

# NEVADA EARLY CARE AND EDUCATION ★ **WORKFORCE** ★ **WELLNESS GUIDEBOOK**



# CONTENTS

December 2025

INTRODUCTION .....	1
WELLNESS AND MENTAL HEALTH .....	2
MINDFULNESS .....	6
PHYSICAL HEALTH .....	9
ADMINISTRATOR SUPPORT .....	14
TRAINING & PROFESSIONAL DEVELOPMENT .....	16
HEALTH RESOURCES .....	19
COMMUNITY RESOURCES .....	21
CRISIS MANAGEMENT .....	25

## ACKNOWLEDGMENTS

The Nevada Early Care and Education Workforce Wellness Guidebook was written by Jamie Mendez, Early Childhood Workforce Specialist, with the Nevada Preschool Development Grant Birth through Five (PDG B-5) in the Nevada Department of Education, Office of Early Learning and Development. Guidebook design was completed by Waugh Creative Services in partnership with The Nevada Registry.

Jamie would like to thank the numerous dedicated educators, administrators, and early childhood key players from across Nevada who contributed to the development of this guidebook. Through active participation in focus groups and various feedback opportunities these individuals provided their unique perspectives for wellness strategies and ways to support the mental health and wellness of Nevada’s Early Care and Education workforce. They were instrumental in shaping the comprehensive approach included in this guidebook. Jamie extends a special thank you to Rachel Stepina, Kate Pflughoeft, Sabrina Jones, Brandi Hearst, and Meghan McQuillan for their continued collaboration and determination to be innovative thinkers through this process.

The project described herein is supported by the Preschool Development Grant Birth through Five Initiative (PDG B-5), awarded to the Nevada Department of Education, Grant Number 90TP099 from the Office of Child Care, Administration for Children and Families, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Office of Child Care, the Administration for Children and Families, or the U.S. Department of Health and Human Services.

# INTRODUCTION

The work you do as an early childhood educator is both deeply rewarding and uniquely challenging. Every day you shape the lives of children through nurturing relationships, engaging learning experiences, and unwavering dedication. The work you do often comes with high demands – emotionally, physically, and mentally – that can lead to stress, fatigue, and burnout. To care for others, you must first care for yourself, which is why prioritizing your own mental health and wellness is so vital.

The intention of this Guidebook is to provide access to practical tips, strategies, and resources to support the overall well-being and mental health of those who care for Nevada’s youngest learners. We recognize the unique challenges of the field and offer tools that can be easily integrated into daily routines. Whether you’re looking to build healthier habits, strengthen emotional resilience, or simply take a moment to breathe, this guidebook is here to walk beside you in that journey. Investing in your own wellness strengthens not only your personal well-being but also the quality of care and connection you offer to children and can more easily help you sustain your passion and purpose in the work you do every day.

This Wellness Guidebook includes 200+ strategies collected from over 100 members of Nevada’s Early Care and Education (ECE) workforce. These strategies have been narrowed down into eight sections: Wellness and Mental Health, Mindfulness, Physical Health, Administrator Support, Training and Professional Development, Health Resources, Community Resources and Crisis Management narrowed down into the eight sections that make up the Wellness Guidebook.

## Using This Guidebook

This document uses QR codes (Quick Response codes) to provide you with direct, easy-to-use links, ensuring you can access additional resources, related materials, or important information instantly by simply using a smartphone or other device.

If you are viewing this guidebook online via a smartphone, tablet or personal computer, click the QR codes to access the resources referenced.

All resources included in this guidebook are available for free unless otherwise noted.

Information is current as of August 2025 and has been vetted by the Preschool Development Grant Birth through 5 team.

Please note, the resources in this guidebook are not exhaustive and serve only as a starting point for further wellness and mental health support. Always refer to your interactive guidebook within your Nevada Registry Online Portal for the most current information. Visit [nevadaregistry.org](http://nevadaregistry.org) for workforce support resources.



# WELLNESS AND MENTAL HEALTH

Wellness and mental health involves caring for your mind and body, ensuring emotional balance, and building resilience to live a healthier more fulfilling life.



# QUICK TIPS TO SUPPORT YOUR WELLNESS AND MENTAL HEALTH:

## ★ DO SOMETHING FOR YOURSELF

It is important to do something in your day that you enjoy and that makes you happy. This can mean enjoying your favorite hobby (reading a book, baking, evening walks), learning something new, taking time to relax, or even enjoying a meal that YOU like eating (leftover Dino nuggets and string cheese don't count).



## ★ PRIORITIZE QUALITY SLEEP

Good quality sleep plays a huge role in how we feel, emotionally and physically. Ideally, we should be getting 7-9 hours of sleep a night. Setting a healthy routine before bed you enjoy can help you wind down from the day and set the stage for a healthy, restful sleep. Also, try to stay off your phone at least 30 minutes before you go to bed to help your mind prepare for sleep. Checking your phone stimulates your brain and the blue light emitted from a screen effects melatonin production, which is what you need for a restful sleep.

## ★ REFRAKE UNHELPFUL THOUGHTS

Our thoughts and the way we think have an impact on how we feel and how we act. Developing patterns of positive thoughts and changing our mental narrative when negative, self-defeating thoughts creep in can greatly benefit our mental health and wellness.

## ★ STAY CONNECTED WITH OTHERS

Connecting with those around you with common interests, or just connecting with someone about the highs and lows of life can help keep you from feeling lonely and can improve your mental health and well-being. Positive social connection is good for your mental health.

## ★ PRACTICE MINDFULNESS DAILY

Incorporating mindfulness moments in your day can help you reduce and manage stress, improve memory and concentration. Intentional mindfulness moments in your day can also help you to be more present in your day-to-day moments.



## DIGITAL WELLNESS TOOLKIT

(A resource offered by National Institutes of Health)

Each person's "healthiest self" is different. We have different bodies, minds, living situations, and people influencing our lives, which can impact your overall health. Use these wellness toolkits to improve your well being.



## 22 Ways to Calm Yourself Down

When you are angry or anxious, some practices, including breathing techniques and releasing emotional energy, may help you calm yourself down.

Scan the QR Code to access the article *How to Calm Down: 22 Things to Do When You're Anxious or Angry* (healthline.com)



## Nurturing vs. Depleting Worksheet

The things we do each day can either enhance or take away from our well-being in the long run. While we all find ourselves doing things we 'need' to do (e.g., work, looking after others, or running errands), it can be particularly easy to neglect the things that give us life and energy.

The goal of this *Nurturing vs. Depleting Activities* worksheet is to help the reader become more aware of what adds to or takes away from their mood and energy.



D A Y O N E

## Journaling APP

Capture life's moments, anytime, anywhere. Download the Day One Journal App on iPhone, Android, iPad, Mac, and Apple Watch, or access your Day One journal from any browser.



## TIPS FOR CARING FOR YOUR MENTAL HEALTH



**GET REGULAR EXERCISE.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

**EAT HEALTHY, REGULAR MEALS AND STAY HYDRATED.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being. For some, decreasing caffeine and alcohol consumption can be helpful.

**TRY A RELAXING ACTIVITY.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

**SET GOALS AND PRIORITIES.** Decide what must be done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

**FOCUS ON POSITIVITY.** Identify and challenge your negative and unhelpful thoughts.

# SELF-CARE

Self-Care is vital as it replenishes your energy and helps prevent burnout, allowing you to face daily challenges with a clear mind and a positive attitude. It strengthens your resilience, improves your mood, and enhances your overall quality of life, making you more capable of supporting others and achieving your goals.

## Tips and Resources:

Self-care is all about finding out what we need – what our unique energy-draining and energy-boosting strategies are. They will differ in each case, often substantially.

- **Physical self-care:** This includes activities like eating nutritious foods, exercising regularly, getting enough sleep, and attending medical appointments.
- **Mental self-care:** Activities such as practicing mindfulness or meditation, reading a book, or doing puzzles can help maintain mental clarity and reduce stress.
- **Emotional self-care:** This might involve practices like journaling, talking to a friend or therapist about your feelings, or engaging in hobbies that make you happy.



## Work of Care: Self-Care Workbook

Constructing a life that supports your health and well-being so you can support others, empower yourself to change the moment. Change the moment and you can change the world.



**WORK OF CARE**  
CHANGE THE MOMENT TO CHANGE THE WORLD



# MINDFULNESS

Mindfulness helps reduce stress by keeping you focused on the present moment, which can lower anxiety. It also improves focus and emotional regulation, allowing you to respond to situations with greater clarity and calmness.



Practicing mindfulness moments in your day can help you stay present, reduce stress, and improve your overall well-being.

## QUICK TIPS FOR MINDFULNESS



### Take a Moment of Gratitude

Practicing regular gratitude doesn't just change how your brain works, it can transform how you think and see the world. When you practice gratitude regularly your brain becomes more inclined to recognize and focus on positive experiences. Practicing regular gratitude can look like:

- Taking small moments in your day to mentally acknowledge and note what you are grateful for (“I’m grateful the sun is shining today”..... “I’m grateful I have my favorite coffee creamer” ..... “I’m grateful I have an empty sink to wake up to this morning”).
- You can also write these things down; which would be gratitude journaling; you can take a moment first thing in your day, at the end of your day, or even both. This gives you intentional moment(s) in your day to focus on the positive and what you are grateful for. This is a great way to set yourself up for success and to be in a positive mindset as you move through your day.
- Telling those around you “thank you” is another great way to incorporate gratitude in your every day. A simple thank you is a way to show appreciation. This can also support strengthening relationships and encourages the behavior you’d like to see (i.e., the thing you are saying thank you for).

### Mindful Breathing

Mindful breathing is the practice of intentionally focusing on your breathing. This practice helps to calm the mind and body and can help anchor you in the present moment. Some benefits of mindful breathing include stress reduction, enhanced focus, concentration and mental clarity, ease of anxiety, and an enhanced feeling of inner peace and calm.

#### How do you practice mindful breathing:

- Sit in a comfortable position, being sure your body is calm and comfortable.
- Close your eyes (if you can), this will help to minimize any external distractions.
- Focus on your breath; breathing in slowly through your nose and out through your mouth. With each inhale count to 4 and exhale for a count of 4. Repeat this a few times (for one to two minutes).
- If your mind starts to wander, acknowledge your thought and bring your attention back to your breaths, without guilt or judgement on yourself.

Mindful breathing is also referred to as box breathing. Choose any method, counts, location, and frequency that you practice that feels most natural and beneficial for you.

### Yawn and Stretch

It might feel silly, but first fake a yawn which will lead to a real one. Yawns interrupt your normal thought process and feelings for a moment as your body’s automatic processes take over completely. You can also stretch while you yawn, slowly for 20 seconds. Notice any tightness in your body and ease them into relaxation. Then, take a moment to come back to reality, setting your intention to be present.

### Take a Mindful Observation Minute

To begin, find something in your environment (easiest when done in nature; an insect, clouds, a tree, etc.) and really focus on the object. Notice its texture, color, shape and sound for one to two minutes without doing anything else.

# Mindfulness Apps Available for Download



Requires paid subscription.

Offers guided meditations and mindfulness practices with content for beginners and advanced users alike.



Requires paid subscription. Offers 14 day free trial.

Provides a variety of mindfulness exercises, sleep stories, and breathing techniques.



Features a vast library of free meditations and mindfulness talks.



## Six Different Types of Grounding Exercises for Anxiety and Intense Emotions

### SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



**body**

lay on the ground, press your toes into the floor, squeeze playdough



**5 senses**

wear your favorite sweatshirt, use essential oils, make a cup of tea



**self-soothe**

take a shower or bath, find a grounding object, light a candle, feel something soft



**observe**

describe an object in detail: color, texture, shadow, light, shapes, size, weight



**breathe**

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



**distract**

find all the square or green objects in the room, count by 7s, say the date



THE GROWLERY

@tothegrowlery

### Adult Recess

Adult Recess is a series of animated videos (courtesy of Headstart) that support participants in moving their bodies in mindful ways to promote and practice regulation skills. Each video guides participants in a warm-up, a game, and an ending reflection. Play alone, in a group, or with children!



# PHYSICAL HEALTH

Good physical health supports overall wellness by ensuring your body and mind function at their best.

Regular exercise and good health habits boost your mood, reduces stress, helps you feel more balanced and energetic, and enhances your overall quality of life.



# QUICK TIPS TO SUPPORT YOUR PHYSICAL HEALTH

## GET ACTIVE

Moving more and sitting less can have major health benefits. Don't stress if you're not sure where to start; any movement is good for your body. To help add extra movement to your everyday:

- ✦ Take a short walk (this can be easily added if you're already going out to walk a dog).
- ✦ When you are shopping, park further away from the entrance.
- ✦ Take an extra lap around the grocery store or a mall.



## MAINTAIN YOUR MUSCLE

Building and maintaining muscle helps you keep up at every stage of life. Some types of strength training help keep your bones strong and healthy too.

## BUILD HEALTHY HABITS

Incorporating healthy habits can help us feel better and live longer. Maybe it's cutting back on sugary drinks, drinking more water, or eating more fresh fruits and vegetables; whatever the healthy habit switch means for you, you can do it. It may not be easy at first, but you are well worth the effort.

*Fun fact: frozen fruits and vegetables are the next best thing to fresh.*

## START WITH SMALL, PRACTICAL, ATTAINABLE GOALS

No one can eat a whole cake in one bite, don't expect yourself to overhaul your entire health and fitness goals at one time.

## FIND ROUTINES THAT WORK FOR YOU

Remember that what works for one person may not work for others.

You are not the social media influencer with what seems like an abundance of hours in their day. It's okay to move your body and incorporate new health habits that work for you. If you prefer evenings to mornings, don't hold an expectation for yourself to be at the gym by 6 am, it's okay to take an evening walk or be at the gym at night. Set yourself up for success. You can also habit

stack. If you know you'll be taking your dog out for a walk consider taking a few extra minutes on the walk.



## American Heart Association - 10 Minute Workout



American  
Heart  
Association®

### 10-minute Workout Anywhere

Boost your heart rate and brain power with this quick home workout. For a digital version of this workout, visit [heart.org/movefor10](https://heart.org/movefor10). Do each exercise at your own pace for 30 seconds with 30 seconds of cardio between exercises (such as high knees, march in place, jog in place). Rest as needed.

Try these tips:

*Weight(s) can be small dumbbells, kettlebells or anything heavy you may have at home, like a purse, water bottle or gallon jug, backpack or book. Or make your own adjustable weight by loading a small tote bag with magazines or books.*

*Stabilize yourself as needed by holding or touching a wall, desk or stationary (non-rolling) chair. As you get stronger, test your balance by letting go of the support.*

*\*Please speak with your health provider before starting an exercise program and with a fitness professional for adaptations that best meet your individual needs.*



# CREATE HABITS THAT STICK.

It's as easy as 1-2-3.

The science is in: Your brain can be trained to build habits. **Just include these three steps to create habits that stick:**

## CUE

A cue is a reminder to act on your habit. It jogs your memory.

**Example:** If you hope to make a habit of maintaining muscle tone in your arms, leave hand weights on your sofa where you'll see them.



## Build a "habit loop."

Repeating these three steps – **cue, routine and reward** – will help you maintain your habit.



## ROUTINE

Choose a small, achievable version of your habit to start with. Make sure that it's something you like, so that it's easily repeatable.

**Example:** To build a walking habit, start with a short 15-minute route instead of an ambitious hour-long hike. Invite a friend to join you!



## Missed a day? It's an opportunity!

Give yourself another chance. Change your cue, routine or reward until your habit sticks.



## REWARD

This third step is crucial. Positive emotions make habits stick. So have fun while you do your new activity, or associate it with a reward.

**Example:** If your new habit is core strengthening, try "temptation bundling." Reserve watching your favorite TV show for when you exercise.



## Get tips from your very own "Habit Coach."

Check out these six short "Habit Coach" videos. These science-based habit hacks will help you keep those healthy habits!



[heart.org/habits](https://heart.org/habits)

© Copyright 2024 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. 2/24 WF 440738

EAT SMART **MOVE MORE** BE WELL

# MAKE MOVEMENT A HABIT.

Tips to get active – and stay active.

## Choose the right kind of movement.

Make it something you enjoy and can repeat easily. Lots of physical activities are good for you!



## Start small: Stepping stones, not boulders.

Don't set yourself up for failure. Instead of a two-hour hike, start with a 20-minute walk.



## Choose a cue. We all need a reminder.

A cue is anything that helps you remember your movement habit. Put your sneakers by the door or your hand weights near your computer – that's a cue.



## Reinforce the habit. Make it rewarding.

Have fun while you move. Invite a friend, listen to music or treat yourself to a healthy snack after!



## Get tips from your very own "Habit Coach."

Check out these six short "Habit Coach" videos. These science-based habit hacks will help you keep those healthy habits!

[heart.org/HealthyForGood](https://heart.org/HealthyForGood)

© Copyright 2024 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. 2/24 WF 440807

EAT SMART **MOVE MORE** BE WELL

# The Centers for Disease Control and Prevention (CDC)



Physical activity is anything that gets your body moving and supports physical and mental health. The benefits make it one of the most important things you can do for your health. As you think about ways to be more active, use these tips to get started and overcome obstacles.

## Example 1



Moderate-intensity aerobic activity (such as brisk walking) for 150 minutes every week (for example, 30 minutes a day, 5 days a week).

AND



Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

## Example 2



Vigorous-intensity aerobic activity (such as jogging or running) for 75 minutes (1 hour and 15 minutes) every week.

AND



Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

## Example 3



An equivalent mix of moderate- and vigorous-intensity aerobic activity on 2 or more days a week.

AND



Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).



## Healthy Monday

An initiative encouraging people to start the week with physical activity. It offers weekly workout routines, tips for staying active, and motivational content to keep you moving throughout the week.

{Good for individuals, families, and workplaces}



# Physical Activity Guidelines for Americans 2nd Edition

The Move Your Way campaign was created by the Office of Disease Prevention and Health Promotion within the U.S. Department of Health and Human Services to be used by communities, health professionals, educators, and others to communicate to consumers in plain language about the recommendations from the Guidelines, promote the health benefits of meeting the recommendations, and provide tips for how consumers can meet the recommendations.



## Adults need a mix of physical activity to stay healthy.

### Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.



AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



\* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

# ADMINISTRATOR SUPPORT

This section is designed for program administrators (directors, etc.) and provides resources to help support staff's wellness practices.



# Tips and Resources:



## Employee Assistance Program (EAP)

An EAP provides voluntary, confidential services to employees who need help managing personal difficulties or life challenges. *\*requires login to access information.*



## Promoting Staff Well-being

Head Start staff are better able to provide the care and nurturing children need to thrive when programs focus on the well-being of the adults. Programs can create wellness strategies that promote both physical and mental health for staff. In the resources below, learn ways to promote a culture of wellness for young children and the adults who care for them.



Enhance your wellness and resilience with Cultivating Wellness: Strategies to Improve Your Health and Well-being on the iPD. Early childhood staff receive 0.1 continuing education units or one contact hour for completing this learning course.



## Creating A Healthier Life

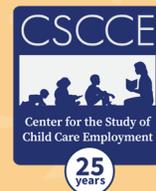
A step by step guide to wellness that offers a broad approach for things we can do—at our own pace, in our own time, and within our own abilities—that can help us feel better and live longer.



## Center for the Study of Child Care Employment (CSCCE); Model Work Standards Available for center-based and home-based providers.

The Model Work Standards are intended to be used for:

- Improving work environment and job conditions
- Completing a self-assessment of early childhood programs
- Assessing and updating aspects of the physical setting
- Creating staff/employee handbooks and policies



# **TRAINING & PROFESSIONAL DEVELOPMENT**

**This section provides an overview of resources available to meet your training and professional development needs.**





## The Nevada Registry

The Nevada Registry operates the statewide training approval system for all informal, community-based Early Childhood training (not-for-college-credit) in Nevada and hosts a statewide calendar of approved training and professional development. The online Training Calendar helps Early Childhood educators locate Registry-approved training (in-person, virtual and online courses) to meet their professional development needs, including the annual training requirements of Child Care Licensing.



## University of Nevada, Reno Extension

The Extension provides initial and ongoing early childhood professional development designed to improve the knowledge, skills and abilities of child care providers working with young children. All training is approved by The Nevada Registry, and many offerings meet Child Care Licensing requirements for the initial training which must be completed within 90 days of employment.



## Provider Education & Training Workshops

The mission of the Professional Development Team is to improve the quality of licensed child care programs by increasing the education and knowledge of the workforce through a variety of learning event and technical assistance opportunities linked to the Nevada's Core Knowledge Areas.



## Early Learning Insight

Early Learning Insight partners with early childhood programs, preschools, districts, and state-funded initiatives to build sustainable, high-quality and inclusive learning environments, including self-contained settings. They offer Environmental Rating Scale (ECERS-3 & ITERS-3) training and assessment as well as leadership training developed for principals, directors and internal coaches.



## BUILD Initiative

The BUILD Initiative is a national organization that advances work on behalf of young children from prenatal to five, their families, and communities.



**edWeb**

edWeb.net is an award-winning professional learning network that makes it easy to collaborate, engage in peer-to-peer learning, and share innovative ideas and resources. Our edWebinars provide anytime learning with CE certificates for your PD hours!



**Nevada System of Higher Education – Degree Options**

This table provides an overview of the institutions within the Nevada System of Higher Education (NSHE) and the levels of degrees they offer. Use this as a guide to explore degree options that align with your academic and career goals.



							
Online Option	✓		✓	✓		✓	✓
Certificate Option		✓	✓	✓		✓	✓
Associate's Degree	✓	✓	✓	✓		✓	
Bachelor's Degree	✓	✓	✓		✓		
Master's Degree	✓	✓					



# HEALTH RESOURCES

This section provides resources to low-cost health care options, including community health centers, dental care and a free prescription discount card.





## Optima

Low-cost self-pay benefits are available to active members of The Nevada Registry.  
Self-Pay Benefits Available:



- Telemedicine/Teletherapy
- Dental
- Vision
- Term Life
- Whole Life
- Short- and Long-Term Disability
- Accident, Critical Illness/Cancer
- Hospital Indemnity
- ID Theft
- Legal Services
- Pet Insurance



## Community Health Alliance, Nevada

Convenient access to affordable, respectful, top-quality care.  
(Not insurance, but a resource for local health care, dental care options)

COMMUNITY  
HEALTH  
ALLIANCE



## Community Health Centers

*\*Locations available in Reno, Sparks, Rural Nevada, and Southern Nevada.*

Community Health Centers (CHCs) are non-profit, community-based, and patient-directed organizations that deliver comprehensive, culturally competent, high-quality primary health care services.

CHCs also often integrate access to pharmacy, mental health, substance use disorder, and oral health services in areas where economic, geographic, or cultural barriers limit access to affordable health care services. Anybody can receive care at a CHC.



## Good Rx

Save up to 80% on prescriptions. FREE GoodRx coupons to use at popular pharmacies.

# COMMUNITY RESOURCES

This section includes local community resources for rental assistance, mental health support, diaper banks, food access assistance, libraries, and more.



## Nevada 2-1-1 (Text: 898211)

Nevada 211, a program of the Nevada Department of Health and Human Services, is committed to helping Nevadans connect with the services they need.



### Resource Connections Available:

- **Housing & Shelter:** Emergency shelter and rental assistance
- **Healthcare:** Access to community clinics, dental care, urgent care locations, etc.
- **Food:** Access to summer meals, local food pantries, etc.
- **Mental Health:** Access to counseling services, treatment for mental health disorders, grief support, etc.
- **Utility Assistance**
- **Family Support**



## Utility Assistance - Water, Sewer, Electric, Heating

Need help with your energy bill? Nevada's Energy Assistance Program helps eligible households pay for heating and cooling costs. Visit [nv.gov](http://nv.gov) to check your eligibility and apply online.



## Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistant Program (SNAP) helps make it possible for eligible individuals and families to afford nutritious food they need for good health.



## Women, Infants, and Children (WIC)

Women, Infants and Children (WIC) provides supplemental nutritious foods, nutrition education, breastfeeding support, referrals to health and social services to participants at no charge. It is this combination of education, supplemental food, and referrals to health care providers which allows WIC to make a difference.



## The Salvation Army

Assistance and case management for low-income individuals and families in need including food and nutrition programs, disaster services and emergency financial assistance.





## Rural Nevada Development Corporation

Provides assistance and financing opportunities to small businesses and healthy, safe, affordable housing to people in Nevada and families in need.



### Support Services Offered:

- Down payment assistance
- Home rehabilitation and weatherization
- Small business lending

## Local Libraries

Local libraries offer a wide range of resources to support you with various seasons of life. Through your local library you can participate in toddler story time(s), gardening and book clubs, after school STEAM and art/craft activities with your child/children and accessing physical and digital books of different themes.



## Local Walking Trails/Hiking

Find local walking trails and hiking spots nearest you.



# Southern Nevada



## HELP of Southern Nevada

Assisting families and individuals throughout Southern Nevada to overcome barriers and attain self-sufficiency through direct services, training and referral to community resources. Support services offered include a diaper bank, behavior health, and workforce services.



## HopeLink

### Support Services Offered:

- Rental and utility assistance
- Rapid rehousing
- Family resource center



**Three Square**  
Food assistance.



# Northern Nevada



## Catholic Charities of Northern Nevada

Food services, case management services, family services, and residential services. Also operates two thrift stores to provide entry-level employment opportunities.



Catholic Charities  
of Northern Nevada



**FOOD BANK**  
OF NORTHERN NEVADA

## Food Bank of Northern Nevada

Serving more than 91,000 people in northern Nevada and the eastern slope of the Sierra in California every month.

### Support Services Offered:

- Neighborhood Food Pantry
- Food Distribution
- Meals for Kids
- Health & Nutrition Support and Education
- SNAP (Supplemental Nutrition Assistance Program).

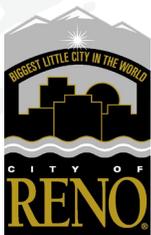


## Women and Children's Center of the Sierra

Services include; educational and life skills classes, a diaper bank, basic needs provision including food, hygiene and cleaning supplies, an open computer lab, job search help and domestic violence assistance.



WOMEN AND CHILDREN'S  
— CENTER OF THE SIERRA —



## City Of Reno

Access free and low-cost health and wellness classes in the Reno area. Offers a diverse range of fitness classes for all ages and interests.



## Elko Community HUB

The Elko Community HUB is a shared online space connecting community members to community resources through a HUB of shared calendars. HUB calendars are divided into themes with categories to make it easier to find things to do as well as access local resources.



# CRISIS MANAGEMENT

This section includes resources available to support you, your family or someone you may know during critical life events and unanticipated incidents as well as support for mental health and substance abuse.



# Remember!

It's okay to ask for help if you need it. You are worth caring for. You are important. You are needed.

If you or someone you know is struggling with, or having thoughts of suicide, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at **988lifeline.org**. This service is confidential, free, and available 24 hours a day, 7 days a week. In life-threatening situations, **call 911**.



## FindTreatment.gov

A confidential and anonymous resource for persons seeking treatment for mental and substance abuse disorders in the United States and its territories.



## Substance Abuse and Mental Health Services Administration (SAMHSA)

Support for mental health, drug and alcohol issues.



## Community Health Alliance, Nevada

Offers a range of behavioral health services for both adolescents and adults, including:

- In-person and telehealth appointments
- Behavioral health screenings
- Evidence-based treatments
- Personalized therapy sessions
- Psychiatric evaluations and medication management
- Substance abuse prevention, treatment, and recovery programs



## Solace Tree

The Solace Tree is a non-profit organization that serves children, teens and adults in Northern Nevada and Central California. All the children and teens served by The Solace Tree are coping with overwhelming grief issues from a loss due to illness and death.



**Access your digital interactive Wellness Guidebook by logging into your Nevada Registry Online Portal account.**

