

1. **FREE & REDUCED CCSD BREAKFAST & LUNCH:** To receive breakfast and lunch at no cost or reduced-price families should complete the application for meal eligibility online at [myschoolapps.com](http://myschoolapps.com) or speak with your child's school.
2. **THREE SQUARE FOOD BANK:** For a list of the multiple locations where Three Square is providing food distributions visit [www.threesquare.org/help](http://www.threesquare.org/help) or call (702) 765-4030. Visit and search event for a full list.
3. **THE JUST ONE PROJECT:** Mobile pop-up food distribution takes place every 3<sup>rd</sup> Sat. of the month. Visit website, Facebook page or call to see all 14 locations. \*NEW Locations added: Dolittle Community Center & JD Smith MS! Also available: Community Market for free grocery shopping by appointment. [appointment@thejustoneproject.org](mailto:appointment@thejustoneproject.org). To request a pantry appointment, visit [www.thejustoneproject.org/community-market](http://www.thejustoneproject.org/community-market) Call for appointment & info. (702) 462-2253
4. **PROJECT 150:** Food distribution available for families with a high school student only to pick up once a week. Student must be present with a school ID. **Summer hours: M-F 9a-4p** or school year **M-F 1pm-4pm**. Visit Facebook page @Project150, [www.project150.org](http://www.project150.org) or call (702) 721-7150
5. **ACELERO LEARNING:** Drive Thru food distribution available every other **Thursday** starting at 7:30a. at **1555 W. Carey Ave. N. LV 89032**. Start of line will be the entrance off of Comstock only. Call to learn more at 702-642-0451.
6. **CATHOLIC CHARITIES OF SNV:** Food pantry available **M-F 8 a.m. to 3:30p.m.** at **1511 Las Vegas Blvd. North (702) 387-2291**. Call to learn about documents needed to receive food. [www.catholiccharities.com](http://www.catholiccharities.com)
7. **EAST VALLEY FAMILY SERVICES:** Emergency food assistance is available **Mon-Thu 9am-4pm (closed for lunch 12-1) Fri 9am-1pm** on a monthly basis. Bring any form of ID. They also provide support with applying for SNAP. For more support call 702-631-7098
8. **HOPE LINK OF SOUTHERN NEVADA** Call (702) 566-0576 **M-Th 8a-5:30p** for emergency food assistance. You can also email your circumstance to [info@link2hope.org](mailto:info@link2hope.org) or visit [www.link2hope.org](http://www.link2hope.org)  
178 Westminster Way Henderson, NV 89015
9. **LUTHERAN SOCIAL SERVICES OF NEVADA** Food pantry is available **by appointment Mon-Thu 9am-1pm**. To make appointment email [pantryreservation@lssnv.org](mailto:pantryreservation@lssnv.org) or call 702-639-1730 ext. 103. You are able to take premade Emergency Box of the food stock that day (usually meats, produce, bread, and canned goods / dried goods) at **4323 Boulder Highway Rd. \*Starts July 26\***
10. **JEWISH FAMILY SERVICES** Provides fresh produce and dairy to individuals and families in need. Giveaways take place weekly on **Weekdays from 10 AM to 1 PM** at 2309 Renaissance Dr. Suite B, Las Vegas, NV 89119. To make an appointment for pick up call 702-732-0304.
11. **RECONCILIATION APOSTOLIC MINISTRIES** Food pantry every **Tuesday-Thursday from 10 AM to 1 PM** at 911 G Street. For more information call 702-386-7266
12. **CULINARY ACADEMY LV** Appointments are available to pick up **30-40 lbs** of assorted, essential food items (starch, protein, fruit, vegetables). Make appointment at [bit.ly/cc-efa](http://bit.ly/cc-efa). Call 702-227-8842 for eligibility and immediate assistance.
13. **NEVADA 211** Call 2-1-1 or 1-866-535-5654, **text your zip code to 898211** or visit [www.nevada211.org](http://www.nevada211.org) to learn more about food assistance and any other basic needs your family may need.
14. **SEARCH FOR FOOD PANTRIES IN YOUR AREA** [www.foodpantries.org](http://www.foodpantries.org)

If you have insurance, we recommend that you call the number on the back of your insurance card for more specific providers in your area. All agencies below accept Medicaid among other popular insurances, have in-person and some telehealth options and sliding scale fee is available for those uninsured. If you don't have insurance, you can still obtain therapy. Ask the agency how!

## AGENCIES

1. **MOBILE CRISIS RESPONSE TEAM**  
HOTLINE: 702-486-7865
2. **FIRSTMED HEALTH & WELLNESS CENTERS**  
702-731-0909 | 3 Locations | Spanish Speaking
3. **INNOVATION BEHAVIORAL HEALTH SOLUTIONS**  
702-900-2784 | 89146 | Spanish Speaking
4. **HEADSUP GUIDANCE & WELLNESS CENTER OF NV**  
702-922-7015 | 89102
5. **NEUBAUER MENTAL HEALTH SERVICES**  
702-806-5268 | 89108 | Spanish Speaking
6. **CENTER FOR COMPASSIONATE CARE**  
702-796-3167 | 89119 | Spanish Speaking
7. **BRIDGE COUNSELING ASSOCIATES**  
702-474-6450 | 89106 | Spanish Speaking
8. **COMMUNITY COUNSELING CENTER**  
702-369-8700 | 89104 | Spanish Speaking
9. **INTEGRITY COUNELING**  
702-499-4922 | 89117 | Spanish Speaking
10. **SERENITY COUNSELING & SUPPORT SERVICES**  
702-608-4220 | 89117 | Spanish Speaking
11. **NEVADA HEALTH CENTERS**  
1-800-787-2568 | 6 Locations | Spanish Speaking
12. **VOLUNTEERS IN MEDICINE**  
702-967-0530 | 2 Locations | Spanish Speaking
13. **THE HEALTHY FOUNDATIONS CENTER**  
702-489-2117 | 89117 | Spanish Speaking
14. **LAS VEGAS THERAPY**  
702-659-4825 | 89196 | Spanish Speaking
15. **ALL ABOUT ME COUNSELING**  
702-754-0807 | 89123 | Spanish Speaking

## INDIVIDUALS

16. **DOMINIQUE WILSON, Optimal Focus**  
317-900-6556 | 89032 | Telehealth only
17. **FRANCISCO GONAZLEZ, LCSW**  
**Tress Puntos Counseling**  
725-208-8130 | 89119 | Spanish Speaking
18. **IVET ALDABA, LCSW-INTERN**  
**Red Rock Psychology**  
702-898-5311 | 89119 | Spanish Speaking
19. **NORMA PLATT, LCSW**  
**Bilingual Center For Behavioral Health**  
702-904-8456 | 89119 | Spanish Speaking
20. **ALLISON VIGIL, LCSW**  
**A Place Of Grace**  
702-203-1964 | 89118 | \$35/session | Spanish Speaking
21. **JANET NORDINE, Experience Courage**  
702-630-8848 | 89134
22. **AUBREY WADMAN, MFT-INTERN GOETSCH**  
725-213-9219 | 89052 | Telehealth only
23. **KRISTINA ANDAYA, MFT-INTERN**  
702-550-2491 | 89147
24. **SHELBY NAKAMURA, MFT**  
**NEW HORIZON**  
775-468-3224 | 89117
25. **MAYRA FRUTOS, MFT**  
702-815-1550 | 89108 | Spanish Speaking
26. **NEVADA 211 DIRECTORY**  
Call 2-1-1 or 1-866-535-5654 or text your zip code to 898211 or visit [www.nevada211.org](http://www.nevada211.org)
27. **MENTAL HEALTH IS HEALTH**  
Visit website to assess your current feelings and other experiences you have gone through to get the support you are seeking. [www.mentalhealthishealth.us](http://www.mentalhealthishealth.us)



1. **EAST VALLEY FAMILY RESOURCES:**  
One-Stop center for Case Management and referrals, assistance with completing online welfare applications & coordinated housing assessments. Call (702) 631-7098
2. **DIVISION OF WELFARE & SUPPORTIVE SERVICES:** [www.dwss.nv.gov](http://www.dwss.nv.gov)  
Food Stamps, TANF, Medicaid, Child Care assistance, Energy assistance, child support Enforcement Program, To apply for benefits (702) 426-4900
3. **EYE CARE 4 KIDS** Free vision exam & eye glasses for CCSD students K-12. \$50 fee for adults ages 18+. Call 702-727-3525 for appointment.
4. **ONE-STOP CAREER CENTER WEBSITE:** [www.nvcareercenter.org](http://www.nvcareercenter.org)  
For Telephone or online application: 702-822-4200, 4 locations in the Valley
5. **FUTURE SMILES** Free dental care for CCSD students K-12. Call 702-889-3763
6. **SAFE NEST**  
Providing Mass Shelter options (for victims of domestic violence) 702-646-4981
7. **LIBERTY DENTAL PLAN**  
Dental services for individuals with Medicaid. Receive oral health care by calling 702-279-6113
8. **THE HARBOR** A safe place for guidance and support with the well-being of youth and families. 4 locations open 7 days a week 8a-10p 702-455-6912 [www.theharborlv.org](http://www.theharborlv.org)
9. **HOPE CHRISITAN HEALTH CENTER** Primary care services on a sliding scale fee. Call for appointment. Various locations 702-644-4673 [www.hopehealthvegas.edu](http://www.hopehealthvegas.edu)
10. **GENESIS: ROSEMAN UNIVERSITY** Provides high-risk patients with tailored high-tech & high-touch medical & social services aimed at helping them conveniently address barriers all in the comfort of your home. 702-802-2863 [www.genesis.roseman.edu](http://www.genesis.roseman.edu)
11. **COMMUNITIES IN SCHOOL:** Individualized support by a caring adult for attendance, behavior, course performance, social emotional wellbeing and more. Visit your school or call 702-550-3799 to identify if your K-12 schools has CIS. [www.cisnevada.org](http://www.cisnevada.org)
12. **BETTY'S BOUTIQUE BY PROJECT 150:** High school students are able to shop once a month for free for clothing and accessories Mon-Fri 12p-4p. Call 702-721-7150 ext. 106 to make an appointment
13. **LAS VEGAS DIAPER BANK:**  
*Walk-ins accepted Monday 10 a.m. – 4 p.m.*  
Parents will receive 50 diapers and 25 pull-ups. Parents can get diapers once every 30 days.  
928 E Sahara Ave, Las Vegas, NV 89104
14. **NEVADA PARTNERSHIPS FOR HOMELESS YOUTH**  
If a student is kicked out of their house or has no safe place to sleep, NPHY can support with housing and support with a case manager. [www.nphy.org](http://www.nphy.org)  
4981 Shirley Street, LV, NV 89119 702-383-1332
15. **RESPONSIBLE EARLY DETECTION (R.E.D ROSE)**  
Receive a preventive mammogram exam completely free with no need for medical insurance or proof of residency. Bilingual services available. Call 702-620-7858 [www.dignityhealth.org/las-vegas/classes-and-events/support-groups/red-rose](http://www.dignityhealth.org/las-vegas/classes-and-events/support-groups/red-rose)
16. **OLIVE CREST** Provides a wide range of services for families with children in specific zip codes. Food banks, employment assistance, transportation, and healthcare. 702-685-3459 [www.olivecrest.org](http://www.olivecrest.org)
17. **SUICIDE HOTLINE** *If you are having suicidal thoughts the Suicide Prevention Lifeline is here to help! The Lifeline provides 24/7, free & confidential support for people in distress. You are not alone. Call 1-800-273-8255 or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)*
18. **CRISIS TEXT LINE** *Social distancing may be lonely, but you're not alone! If you are experiencing anxiety, emotional abuse, depression, suicidal thoughts, stress or other forms of crisis, text HOME to 741741 for free, 24/7 crisis counseling and visit [www.crisistextline.org](http://www.crisistextline.org) to be connected with a live, trained Crisis Counselor.*

1. **EAST VALLEY FAMILY RESOURCES**  
For assistance applying for welfare benefits and/or energy assistance call **702-631-7098**. For more information go [www.eastvalleyfamilyservices.org/pages/family-center](http://www.eastvalleyfamilyservices.org/pages/family-center)
2. **HELP OF SOUTHERN NEVADA**  
In addition to rental programs, this agency offers a wide variety of programs, such as security deposit assistance, food, electric bill, counseling, and much more. They also have several locations across Clark County. In order to receive a housing assessment, walk-ins are accepted on **Wednesdays between 7 AM and 5 PM at 1640 E Flamingo Rd #100. (702) 369-4357 [www.helpsonv.org](http://www.helpsonv.org)**
3. **THE SALVATION ARMY**  
Shelter, low-income housing, and homeless prevention/rent assistance is offered. They also administer a variety of other social services, and are a great place to call for referrals too. May offer a variety of rent programs, shelter or other forms of social services. [www.salvationarmysouthernnevada.org](http://www.salvationarmysouthernnevada.org)
4. **LUTHERAN SOCIAL SERVICES**  
Services include information on low income as well as transitional housing. Families facing a crisis may qualify for a loan from LSS of Nevada. **702-639-1730 [www.lssnv.org](http://www.lssnv.org)**
5. **CLARK COUNTY CATHOLIC CHARITIES**  
Regardless of religion, they may be able to offer assistance. If you have an eviction notice then you may qualify for emergency rental assistance. Possibly money for deposit, first month's rent, or moving costs is also available at the charity. [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org) **1501 N Las Vegas Blvd LV, NV 89101 (702) 385-2662**
6. **THE CARES HOUSING ASSISTANT PROGRAM (CHAP)**  
Clark County residents who have suffered substantial financial hardship and now lack sufficient income or resources to pay their rental housing costs and utilities because of the COVID-19 emergency or the response to that emergency. Apply at [www.chap.clarkcountynv.gov](http://www.chap.clarkcountynv.gov)
7. **LEGAL AID CENTER OF SOUTHERN NEVADA**  
Assists with housing issues, including eviction prevention, foreclosures, and security deposit disputes and more. They are pro-bono, or free legal firm in Clark County. [www.lacsn.org](http://www.lacsn.org) **725 E. Charleston Blvd, LV NV 8910 (702) 386-1070**
8. **THE COURTYARD HOMELESS RESOURCE CENTER:** If you become homeless this center has access to: Housing, Medical/Mental Health Services, Legal Assistance, Employment & Educational Opportunities, Income/Benefit Assistance, Clothing, Additional Wraparound Services. **(702) 229-6117 [courtyardHRC@lasvegasnevada.org](mailto:courtyardHRC@lasvegasnevada.org) 314 Foremaster Ln. 89101**
9. **HOPE LINK OF SNV**  
Rent, mortgage, utility and other assistance is available by calling **(702) 566-0576 ext. 312 8a-12p M-Th or email [info@link2hope.org](mailto:info@link2hope.org) [www.link2hope.org](http://www.link2hope.org)**
10. **UNITED LABOR AGENCY OF NEVADA**  
Providing Rent & Mortgage assistance **1201 N Decatur Blvd, Suite# 106 89108 (702) 648-3500**
11. **CLARK COUNTY SOCIAL SERVICES**  
Financial, transportation, housing, and long term assistance is available. [www.clarkcountynv.gov](http://www.clarkcountynv.gov) **(702) 455-4270**
12. **NEVADA PARTNERS**  
Utility assistance available for low income residents such as water, electric and gas. Call **725-735-2932** for more information or to make an appointment or email [ythomas@nevadapartners.org](mailto:ythomas@nevadapartners.org)
13. **NEVADA 211**  
Call **2-1-1** or **1-866-535-5654**, text your zip code to **898211** or visit [www.nevada211.org](http://www.nevada211.org) to learn more about financial assistance and any other basic needs your family may need.



1. **AD GUY KNOWLEDGE CENTER** Provides educational opportunities for children, youth, adults, and seniors in areas of child development, school readiness, nutrition, business development and much more. [www.extension.unr.edu/clark-adguy.aspx](http://www.extension.unr.edu/clark-adguy.aspx) | 702-948-5940 | [adguy@unr.edu](mailto:adguy@unr.edu)
2. **AFTER-SCHOOL ALL-STARS** Provides free, comprehensive after-school programs in elementary & middle schools such as sports, educational, cultural, and community enrichment components throughout the school year. [www.asaslv.org/schools](http://www.asaslv.org/schools) | 702-259-1850 | [info@asaslv.org](mailto:info@asaslv.org)
3. **CLARK COUNTY LIBRARY DISTRICT** Provides free programming for all ages from books, music, online resources, events, storytelling, learning tools, employment assistance, summer programs, English Language Learning classes, and more! [www.lvcclid.org](http://www.lvcclid.org)
4. **KHAN ACADEMY** Provides free world-class education for anyone at any level all online. [www.khanacademy.org](http://www.khanacademy.org)
5. **PBS LEARNING MEDIA** Online access to educational videos on subjects such as social studies, English, mathematics, science, arts, world language, and more depending on student's grade level. [www.vegas.pbslearningmedia.org](http://www.vegas.pbslearningmedia.org)
6. **POLICE ATHLETIC LEAGUE** Provides youth ages 6-17 alternatives through athletics, education and community service like boxing, basketball, movement fitness, youth MMA, and fight club. [www.pallvmpd.com](http://www.pallvmpd.com)
7. **CLARK COUNTY COMMUNITY CENTERS** Community centers in Las Vegas area providing free, low-cost programming for kids, adults, and seniors. [www.clarkcountynv.gov](http://www.clarkcountynv.gov)
8. **CITY OF LAS VEGAS COMMUNITY CENTERS** Community centers in providing free, low-cost programming for kids, adults, and seniors. A variety of locations around the Vegas valley. [www.lasvegasnevada.gov](http://www.lasvegasnevada.gov)
9. **CITY OF NORTH LAS VEGAS COMMUNITY CENTERS** Community centers in NLV providing free, low-cost programming for kids, adults, and seniors. [www.cityofnorthlasvegas.com](http://www.cityofnorthlasvegas.com)
10. **SUNRISE HOSPITAL CHILDREN'S FOUNDATION** Apply for educational services for kids birth to 5 years and receive individualized support that will increase school readiness for all children & families. [www.sunrisechildren.org](http://www.sunrisechildren.org)
11. **CLARK COUNTY 4-H YOUTH DEVELOPMENT** Offers youth opportunities in communications, leadership, career development, citizenship, healthy living, science, technology, engineering, math and more. [www.extension.unr.edu](http://www.extension.unr.edu)
12. **ANYTOWN LAS VEGAS** Establish, empower, and equip youth to be the next wave of today's leaders through organizing, civic engagement, and leadership. Multiple opportunities to get involved with hands on projects. [www.anytownlasvegas.org](http://www.anytownlasvegas.org)
13. **NEVADA HAND UP** Provides classes such as English Classes & Personal Finance, Starting & Growing own Business, Emotional Resilience, Addiction Recovery & Adapting to U.S. Culture. [www.handupnv.org](http://www.handupnv.org)
14. **STRONG START ACADEMY ELEMENTARY SCHOOL** Prioritizes children from 89106, 89107 and 89101 zip codes. Call (702) 229-5437 for more information.