

SUPPORT GROUP MEETING LIST

****ALL MEETINGS ARE AT THE****

Rawson-Neal Psychiatric Hospital

1650 Community College Drive

Las Vegas, NV 89146

Between Jones and Torrey Pines

Enter through the third door at end of building next to the

Ambulance Bay. A Security Guard will let you in.

MONDAY

ADOLESCENT AGES 13-17

6:30 PM –8:00 PM—Training Room 1

MONDAY

PARENTS/CAREGIVERS OF DIAGNOSED ADOLESCENTS

6:30 PM—8:00 PM—Training Room 2

WEDNESDAY

ADULT DIAGNOSED

(18 YEARS AND OLDER)

6:00 PM—7:30 PM - Training Room 1

WEDNESDAY

PARENT'S, FAMILY AND FRIENDS

6:00 PM—7:30 PM—Training Room 2

THURSDAY

PTSD (Post Traumatic Stress Disorder)

6:00 PM to 7:30 PM—Training Room 1

THURSDAY

CO-OCCURRING (addiction-mental health)

6:00 PM to 7:30 PM-Training Room 2

Membership—Donation Application

Name: _____

Address: _____

City: _____

State: _____

Zip: _____ Phone: (____) _____

Email: _____

Annual Dues \$15.00: _____

Family Membership \$25.00 _____

Professional Membership \$100.00: _____

Donation Only \$: _____

Quarterly Newsletter \$25.00: _____

Number of Subscriptions Ordered: _____

Total Enclosed \$: _____

Membership, Subscriptions and Donations are tax deductible up to the fullest extent of the law. A receipt will be mailed to you at the address you provide for tax purposes.

Donations at meetings are greatly appreciated but not necessary for support group attendance.

Your donations help support all of the free services we offer within our community by keeping all donations local.

Professional Membership includes one year business card advertising in our Quarterly Newsletter.

Please Mail Application and check to:

DBSA Southern Nevada
3941 Copperhead Hills St.
Las Vegas, NV 89129

**THANK YOU FOR SUPPORTING
DBSA SOUTHERN NEVADA**



Depression and Bipolar Support Alliance Southern Nevada

WE HAVE BEEN THERE

WE UNDERSTAND

WE CARE

WE CAN HELP

CONTACT INFORMATION

Telephone 702-818-5634
Fax 702-818-5834

MAILING ADDRESS

**3941 Copperhead Hills St.
Las Vegas, NV 89129**

EMAIL ADDRESS

Info@dbsasouthernnevada.org

WEBSITE ADDRESS

www.dbsasouthernnevada.org

WE ARE A NON-PROFIT ORGANIZATION

IMPORTANT PHONE NUMBERS

Adult Mental Health	702-486-6000
Alcoholics Anonymous	702-369-1888
Child Abuse Hotline	702-399-0081
Clark County Legal Services	702-386-1070
Clark County School District	702-799-5011
Clark County Special Education	702-799-1023
Clark County Social Services	702-455-4270
Domestic Violence Hot Line	702-646-4981
Gamblers Anonymous	702-385-7732
Give Me A Break Respite Care	702-898-2216
L.V. Mental Health Crisis Center	702-486-8020
Montevista Hospital	702-364-1111
Narcotics Anonymous	702-369-3362
NV Disability Advocacy & Law Center	702-486-7600
Nevada 211	211
Nevada Welfare Division	702-486-5000
Olive Crest Respite Care	702-221-6224
Rawson-Neal Psychiatric Hospital	702-486-4400
Red Rock Hospital for Seniors	702-214-8099
Seven Hills Behavioral Institute	702-646-5000
SNCIL	702-889-4216
Social Security Administration	1-800-772-1213
Spring Mountain Sahara	702-216-8900
Spring Mountain Treatment Center	702-873-2400
Veteran's Affairs	1-800-827-1000
West Care Triage Center	702-383-4044

IMPORTANT WEBSITE ADDRESSES

www.dbsasouthernnevada.org
www.DBAlliance.org
www.bpkids.org
www.About.com
www.WebMD.com
www.HealthyPlace.com

DBSA SOUTHERN NEVADA MISSION STATEMENT

DBSA Southern Nevada *Changes Lives, Saves Lives, and Impacts Lives,* through education, peer support groups and advocacy for those diagnosed with a neuro-psychological disorder and empowers their family and friends to embrace their independence, advocate for improved services, and to love them for who they are.

DBSA SOUTHERN NEVADA OFFERS

- Support Groups for the Diagnosed
- Support Groups for their Families & Friends
- Support Groups for Diagnosed Adolescents
- Support Groups for their Parents/Caregivers
- Support Groups for Co-occurring (addiction and mental health)
- Support Groups for Post Traumatic Stress Disorder (PTSD)
- Mental Health Advocacy
- Special Education Training
- Individual Education Planning (IEP)
- Transitional Living Training
- Social Security Information
- Accessing the Mental Health System Of Care
- Free Community Lecture Series
- Community Resource Information
- Quarterly Newsletter the "Spiraling Times"
- Free Educational Material
- Community Speakers Bureau
- Informational Website
- Telephone Support
- Living Successfully With A Mood Disorder Training
- Pathways To Recovery Training
- Suicide Prevention Training
- The Roller Coaster Ride That Never Ends Training

**FOR MORE INFORMATION CALL
702-818-5634**

SYMPTOMS OF DEPRESSION AND BIPOLAR DISORDER

Depression

- Feelings of persistent sad, anxious or emptiness
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that you once enjoyed, including sex.
- Appetite and/or weight loss or overeating and weight gain.
- Decreased energy, fatigue, being "slowed down."
- Thoughts of death or suicide, suicide attempts.
- Restlessness, irritability.
- Difficulty concentrating, remembering, making decisions.
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain.

BIPOLAR DISORDER - MANIA

- Inappropriate elation.
- Inappropriate irritability.
- Severe insomnia.
- Grandiose notions.
- Increased talking.
- Disconnected and racing thoughts.
- Increased sexual desire.
- Markedly increased energy.
- Poor judgment.
- Inappropriate social behavior.

If you suffer from any of these symptoms and are thinking of suicide, please call one of the following numbers:

Police Emergency Number - 911
National Suicide Hot Line at: 1-800-Suicide That Is 1-800-784-2433
Suicide HOPE Line 1-800-442-4673
DBSA Southern Nevada 702-818-5634

**We Have Been There
We Understand
We Care
We Can Help**