



Counseling Resources

- Children's Cabinet 775-352-8090 (family counseling & crisis support)
 - <https://www.childrenscabinet.org/>
- LifeQuest Reno 775-636-7767
 - <http://www.lifequestnv.com/>
- Zephyr Wellness 775-525-1616
 - <https://www.zephyrwellness.org/>
- True North 775-870-5027
 - <https://tntcreno.com/individual-counseling/>
- Healing Minds 775-448-9760
 - <https://healingminds.com/>
- Renovation Mental Health 775-525-0270
 - <https://rmhsnevada.net/>
- Balance Therapy Center 775-323-1829
 - <https://www.balancetherapycenterllc.com/>
- Dr. Stuyvesant 775-827-7500
 - www.reno-therapy.com
- Family Counseling Services of Northern Nevada 775-329-0623
 - www.fcsnv.org

- Reno Counseling Collective 775-302-9973
 - <https://www.renocounselingcollective.com/>

For Emergency Assistance

- Dial 911 for emergency services - ask for a Crisis Intervention Team (CIT) Officer and let them know it is a **psychiatric** emergency
- Suicide Hotline/Northern Nevada Crisis Support Services
 - CALL or TEXT - 988
 - TEXT CARE TO 839863
- Mobile Crisis Response Team - Northern Nevada
 - 775-688-1670
- Reno Behavioral Healthcare
 - 775-393-2200
- Trevor LifeLine for LGBTQ Youth
 - 1-866-488-7386
- National Suicide Prevention Lifeline
 - 800-273-TALK (8255)
- National Alliance on Mental Health (NAMI) Crisis Line
 - Text NAMI to 741-741
- National Youth Crisis Hotline
 - 800-442-HOPE (4673)