill addiction.
- SAA – Sex Addicts Anonymous
- SCA – Sexual Compulsives Anonymous
- SIA – Survivors of Incest Anonymous

- SLAA – Sex and Love Addicts Anonymous
- SWA- Sex Workers Anonymous
- SRA – Sexual Recovery Anonymous
- UA – Underearners Anonymous
- WA – Workaholics Anonymous

Hotlines/Help Lines

- AA Central Office
 - lycentraloffice.org
 - (702) 598-1888 Local
- Aid for Aids of Southern Nevada
 - afanlv.org
 - (702) 382-2326 Local
- AIDS Hotline
 - cdc.gov/hiv/
 - (800) 842-2437 Toll Free
- Al-Anon
 - al-anon.alateen.org
 - (800) 344-2666 Toll Free
- Alcoholics Anonymous
 - aa.org
 - (212) 870-3400 Long Distance
- Anorexia/Bulimia Help
 - anad.org
 - (630) 577-1330 Long Distance
- Boys Town
 - boystown.org/nevada
 - (800) 232-4636 Toll Free
- CDC STD Hotline
 - cdc.gov/std
 - (800) 232-4636 Local
- Child Abuse
 - childhelp.org
 - (800) 422-4453 Toll Free
- Clark County Child Protective Services Hotline
 - <https://cssnv.org/>
 - (800) 992-5757 Toll Free
- Clark County Department of Family services
 - <https://www.clarkcountynv.gov/>
 - (702) 455-5444 Local
- Clark County family Services-(Child abuse & Neglect hotline)
 - dcfs.state.nv.us
 - (702) 455-5444
- Cocaine Anonymous
 - <https://ca.org/>
 - (702) 675-1513 Local
- Codependents Anonymous
 - codependents.org
 - (602) 277-7991 Long Distance
- Compulsive Eaters Anonymous
 - ceahow.org
 - (702) 393-6570 Local

- Crisis Call Center
 - crisiscallcenter.org
 - (775) 784-8090 Local
 - (800) 273-8255 Toll Free
- Depression & Bipolar Support Alliance
 - dbsasouthernnevada.org
 - (702) 818-5634 Local
- Domestic Violence
 - <https://www.dbsasouthernnevada.org/>
 - (800) 799-7233 Toll Free
- Gamblers Anonymous-Southern & Central Nevada
 - <http://www.gamblersanonymous.org/ga/>
 - (888) 442-2110 Toll Free
- GLBT National Help Center
 - <http://glnh.org/>
 - (888) 843-4564 Toll Free
- GLBTQ Youth Hotline (Trevor Lifeline)
 - <http://trevorproject.org/>
 - (866) 488-7386 Toll Free
- Homeless Veterans
 - va.gov
 - (877) 424-3838 Toll Free
- Homework Hotline
 - <https://www.vegaspbs.org/>
 - (702) 799-5111 Local
- Missing and Exploited Children
 - <https://www.missingkids.org/>
 - (800) 843-5678 Toll Free
- Narcotics Anonymous
 - (702) 966-2424 Local
- National Runaway Hotline
 - <https://www.1800runaway.org/>
 - (800) 786-2929 Toll Free
- Nevada Partnership for Homeless Youth
 - <https://nphy.org/>
 - (702) 383-1332 Local
- Nevada SADD (Students Against Destructive Decisions)
 - <https://sadd.org/>
 - (702) 459-5073 Local
- Nevada Tobacco User's Helpline
 - <http://livingtobaccofree.com/>
 - (702) 877-684 Local
- Overeaters Anonymous
 - <https://oa.org/> <http://lvoa.org/>
 - (702) 593-2945 Local
- Parenting Program
 - <https://www.clarkcountynv.gov/>
 - (702) 455-5295 Local
- Rape Crisis Center
 - <http://therapecrisiscenter.org/>
 - (888) 366-1640 Toll Free
- SAFE House Domestic Violence Crisis Hotline
 - <https://safehousenv.org/>

- (702) 564-3227 Local
- Safe Nest Domestic Violence Crisis Hotline
 - <https://safenest.org/>
 - (702) 646-4981 Local
- Safe Place (For youth in crisis)
 - (702) 383-1332 Local
- Sex Addicts Anonymous
 - <https://saa-recovery.org/>
 - (800) 477-8191 Toll Free
- Sexually Transmitted Diseases Information Helpline
 - <https://www.cdc.gov/>
 - (800) 227-8922 Toll Free
- Street Teens Hotline
 - <https://www.streetteens.org/>
 - (702) 809-3585 Local
- Suicide Crisis Call Center
 - <https://cssnv.org/>
 - (877) 885-4673 Toll Free

IOP- Intensive Out Patient Treatment Options

- Boulder City Hospital
 - 901 Adams Blvd.
Boulder City, NV 89005
 - <http://bchcares.org/>
 - (702) 293-4111 Local
- Seven Hills Behavioral Institute
 - 3021 W. Horizon Ridge Parkway
Henderson, NV 89052
 - <https://www.sevenhillsbi.com/>
 - (877) 774-4557 Toll Free
- DCFS Child Mental Health Services
 - 6171 W. Charleston Blvd., Bldg. 7
Las Vegas, NV 89146
 - Phone: (702) 486-0000
 - <http://dcfs.nv.gov/Programs/CMH/>
- Spring Mountain Treatment Center
 - 7000 W. Spring Mountain Rd.
Las Vegas, NV 89117
 - <https://springmountaintreatmentcenter.com/>
 - (702) 873-2400 Local

Domestic Abuse/Crisis Support

- Safe Nest (TADC – Temporary Assistance for Domestic Crisis)
 - <https://safenest.org/>
 - (702) 646-4981 Local
- S.A.F.E. House
 - <https://safehousenv.org/>
 - (702) 564-3227 Local
- Shade Tree
 - 1 W. Owens (at Main St.)
Las Vegas, NV 89030

- <https://www.theshadetree.org/>
- (702) 385-4596 Local

Homelessness and/or Food Support

- Catholic Charities/Emergency
 - 1511 Las Vegas Blvd. N.
Las Vegas, NV 89101
 - <https://www.catholiccharitiesusa.org/>
 - (702) 385-2662 Local
- Emergency Aid of Boulder City
 - 600 Nevada Way
Boulder City, NV 89005
 - <https://www.bcnv.org/>
 - (702) 293-332 Local
- Emergency Resource Services/HELP of Southern Nevada
 - <http://helpsonv.org/>
 - (702) 369-4357 Local
- Family Promise
 - <https://familypromiselv.com/>
 - (702) 638-8806 Local
- Family Resource Coalition
 - 1975 Arie Ave.
Laughlin, NV 89106
 - <https://link2hope.org/>
 - (702) 298-2592 Local
- Jewish Family Service Agency
 - 4794 S. Eastern Ave.
Ste. C 89119
 - <https://www.jfsalv.org/>
 - (702) 732-304 Local
- Las Vegas Rescue Mission
 - 480 W. Bonanza (near D St.)
Las Vegas, NV 89106
 - <https://vegasrescue.org/>
 - (702) 382-1766 Local
- Lutheran Social Services of Nevada
 - 73 Spectrum Blvd.
Las Vegas, NV 89101
 - <http://lssnv.org/>
 - (702) 639-1730 Local
- Nevada 211 – helpline/referral
 - <https://www.nevada211.org/>
 - Dial: 211
- Nevada Partnership for Homeless Youth (for teens)
 - P.O. Box 20135
Las Vegas, NV 89112
 - <https://nphy.org/>
 - (702) 383-1332 Local
 - (866) 273-7233 Toll Free
- Nevada State Welfare

- 3330 E. Flamingo Rd.
Ste. 55
Las Vegas, NV 89121
- <https://dwss.nv.gov/>
- (702) 486-9400 Local
- North Las Vegas Housing Authority
 - 1632 Yale St.
North Las Vegas, NV 89030
 - <http://nlvha.com/>
 - (702) 649-2451 Local
- Operation Hope
 - 970 E. Sahara Ave
Las Vegas, NV 89109
 - <https://www.operationhopeinc.com/>
 - (702) 952-9564 Local
- S.A.F.E. House
 - <https://safehousenv.org/>
 - (702) 564-3227 Local
- Safe Place
 - nationalsafeplace.org
 - (888) 290-7233 Toll Free
- Shade Tree
 - 1 W. Owens (at Main St.)
Las Vegas, NV 89030
 - <https://www.theshadetree.org/>
 - (702) 385-4596 Local
- Street Teens
 - <https://www.streetteens.org/>
 - (702) 809-3585 Local
 - (877) 588-3367 Toll Free
- The Salvation Army
 - 31 W. Owens Ave.
Las Vegas, NV 89030
 - <https://www.salvationarmyusa.org/usn/>
 - (702) 657-123 Local
- U.S. Vets
 - 525 E. Bonanza Rd.
Las Vegas, NV 89101
 - <http://usvetsinc.org/>
 - (702) 366-456 Local

Youth Support

- Family and Child Treatment of Southern Nevada
 - Youth Anger Management (2 week course)
 - <https://factsnv.org/youth-anger-management>
- Family and Child Treatment of Southern Nevada
 - Youth Violence Program – building self-empowerment, coping skills, and healthy relationships
 - <https://factsnv.org/youth-violence-program>

Yoga

Donation Based / Free Yoga Classes

Blue Sky Yoga

Yes Yes Yoga

Yoga Haven

Kid related Yoga

Cosmic Kids Yoga

imagination yoga

Kid yoga Stories

Yoga in my school

Private & Group yoga Classes

Yoga Kandy

Yoga with Nashi

Social Justice Yoga

Connection Coalition

Off the mat

Yoga for all: Yoga training

Nontraditional Yoga Classes in Vegas

Unexpected places