

Coping with a Disaster or Traumatic Event

Signs of distress may present several days or weeks following the event.

COMMON SIGNS OF Distress

- Feelings of fear, anger, sadness, worry, numbness or frustration
- Changes in appetite, energy and activity levels
- Difficulty sleeping
- Physical reactions, such as headaches, body pains, stomach problems
- Increased use of alcohol, tobacco, or other drugs



WHO TO CALL

For emergencies, call 9-1-1.

For mental health crises, call 9-8-8.

MENTAL HEALTH CRISIS RESPONSE (ADULT)

Rural Nevada Counseling	(775) 431-0211
CARE Team	(877) 283-2437
MOST	Dispatch (775) 463-6620
Community Chest (CCI)	Crisis Line (775) 297-1267
Crisis Support Services of NV 24/7 365	1 (800) 273-8255 or text CARE to 839863

REGIONAL TREATMENT CENTERS

Mallory Crisis Center	(775) 445-8889
Carson Tahoe Hospital	(775) 445-8000
Banner Churchill ER	(775) 423-3151

YOUTH

Mobile Crisis Response	(775) 688-1670
Rural Nevada Counseling	(775) 431-0211
Teen Peer Text Line (Noon to Midnight 365 days/year)	(775) 296-8336

LYON COUNTY HUMAN SERVICES

ADMINISTRATIVE OFFICES

Dayton 5 Pine Cone Rd	(775) 246-6326
Fernley 105 Lois Ln	(775) 575-1703
Silver Springs 620 Lake Ave	(775) 577-5009
Yerington 26 Nevin Way	(775) 463-6583