



*Your guide to*  
**Mental Health Resources**



**Carson Medical Group**

# The Importance of Mental Health

At some point, everyone experiences life stress which may lead to anxiety/depression. Coping with a change in mental health on your own is extremely difficult. Fortunately, you are not alone. This guide contains a sampling of available resources to support you as you navigate this time.

Often the best place to start when experiencing a mental health concern is with your primary care provider. In addition to managing your physical health, they are trained to assess and treat mental health disorders such as depression, anxiety, eating disorders, and addiction. Your primary provider is your "home base" and can manage your condition and refer you for additional care or treatment.



**You are NOT alone!**



**Did you know** up to **1 in 5** U.S. adults will experience a mental health condition in a given year

## Important Numbers

Do you need to talk with someone now? Helplines, hotlines and warmlines are available.

**Substance Abuse & Mental Health Services Administration (SAMHSA) National Helpline - 24/7** **800.662.HELP**

This helpline provides confidential and free referrals to local treatment facilities, support groups, and community-based organizations for individuals and families. Free publications and information are available. Hablo Español.

**National Alliance on Mental Illness (NAMI) Northern & Western Nevada (M-F 8AM-10PM & S-S 9AM-9PM) Warmline** **775.241.4212**

Confidential, stigma-free, non-crisis, phone service you can call or text to speak one-on-one with a trained peer in recovery. Hablo Español.

**National Suicide Prevention Hotline Emergency Hotline 24/7** **800.273.8255**

Free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones. Hablo Español.

## Support Groups and Free Courses

Support groups, free courses, and counseling are often the next steps to help you. Many groups, courses, and even counseling are now available online, if you prefer this please ask upon registration.

The National Alliance on Mental Illness (NAMI) offers local support groups and educational courses at no cost. Patients can attend courses and support groups throughout Northern Nevada. Call either location for schedules and to register for the group or course that best fits your schedule and needs.

**NAMI Northern Nevada** **775.433.1470**  
Reno/Sparks  
naminorthernnevada.org

**NAMI Western Nevada** **775.419.8865**  
Carson City, Dayton, Minden, Gardnerville  
namiwesternnevada.org

Additional Resources	
National Alliance on Mental Illness	nami.org
Anxiety and Depression Association of America	adaa.org
Substance Abuse & Mental Health Services Admin	samhsa.gov
Mental Health.gov	mentalhealth.gov
Help Guide	helpguide.org

## Mental Health Providers

Below is a listing of a few of the area's local mental health care providers. Check with your insurance plan for those providers that are covered under your plan.

### Carson City

**Community Counseling Center** 775.882.3945

cccocarsoncity.org

Accepts NV Medicaid and most private insurances

**Serenity Mental Health** 775.841.6050

serenitymentalhealth.org

Accepts NV and Anthem Medicaid, Silver Summit, sliding scale and pro bono

**Center for Psychological Wellbeing** 775.884.3600

psychwellbeing.com

Accepts many private insurances and fee for service

**Westside Center** 775.882.0687

westsidecentercounseling.com

Accepts most local insurances

**Sierra Counseling and Neurotherapy** 775.885.7717

scncounseling.com

Accepts most insurances including Medicare and Medicaid

### Reno

**Alliance Mental Health Specialists** 775.393.9101

alliancemhs.com

Accepts most insurances including Medicare and Medicaid

**Thrive Wellness** 775.525.8103

thrivewellnessreno.com

Accepts most insurances

**Memor Health** 775.827.2400

memorhealth.com

Accepts most insurances

**Quest Counseling** 775.786.6880

questreno.com

Accepts all Medicaid plans and most private insurances



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