Teen Mental Health FIRST AID

WASHOE

Local Resources







Website offering mental health and addiction treatment at Reno Behavioral Healthcare Hospital. www.renobehavioral.com

Community Health Alliance

Website offering medical, dental, and behavioral health services for everyone, regardless of insurance status. www.chanevada.org

Remember, you can also talk to your school's mental health professional for additional information and support.

NAMI NATIONAL

Website providing resource guides for youth and adults dealing with anxiety, supporting friends, and finding help through a directory.

www.nami.org

The Trevor Project Hotline NATIONAL

National website offering 24/7 hotline and text support to connect with counselors and access resources for assistance.

www.trevorproject.org

