



## Counseling Resources

- Balance Therapy Center 775-323-1829
  - <https://www.balancetherapycenterllc.com/>
- Children's Cabinet 775-352-8090 (family counseling & crisis support)
  - <https://www.childrenscabinet.org/>
- Family Counseling Services of Northern Nevada 775-329-0623
  - [www.fcsnv.org](http://www.fcsnv.org)
  - Healing Minds 775-448-9760
    - <https://healingminds.com/>
- Reno Counseling Collective 775-302-9973
  - <https://www.renocounselingcollective.com/>
- Renovation Mental Health 775-525-0270
  - <https://rmhsnevada.net/>
  - Sojourn Counseling Group
    - <https://sojourncounselinggroup.com>
    - True North 775-870-5027
  - <https://tntcreno.com/individual-counseling/>
- Zephyr Wellness 775-525-1616
  - <https://www.zephyrwellness.org/>

## **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)