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

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 (775) 296-8336
(Noon to Midnight 365 days/year)

LYON COUNTY HUMAN SERVICES

ADMINISTRATIVE OFFICES

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