

Resource Guide



Table of Contents

Emergency Resources	3
Local	3
National	4
Domestic and Sexual Abuse	5
Shelters	5
Health Resources	7
Local	7
STD/HIV Help	9
Insurance	10
Local Mental Health	11
Individual Therapists	11
Mental Health Offices/Clinics	11
Substance Abuse Support	14
Outpatient	14
Inpatient	15
Support Groups	16
LGBTQ+ Bars	18
Legal Services/Advocacy	19
Transgender Resources	21
Disabilities	22
Veterans Resources	23
Youth Services	24
Senior Services	25
Housing	26
Low Income	26
Realtors	27
Food Pantries	28
Preschools/Childcare	29
Arts/Culture	31
Adult Education	32
Pet Resources	33
Emergency	33
Veterinary	33
Boarding	34
LGBTQ+ Friendly Barbers	36
Hormones	37
Bill Assistance	38
Family Resources	39
Hispanic Resources	40
Homeless Resources	41
Clothing	42
Jobs	43

Emergency Resources

Local

Crisis Support Services of Nevada

Call or Text 988 in an Emergency

Website: <https://cssnv.org/>

Statewide resource directory; sexual assault and suicide prevention; rape crisis center; after-hours child and elder abuse reporting; survivors support groups; grief counseling referrals.

Verified: 06/12/2023

Washoe County Department of Social Services/Child Protective Services

350 S. Center St., Reno, NV 89502

Reporting Office: 1-833-900-7233

Website: https://www.washoecounty.us/socsrv/childrens_services/child_protective_services Email:

CPS@washoecounty.us

Reports/Investigations of child abuse or neglect.

Verified: 06/12/2023

Washoe County Department of Social Services / Adult Services

350 S Center St.

Adult Services: (775) 328-2700

Verified: 06/12/2023

Washoe County Senior Services

1155 E 9th St

(775) 328-2575

Aid for Seniors and Families of Seniors in Washoe County

Email: sr_info@washoecounty.gov

Verified: 06/12/2023

Reno Police Department

455 E 2nd St, Reno, NV 89502

(775) 334-2175

Renopd.com

Verified: 06/12/2023

Nevada 211

Call 2-1-1 or 1-866-535-5654

Provides emergency resources for: Addiction, Housing, Alzheimers, Child Care, Counseling, Education, Food, Healthcare, Senior Services, and Suicide Prevention.

Verified: 06/12/2023

Nevada Poison Control Center

24/7 call line: 1-800-222-1222

Free advice, 100% confidential.

Verified: 06/12/2023

National

Childhelp Nevada Child Abuse Hotline

(800) 422-4453

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse

Verified: 06/12/2023

Crisis Text Line

Text HOME to 741741

Free 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained crisis counselor. Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors. Our first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy. YOU = our priority.

Verified: 06/12/2023

Trevor Hotline

Call (866) 488-7386 or text START to 678-678

Providing crisis intervention and suicide prevention to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13-24

Verified: 06/12/2023

The LGBT National Youth Talk line (youth serving youth through age 25):

(800) 246-7743

Provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

Verified: 06/12/2023

The National Runaway Safeline:

800-RUNAWAY (800-786-2929)

Provides advice and assistance to runaways, including resources, shelter, transportation, assistance in finding counseling, and transitioning back to home life. NRS frontline staff will also act as advocates and mediators if/as needed.

Verified: 06/12/2023

Trans Lifeline

1(877)565-8860

Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Our vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.

Verified: 06/12/2023

CDC National AIDS and HIV Hotline

(800) 232-4636

CDC's national health information hotline, providing answers to your questions regarding HIV, how to protect yourself, and where to get an HIV test.

Verified: 06/12/2023

Domestic Violence Support Hotline

(800) 799-7233

Provides support and resources in all languages to abused and those who feel they may be unintentionally abusing their partners/family.

Verified: 06/12/2023

National Grad Crisis Line

1.877.472.3457

Provides support for students experiencing stress, anxiety, and feelings of despair.

Verified: 06/12/2023

RAINN - Rape, Abuse, and Incest National Network

(800) 656-4673

Provides emergency 24/7 support for those who have or are experiencing sexual abuse.

Verified: 06/12/2023

National Suicide and Crisis Lifeline

Call 988

Provides emergency support for those experiencing suicidal thoughts or feelings.

Verified: 06/12/2023

Veterans Crisis Line

Call 988 then press 1, or text 838255

The Military Crisis Line is a free, confidential resource for all service members, including members of the National Guard and Reserve, and Veterans, even if they're not enrolled in VA benefits or health care.

Verified: 06/12/2023

Domestic and Sexual Abuse

Safe Embrace

775-322-3466

Family Violence Intervention and Shelter for Women and Children.

Verified: 06/12/2023

Nevada Coalition to END Domestic and Sexual Violence

775-828-1115

Verified: 06/12/2023

National Sexual Assault Hotline

800-656-4673

Verified: 06/12/2023

Sierra Community House

24hr help line (800) 736-1060

Provides Up to 90 Days of Emergency Shelter for Women, Men, Children, and Pets who are Survivors of Domestic Abuse.

Verified: 06/12/2023

Shelters

Safe Embrace

775-322-3466

Family Violence Intervention and Shelter for Women and Children.

Verified: 06/12/2023

VOA Family Shelter

775-329-4141

Emergency Shelter for Women and Children

Verified: 06/12/2023

Sierra Community House

24hr help line (800) 736-1060

Provides Up to 90 Days of Emergency Shelter for Women, Men, Children, and Pets who are Survivors of Domestic Abuse.

Verified: 06/12/2023

Health Resources

Local

Alzheimer's Association

639 Isbell Rd Ste. 240, Reno, NV 89509

(775) 786-8061

24/7 national helpline: (800) 272-3900

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Verified: 06/12/2023

Community Health Alliance HAWC

Several locations; (775) 329-6300.

1055 South Wells Ave #120, Reno NV, 89502 (primary clinic)

Website: <https://www.chanevada.org>

Hours: Medical- Monday-Saturday 7:00-6:00

Dental Monday-Friday 7-6

Pharmacy: Monday-Friday 8-6

Pediatric Mental Health Services (psychiatrist), ages 0-17. Medical/dental. Medicaid. Sliding fee scale

Verified: 06/12/2023

Immunize Nevada

427 Ridge St, Suite C Reno, NV 89501

(775) 624-7117

As Nevada's only statewide nonprofit dedicated to immunizations, Immunize Nevada saves lives by preventing disease and promoting health. We accomplish this through increasing the vaccination rates of Nevada's children, teens, adults and seniors; ensuring adequate public health resources; training healthcare professionals and expanding health collaborations.

Verified: 06/12/2023

Nevada Urban Indians, INC

9480 Gateway Dr.

(775) 788-7600

Nevada Urban Indians, Inc. is a 501(c)(3) nonprofit organization that is funded by Indian Health Services, Federal, State, and private grants to provide healthcare & community services to the Urban Indian population of Nevada. Nevada Urban Indians, Inc. (NUI) opened its doors in 1975 to provide outreach and referral services to American Indians living in the urban areas of Washoe County and Carson City.

Nevada Urban Indians, Inc. currently offers the following programs:

Medical Clinic, Diabetes, Substance Abuse, Mental Health, Suicide Prevention, Victim Services, HIV (AIDS.)

Verified: 06/12/2023

Northern Nevada Hopes

580 West 5th Street Reno, NV
(775) 786-4673.

Website: www.nnhopes.org/

Our regular hours of operation are Monday – Friday from 8am – 5pm.

Extended hours are Monday – Thursday from 5pm – 7pm

At HOPES, we welcome all members of the Lesbian, Gay, Bisexual, Transgender, and Queer community. We support the LGBTQ+ community by providing culturally competent healthcare, social services, and community outreach and education. Together, we can create a strong, cohesive LGBTQ+ network that connects people, solves problems, and builds a healthier Reno community.

Available resources:

Harm reduction, Teen health, Trans health, LGBTQ health/support groups, Medicated Assisted Treatment (MAT), and Housed and Healthy

Verified: 06/12/2023

Planned Parenthood

455 W 5th St, Reno, NV 89503

(775) 688-5555

Offers Hormone replacement therapy and Transition counseling. Other services offered, abortion referrals, birth control, HIV testing, Men's healthcare, morning after pill (emergency contraception), pregnancy testing and services, STD testing and treatment services, women's healthcare.

Verified: 06/12/2023

Renown Health Care Center Clinic

21 Locust St., Reno, NV 89502;

(775) 982-5270; FAX (775) 982-5288

7:15am-5:00pm M-F

<https://www.renown.org>

Indigent medical care, appointments. Walk-ins are only for established patients with acute needs.

*Must apply at Washoe County Adult Social Services, 1001 E 9th Street, Bldg C, Rm 135 and meet eligibility requirements in order to use services.

Verified: 06/12/2023

Women's Wellness Center

(775) 352-9355

645 Sierra Rose Dr Ste 204, Reno, NV, 89511

In addition to providing full spectrum gynecologic and surgical care, Dr. Mary Wellhoner and our two nurse practitioners, Laurie Smith and Sherri Aikin, offer complementary services that many women need, such as specialized hormone therapy, stress reduction, weight management and sexual counseling.

Verified: 06/12/2023

Reno-Sparks Tribal Health Center

1715 Kuenzli St, Reno, NV 89502

(775) 329-5162

Verified: 06/12/2023

Carson Tahoe Health

(775) 445-8000

Carson Tahoe Health provides over 35 medical services from Mental Health to Surgical.

Verified: 06/12/2023

Access to Health Care 877-385-2345 Network of Local Healthcare Providers that offer services at a reduced rate.	Verified: 06/12/2023
Care Chest of Sierra Nevada 7910 N Virginia St 775-829-2273 Medical Equipment/Supplies and Limited Prescription Assistance.	Verified: 06/12/2023
Concentra Medical Center Reno 775-322-5757 Two-step TB Testing and Routine Medical Checkups.	Verified: 06/12/2023
Craniofacial Clinic - UNR 775-928-3300 Medical Treatment for ages 0 months - 21 years with facial syndromes, cleft palate, and asymmetrical faces.	Verified: 06/12/2023
Nevada Early Intervention Services 775-688-1341 Evaluation and Therapy for children ages birth - 3 years with known or suspected developmental or physical disabilities and/or premature infants.	Verified: 06/12/2023
Northern Nevada Dental Health Program 775-337-0296 Parents must provide a current W2 or Check Stub, a copy of Insurance or NV Check-up ID or Dental Letter, and a completed Application.	Verified: 06/12/2023
Small Smiles Dental Clinic 775-329-5437 Inside Mira Loma Shopping Center Dental Clinic for Children. Accepts Medicaid and NV Check-up.	Verified: 06/12/2023
TMCC Dental Hygiene Clinic 775-673-8247 Low Cost Dental Hygiene Program.	Verified: 06/12/2023
Reno Host Lions Club 775-825-8811 Assistance with Vision Exams and Prescription Glasses.	Verified: 06/12/2023
UNR Student Outreach Clinic 775-628-8646 Free Medical Services such as general visits, x-rays, ultrasounds, pap smears, and immunizations for uninsured patients.	Verified: 06/12/2023
ACCEPT	

775-786-5886

Health Education, Non-Medical Case Management and Medical Transportation to low income HIV positive community members in the Reno area

Verified: 06/12/2023

STD/HIV Help

Washoe County Sexual Health Program

1001 E 9th st.

775-328-2470

Birth Control, Pregnancy Testing, HIV/STD Testing, Teen Health, and free Condoms

Verified: 06/12/2023

Planned Parenthood

455 W 5th St, Reno, NV 89503

(775) 688-5555

Offers Hormone replacement therapy and Transition counseling. Other services offered, abortion referrals, birth control, HIV testing, Men's healthcare, morning after pill (emergency contraception), pregnancy testing and services, STD testing and treatment services, women's healthcare.

Verified: 06/12/2023

Northern Nevada Hopes

580 West 5th Street Reno, NV

(775) 786-4673.

Website: www.nnhopes.org/

Our regular hours of operation are Monday – Friday from 8am – 5pm.

Extended hours are Monday – Thursday from 5pm – 7pm

At HOPES, we welcome all members of the Lesbian, Gay, Bisexual, Transgender, and Queer community. We support the LGBTQ+ community by providing culturally competent healthcare, social services, and community outreach and education. Together, we can create a strong, cohesive LGBTQ+ network that connects people, solves problems, and builds a healthier Reno community.

Available resources:

Harm reduction, Teen health, Trans health, LGBTQ health/support groups, Medicated Assisted Treatment (MAT), and Housed and Healthy

Verified: 06/12/2023

ACCEPT

775-786-5886

Health Education, Non-Medical Case Management and Medical Transportation to low income HIV positive community members in the Reno area

Verified: 06/12/2023

Insurance

Nevada State Medicaid - Reno Office

775-684-3600

Verified: 06/12/2023

Nevada State Welfare - Reno Office

775-684-7200

Verified: 06/12/2023

Local Mental Health

Individual Therapists

Dr. Tory Clark

Licensed Marriage and Family Therapist, Doctor of Human Sexuality, Certified Clinical Sexologist and Educator

775-843-9593

Specializes in Sex Therapy, Transgender therapy, and letters for surgery.

Toryclark.com

Verified: 06/12/2023

Mary Minten, PhD MFT, CST, LCADC

775-329-4582 ext 8

We do not correspond by email or text.

1005 Forest Street

Reno, NV 89509

Dr. Mary Minten is a Licensed Marriage and Family Therapist, Board Certified Sex Therapist, and Licensed Drug and Alcohol Counselor

Marymintencounseling.com

Verified: 06/12/2023

Sam Hunt, Marriage Counselor.

775-335-9877

Call for insurance taken. Leave a message for Sam to call you if you don't have insurance.

Verified: 06/12/2023

Laura Romano - HOPES

775-786-4673.

Call for insurance taken.

If you do not have insurance try her at 775-391-9915

Verified: 06/12/2023

Cornelius Con Sheehan, Jr., LCSW

(775) 235-2205

Call for insurance taken

Verified: 06/12/2023

Mental Health Offices/Clinics

Downing Counseling Clinic - UNR

UNR Education Bldg. Room 3007

775-682-5515

Open Mon-Thurs 10-7, Fri 10-5

<http://www.unr.edu/education/centers/downing-clinic>

Individual counseling, couples counseling, family counseling, play therapy, consultation, referrals, sliding fee scale for services; adults; children ages three and up; no Medicaid or Medicare.

Verified: 06/12/2023

Quest Counseling and Consulting

3500 Lakeside Ct, Suite 101
Reno, NV 89509
775-786-6880

Quest Counseling provides evidence-based outpatient therapy for adults and adolescents with substance abuse, mental health and co-occurring disorders. We are committed to providing quality client care in an environment that promotes self-discovery and change.

Verified: 06/12/2023

Renown Behavioral Health

Intensive Outpatient Program: 850 Mill St. Suite 301, Reno, NV 89502; 775-982-5318

Counseling Services: 15 McCabe Drive Suite 200, Reno, NV 89502; 775-982-2856

Child and Family Services: 15 McCabe Drive Suite 200, Reno, NV 89502; 775-982-2862

<https://www.renown.org/>

Outpatient, partial hospitalization, adults, adolescents, chemical dependency/ psychiatric services, medication management, psychological testing, Medicare, Medicaid, insurance, free assessments, medication management, individual or family therapy, issue-specific group counseling.

Verified: 06/12/2023

Northern Nevada Hopes

775-786-4673

Provides LGBTQ+ friendly counseling along with many other resources.

Verified: 06/12/2023

Alta Vista Mental Health

775-624-8200

Alta Vista provides comprehensive outpatient mental health and substance abuse services including: Psychiatric Assessments, Co-occurring disorders treatment, Individual Therapy, Couples Counseling, Group Counseling, Alcohol & Drug counseling, Crisis interventions, Case-management, and Supportive services.

Verified: 06/12/2023

Vitality Unlimited

(775) 322-3668

Vitality Unlimited is a non-profit, federally recognized, 501(c)(3) corporation with a long, successful history of providing community services, affordable housing, high-quality substance use disorder treatment, and access to behavioral health services.

Verified: 06/12/2023

Northern Nevada Evaluation Center

775-329-5006

Does not accept Medicaid.

Evaluation Center is a service that evaluates a person pursuant to NRS 484C.350 in a facility certified by the Division to determine whether the person is an abuser of alcohol or another drug through an assessment process.

Verified: 06/12/2023

Tahoe Youth and Family Services

Tahoe CA: 530-541-2445

Gardnerville: 775-782-4202

Only accepts Medicaid, no private insurances.

Provides a 24hr helpline, Mental Health counseling for NV and CA, and Substance Abuse counseling for NV and CA.

Verified: 06/12/2023

Community Counseling Center

(775) 882-3945

Located in Carson

Verified: 06/12/2023

New Frontier Treatment Center

1-800-232-6382

Located in Fallon

Provides Addiction treatment and Behavioral Health services for Adults, Teens, and Families.

Verified: 06/12/2023

NAMI (National Alliance on Mental Illness)

775-433-1470

A Free 12-Session Educational Program for Family Members, Significant Others, Care-Givers, and Friends of People Living with Mental Illness.

Verified: 06/12/2023

Substance Abuse Support

Outpatient

Ridgehouse Reno

775-322-8941

Ridgehouse provides treatment such as: Residential Facilities, Counseling (residential and outpatient), and Peer Support.

They also provide Workforce Development.

Verified: 06/12/2023

Step 1

(775) 329-9830

Provides Transitional living and Outpatient Substance Abuse treatment for Men only

Verified: 06/12/2023

Step 2

(775) 787-9411

Provides Residential and Outpatient Substance Abuse, Domestic Violence, and Trauma support for Women only. Priority is on pregnant women and women with children.

Verified: 06/12/2023

The Life Change Center

Reno Location:

775-900-8522

130 Vine St

Monday to Friday - 6am to 1pm

Saturday - 6am to 8am

Sparks Location:

775-355-7734

Monday to Friday - 6am to 1pm

Saturday - 6am to 8am

Carson City Location:

775-350-7250

1201 N Stewart Street

Carson City, NV 89701
Monday to Friday - 6am to 12pm
Saturday - 6am to 9am

Medication alone is not enough, counseling alone is not enough, support and encouragement alone are not enough; but when all of these elements are combined there is a foundation for successful recovery. The Life Change Center is a 501(c)3 non-profit organization that has been providing recovery services for heroin and prescription medication abuse concerns since 1999. We offer a variety of services to help people to make the changes necessary to beat their drug addiction. The emphasis of our recovery program is based on two primary themes; empowerment and improving quality of life. We have a talented group of staff members with expertise in recovery from opioid addictions.

Verified: 06/12/2023

Quest Counseling

3500 Lakeside Ct. Suite 101, Reno, NV 89509
(775) 786-6880

Quest Counseling provides treatment for substance abuse, co-occurring disorders, as well as transitional living. This service is primarily for adolescents aged 13-17, additionally they accept qualifying adults 18-22 who do not have Medicaid. Additional services include drug testing, assessment, counseling services, prevention programs, family services, and alcohol beverage awareness. Sliding-fee-scale, accepts Medicaid fee-for-service, Amerigroup, and other insurance.

Verified: 06/12/2023

Bristlecone Treatment Center

(775) 954-1400

Bristlecone provides Residential and Outpatient Substance and Gambling Abuse treatment.

Verified: 06/12/2023

Adolescent Treatment Center

775-688-1633

Inpatient and Outpatient Rehab for Drug and Alcohol abuse

Verified: 06/12/2023

Nea McGee Center

775-331-6252

Rehabilitation Center

Verified: 06/12/2023

Inpatient

Ridge House

900 W. 1st St. suite 200, Reno, NV 89503
(775) 322-8941

Long term residential treatment program for substance abuse, specializing in ex-felons. Prisoner reentry substance abuse program. Workforce department, works with companies that employ ex-felons, mental health evaluations, marriage and family counseling. Outpatient groups are also available. LGBT specific group if admitted. Trans friendly. Sliding scale and will accept medicaid which will typically cover 100%.

Verified: 06/12/2023

Step 2

(775) 787-2459

Provides Residential and Outpatient Substance Abuse, Domestic Violence, and Trauma support for Women only. Priority is on pregnant women and women with children.

Verified: 06/12/2023

Step 1

(775) 329-9830

Provides Transitional living and Outpatient Substance Abuse treatment for Men only

Verified: 06/12/2023

Bristlecone Treatment Center

(775) 954-1400

Bristlecone provides Residential and Outpatient Substance and Gambling Abuse treatment.

Verified: 06/12/2023

The Life Change Center

Reno Location:

775-900-8522

130 Vine St

Monday to Friday - 6am to 1pm

Saturday - 6am to 8am

Sparks Location:

775-355-7734

Monday to Friday - 6am to 1pm

Saturday - 6am to 8am

Carson City Location:

775-350-7250

1201 N Stewart Street

Carson City, NV 89701

Monday to Friday - 6am to 12pm

Saturday - 6am to 9am

Medication alone is not enough, counseling alone is not enough, support and encouragement alone are not enough; but when all of these elements are combined there is a foundation for successful recovery. The Life Change Center is a 501(c)3 non-profit organization that has been providing recovery services for heroin and prescription medication abuse concerns since 1999. We offer a variety of services to help people to make the changes necessary to beat their drug addiction. The emphasis of our recovery program is based on two primary themes; empowerment and improving quality of life. We have a talented group of staff members with expertise in recovery from opioid addictions.

Verified: 06/12/2023

Support Groups

Our Center

1745 South Wells Ave.

Reno, Nevada 89502

775-624-3720

<https://ourcenterreno.org/>

Please check Our Centers monthly calendar for updates on all events/groups

Verified: 06/12/2023

Northern Nevada Intergroup of Alcoholics Anonymous

775-355-1151

Verified: 06/12/2023

Spectrum Northern Nevada

PO Box 336

Reno, NV 89504

info@spectrumnv.org

<http://www.spectrumnv.org/>

Our Mission is to create safe and accepting social networks and events for members of the Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) community and their advocates in Northern Nevada. We encourage acceptance and communication between the LGBTQ family, its advocates and our local communities through diversity education, community service and providing social opportunities that help to break down cultural barriers and promote human equality. We hope to inspire our members to be comfortable sharing life's experiences and being themselves.

Verified: 06/12/2023

Trans in Northern Nevada-Spectrum

Francesca Continolo

(775) 389-8476

<https://www.facebook.com/groups/431426436928158/>

Meetings are on the first Friday of every month at 6:30PM

Verified: 06/12/2023

Free Mom Hugs-Nevada

Free Mom Hugs is a group of affirming parents and allies who love their LGBTQ+ kids unconditionally and take hugs of love and acceptance to others. Beyond the Hug, we provide emergency assistance to LGBTQ+ community members in need, help with legal name changes, support at same-sex weddings, notes of encouragement, and more. We are dedicated to educating families, church and civic leaders, and not only affirming the value of the LGBTQ+ community, but celebrating it.

<https://www.facebook.com/FreeMomHugsNevada>

Verified: 06/12/2023

The Solace Tree

(775) 324-7723

Provides grief support for children, teens, and adults. Services include: Peer support groups, Cancer support groups, Spanish language services, Grief workshops, Lending library, and child and infant loss resource center.

Verified: 06/12/2023

Nami Nevada

(703) 336-3090

Nami is the National Alliance on Mental Health and provides Mental Health Support Groups

Verified: 06/12/2023

Reno Cancer Foundation

(775) 329-1970

Provides support to former and current cancer patients.

Verified: 06/12/2023

Hearts Companion Pet Memorial Center

775-323-7387

An Open Free Support Group for those who have Lost a Pet.

Verified: 06/13/2023

Compassionate Friends

775-750-7005

Parent and Sibling Grief Support for Families who have Lost a Child (of any age). Monthly Meetings.

Verified: 06/13/2023

Q Chat Space

<https://www.qchatspace.org/>

Scheduled Support Chat Groups for teens ages 13-19. Monitored for safety and run by trained individuals.

Verified: 06/13/2023

CheckIn

<https://checkin.cc/>

8 Minute Peer Support chats to combat loneliness and isolation in the queer community.

Verified: 06/13/2023

LGBTQ+ Bars

5 Star

132 West St, Reno, NV 89505

(775) 499-5655

5 Star offers a safe environment for people to be themselves without fear of persecution. Friendly bartenders offer happy hour from 5pm-9pm Monday through Friday with \$3 well cocktails and \$3 domestic draft. On Friday and Saturday 5 Star transforms into a hot dance club featuring Reno's top DJ's, amazing drinks, and a full dance floor with a stage, cage, and dancer poles. Karaoke every Wednesday and Thursday.

Strictly 21+.

Verified: 06/13/2023

Carl's- the Saloon

3310 S. Virginia St - Reno NV, 89502

(775) 829 0099

info@carlsthosaloon.com

Welcome to Carl's The Saloon, Reno's Oldest Gayborhood Bar. We are located on S. Virginia Street near Midtown Reno between The Peppermill and The Atlantis. We pride ourselves on being the friendly "Gayborhood Bar" where ALL are Welcome! Grab your posse and come on down to the Saloon to enjoy; a game of pool, great drinks, weekend live music with a DJ, and Great Patio Seating

Verified: 06/13/2023

Legal Services/Advocacy

Silver State Equality

4780 West Ann Road #5357
North Las Vegas, NV 89031
(702) 755-6288

Verified: 06/13/2023

Human Rights Campaign

The Human Rights Campaign represents a force of more than 3 million members and supporters nationwide. As the largest national lesbian, gay, bisexual, transgender and queer civil rights organization, HRC envisions a world where LGBTQ people are ensured of their basic equal rights, and can be open, honest and safe at home, at work and in the community.

Verified: 06/13/2023

Northern Nevada Legal Aid

(775) 329-2727

intakeuser@washoelegalservices.org

We believe everyone should have access to justice, income security, adequate housing, quality education, healthcare, protection from violence, and the opportunity to improve their lives. We offer free and low-cost services in civil cases to individuals and families who cannot afford to hire an attorney.

Verified: 06/13/2023

American Civil Liberties Union of Nevada (ACLU)

(702) 366-1226

media@aclunv.org

The ACLU of Nevada is a non-partisan organization that works to defend and advance the civil liberties and civil rights of all Nevadans.

Verified: 06/13/2023

Nevada Legacy Law

(775) 720-1181

Estate planning attorney

Verified: 06/13/2023

Kaitlyn Miller Law

(775) 276-1459

Family and Divorce Attorney

Verified: 06/13/2023

PLAN

(775) 800-1851

info@planevada.org

The Progressive Leadership Alliance of Nevada (PLAN) was founded in 1994 to bring together diverse and potentially competing organizations into one cohesive force for social and environmental justice in Nevada.

Verified: 06/13/2023

Washoe County District Attorney

775-328-3200

Family Support Division

775-789-7100

Juvenile Division

775-328-3403

Verified: 06/13/2023

Transgender Resources

National Center for Transgender Equality

<https://transequality.org>

The National Center for Transgender Equality advocates to change policies and society to increase understanding and acceptance of transgender people. In the nation's capital and throughout the country, NCTE works to replace disrespect, discrimination, and violence with empathy, opportunity, and justice.

<https://www.translifeline.org/>

Verified: 06/13/2023

Our Center

1745 South Wells Ave.

Reno, Nevada 89502

775-624-3720

<https://ourcenterreno.org/>

Please check Our Centers monthly calendar for updates on all events/groups

Verified: 06/13/2023

TRACE

Download in the app store, works for Apple and Android devices.

Trans resources and community app. Transition tracking and community support. Provides resources for Ally's to learn about the trans community and help out.

Verified: 06/13/2023

Trevor Project

<https://www.thetrevorproject.org/>

24/7 crisis help from trained counselors

Verified: 06/13/2023

Disabilities

Nevada Center for Excellence in Disabilities

775-784-4921

UNR's center for excellence in disabilities, positive behavior support, and development and behavioral disabilities. For all ages

Verified: 06/13/2023

Northern Nevada Center for Independent Living

775-353-3599

Support Services, Advocacy, Information and Referrals, Peer Support, and Skills Training for All Ages with Disabilities.

Verified: 06/13/2023

Veterans Resources

Veterans Resource Center

419 W Plumb Ln, Reno, NV 89509

(775) 432-6012

We are a community-based nonprofit focused on the overall wellness and reintegration of military veterans from all eras. Founded in 1972 by a group of Vietnam veterans, we have 14 resource centers embedded in local communities across California, Arizona, and Nevada. With a primary focus on housing assistance, behavioral health treatment, and case management, we take a holistic approach to addressing the individual needs of each veteran.

Verified: 06/13/2023

Capitol Hill VA Clinic

350 Capitol Hill, Reno NV

(775) 324-6600

Health Care for Homeless Veterans (HCHV) provides outreach and case management services to veterans who are homeless, or at risk of becoming homeless. Services include drop ins for laundry and showers, medical care, Veterans Justice Outreach Program, outpatient and residential case management, transitional and permanent housing through HUD-VASH, substance abuse treatment, mental health treatment, and assistance with residential issues.

Verified: 06/13/2023

National Veterans Homeless Call Center

877.424.3838

Verified: 06/13/2023

Veterans Crisis Line

Dial 988 Then Press 1

Verified: 06/13/2023

Vet Center Readjustment Counseling

775-323-1294

Counseling and Homeless Assistance. Must meet requirements.

Verified: 06/13/2023

Veteran Development Group Inc.

(775) 432-0577

Assists Veterans in job finding by helping with resumes, submitting to employers, and finding and submitting to hiring agencies.

Verified: 06/13/2023

Reno VA

888-838-6256

Inpatient and Outpatient Medical Services for Veterans.

Verified: 06/13/2023

Youth Services

Eddy House

888 Willow St. Reno, NV

775-384-1129

info@eddyhouse.org

We are a walk-in center in downtown Reno for homeless, runaway, foster and other at-risk youth between the ages of 18 and 24. Open Monday – Friday, from 10am – 5pm. Youth visitors can access “care and comfort services” including showers, laundry vouchers, snacks, clothing, free wi-fi, cell phone charging, a tech lab and the Chill Zone – a safe space to spend time off the streets.

Verified: 06/13/2023

Childrens Cabinet (Central Reno)

777 Sinclair St

(775) 352-8090

Youth Programs includes information about programs for runaway and homeless youth, foster care youth, suicide, drug and alcohol and gang prevention and intervention, youth leadership and the programs Safe Place and the Wolverines.

Verified: 06/13/2023

Nevada Youth Empowerment Project

1369 Faland Way, Reno, NV. 89503

info@nyep.org

775.747.2073

Nevada Youth Empowerment Project (NYEP) was founded in 2007 to develop, implement and evaluate programming targeting homeless, aged-out, unprepared, parent less youth (ages 18-24), intended to produce the outcomes desired for older youth and emerging adults; high school graduation, employment, college education, independent housing, good citizenry, and avoidance of welfare.

Verified: 06/13/2023

National Runaway Switchboard

1-800-786-2929

National Call-Line for runaway youth. Provides resources and help for runaways and abused youth.

Verified: 06/13/2023

Children of the Night

1-800-551-1300

Help and Intervention for sexually exploited and prostituted children.

Verified: 06/13/2023

Sierra Nevada Job Corps

775-789-1000

Comprehensive Residential, Educational, and Job-training for at-risk youth ages 16-24

Verified: 06/13/2023

Q Chat Space

<https://www.qchatspace.org/>

Scheduled Support Chat Groups for teens ages 13-19. Monitored for safety and run by trained individuals.

Verified: 06/13/2023

TrevorSpace

<https://www.thetrevorproject.org/visit-trevorspace/>

Community and support for LGBTQ+ youth. Monitored by trained counselors.

Verified: 05/15/2023

Chill Foundation

<https://www.chill.org/location/united-states/reno-tahoe/>

halleb@chill.org

Boardsports Programs for youth

Verified: 06/13/2023

Project 150 Reno

1340 Foster Dr.

(775) 203-4755

Provides basic needs to homeless, displaced, and disadvantaged highschool students.

Verified: 06/13/2023

Senior Services

Washoe County Senior Services 1155 E 9th St. 775-328-2575	Verified: 06/13/2023
AARP Jobs for Seniors 855-850-2525 Helps Low-Income and Unemployed Individuals ages 55+ Find Work.	Verified: 06/13/2023
Aging and Disability Services 775-687-0800 Services from Nevada Government.	Verified: 06/13/2023
Senior Helpers 775-234-8039 Home Health Care for Seniors	Verified: 06/13/2023

Housing

Low Income

Reno Housing Authority 775-329-3630 Housing Assistance for moderate to low income families.	Verified: 06/13/2023
Carville Park Apartments 775-323-7443 For Single Residents Only. Quad Living Units. Rent Based on Income	Verified: 06/13/2023
Community Gardens Apartments 775-358-5907 1, 2, and 3 Bedrooms Must have 2+ Tenants. Rent Based on Income.	Verified: 06/13/2023
John Butterworth Estates 1-800-466-7722 1 & 2 Bedrooms Apartments for Physically Disabled or TBI. Rent Based on Income.	

Verified: 06/13/2023	
Pinewood Terrace Apartments 270-277-1345 2 & 3 Bedroom Apartments. Rent Based on Income.	Verified: 06/13/2023
Sierra Manor - VOA 775-331-4166 For Ages 62+. Rent Based on Income.	Verified: 06/13/2023
Washoe Mill Apartments 775-323-4299 For Elderly and Disabled. Waitlist of about 2-3 Months. Rent Based on Income.	Verified: 06/13/2023

Realtors

National Association of Gay & Lesbian Real Estate Professionals naglrep.com LGBT friendly services for insurance, real estate agents, lenders, inspectors, attorneys, financial advisors	Verified: 06/13/2023
Cheyanne Cross Cheyannecross.exprealty.com cheyanne.cross@exprealty.com (775) 737-6446	Verified: 07/10/2023
Tony Giannotti (775)258-2841 LGBTQ friendly realtor.	Verified: 06/13/2023
Micheal https://www.gayrealestate.com/usa/nevada/contact-reno-gay-realtor-15722.html ^ Contact Form Above	Verified: 06/13/2023
David Graham https://www.gayrealestate.com/usa/nevada/contact-reno-gay-realtor-david_graham.html ^ Contact Form Above	Verified: 06/13/2023

Food Pantries

Boys and Girls Club 775-331-5437 By Appointment Only.	Verified: 06/13/2023
St. Vincent's Food Pantry 500 E 4th St. 775-786-5266	Verified: 06/13/2023
Our Center 1745 S Wells Ave. 775-624-3720 Free walk-in Food Pantry	Verified: 06/13/2023
The Salvation Army 1931 Sutro St. 775-688-4555	Verified: 06/13/2023
NN Food Bank - Kids Cafe 775-331-3663 Provides Free Dinners for Children ages 1-18 years Throughout the School Year.	Verified: 06/13/2023
Meals On Wheels 1155 E 9th St. 775-328-2575 Located out of WC Senior Services	Verified: 06/13/2023

Preschools/Childcare

The Child Garden at South Meadows

455 Hill St
Reno, NV 89501
(775) 322-3471

The Child Garden @ South Meadows is designed to provide a safe environment and a well-rounded program for children 6 weeks through 5 years old (Pre-K).

Verified: 05/15/2023

Milestones

6870 S. McCarran Blvd.
Reno, NV 89509
Phone: (775) 770-2269
info@milestonesreno.com

Milestones is a family oriented preschool and childcare program, providing the highest quality education at every developmental level. We create success and motivate children to achieve in a positive culture. We believe that children learn through their environment, where self-confidence blossoms through exploration and achievement.

Verified: 05/15/2023

The Goddard School

The Goddard School uses the most current, academically endorsed methods to ensure that children have fun while learning the skills they need for long-term success in school and in life.

Northwest Location

455 Somerset Pkwy, Reno, NV 89523
(775) 787-1070

South Reno Location

8650 Technology Way, Reno, NV 89521
(775) 853-0511

Sparks Location

751 Los Altos Pkwy, Sparks, NV 89436
(775) 626-5678

Verified: 05/15/2023

Purple Door Preschool

775-384-2562
80 Continental Dr
info@purpledoorpreschool.com

Purple Door Preschool is located in Wingfield Springs in Sparks, Nevada. Purple Door offers a true preschool experience for students 33 months to six years old. Purple Door Preschool is a unique and truly play-based school which offers full and half day classes. In small groups of eleven, children will rotate through the entire school with two teachers and their classmates while utilizing, exploring and learning in spaces unlike any other preschool in our area!

Verified: 05/15/2023

E.L. Cord Foundation Child Care

7000 Dandini Blvd, Reno, NV 89512

(775) 674-7515

We believe in the development of the whole child. Our curriculum is designed to focus on the creative, emotional, intellectual, physical, and social growth of each individual. The purpose of our approach is to foster competency in the young child. While the emphasis is on children, family involvement is encouraged and supported.

Verified: 05/15/2023

Jovie of Reno

527 Lander St

(775) 420-5475

Jovie of Reno is proud to be building stronger families in Reno and surrounding communities. Locally owned and operated, we are part of your community, here to serve your family. Whether your family needs the quality care that comes from one of our role model nannies or the one-on-one attention from one of our College Tutors, we are committed to helping you build a stronger family. Please call or stop in today to schedule a personal family consultation.

Verified: 05/15/2023

Children's Cabinet

775-856-6200

Parenting Classes, Tutoring, Counseling, and Childcare.

Verified: 05/15/2023

Early Headstart Program

775-432-2090

Early Education for Children ages 0-3 years at no cost.

Verified: 05/15/2023

Washoe County Child Care Services

775-337-4470

Maintained and Licensed Child Care Facilities, Foster Care, and Adoption Services.

Verified: 05/15/2023

Washoe High School - Cyesis Program

775-825-7395

Program for Pregnant and Parenting Teens. Provides Parenting Classes, Child Learning lab, and Child care for ages 2 weeks to 1 year while parents are in school.

Verified: 05/15/2023

Boys and Girls Club

775-331-5437

After School Care and Activities. For ages 6-18 years.

Verified: 05/15/2023

Arts/Culture

Theatre Works of Northern Nevada (TWNN)

(775) 284-0789

TheatreWorks.NV@gmail.com

PO Box 50603, Sparks, NV 89435

Our Mission is to provide youth and the underserved in our community with quality Performing Arts opportunities and education. TWNN prides itself on being a teaching theater where children and adults work hand in hand in a learning environment. By offering a diverse show selection both in actors and audiences, we aim to create an environment where all people can enjoy the arts.

Verified: 05/15/2023

The Holland Project

info@hollandreno.org

775.448.6500

The Holland Project is an all-ages arts and music initiative by young people, for young people, in the Truckee Meadows. Holland Project's aim is four-pronged: 1.) art access; 2.) music access; 3.) diverse workshop & skill-building opportunities; and 4.) community engagement & collaboration. Holland is non-profit, volunteer-driven organization that produces more than 250 all-ages events annually in the Reno area.

Verified: 05/15/2023

Bruka Theatre

99 N Virginia St, Reno, NV 89501

(775) 323-3221

Brüka Theatre is a performance art space located on the main strip in the Biggest Little City, Reno, NV. Founded in 1992. Classic, contemporary, musical, original and Theatre for Children.

Verified: 05/15/2023

Nevada Museum of Art

160 West Liberty St.

775-329-3333

Verified: 05/15/2023

Pioneer Center

100 S Virginia St, Reno, NV 89501

(775) 686-6610

Verified: 05/15/2023

Adult Education

University of Nevada Continuing Education Building

1664 N Virginia St, Reno, NV 89512
(775) 784-4636

Verified: 05/15/2023

QSU (Queer Student Union)

QSU is one of the largest and the longest standing active LGBTQIA organization in Northern Nevada. Our organization is composed of students and non-student youth, both gay and straight, from across the Northern Nevada Community.

Verified: 05/15/2023

UNR Center for Cultural Diversity

The Center provides a multitude of opportunities for student involvement, support, networking and social interaction. Open door policy- stop by to say “hi” on the third floor of the Joe Crowley Student Union.

Verified: 05/15/2023

Truckee Meadows Community College (TMCC)

7000 Dandini Blvd, Reno, NV 89512
(775) 673-7111

(TMCC) Queer Student Club

Contact Yvonne Allen for more info

yallen@tmcc.edu

Verified: 05/15/2023

Northern Nevada Literacy Council (NNLC)

1400 Wedekind Rd, Reno, NV 89512
(775) 356-1007

Verified: 05/15/2023

Pet Resources

Emergency

Pets of the Homeless Located in Carson 775-841-7463 Can provide pet food and emergency veterinary services	Verified: 05/15/2023
Pet Network - Humane Society 775-832-4404 Provides vet care as well as a pet food pantry	Verified: 05/15/2023
Washoe County Animal Control Will board pets of hospitalized Veterans for up to 5 days Provides low cost spay and neuter programs	Verified: 05/15/2023
National Veterans Service Fund www.NVSF.org Can provide a ONE TIME grant to Veterans in need and who cannot afford to pay for veterinary care. Veterans must have at least 12 months active duty and have a copy of their DD214.	Verified: 05/15/2023
Animal Emergency Center 775-851-3600 Emergency Vet providing specialty services	Verified: 05/15/2023
Blue Pearl Pet Hospital 775-358-8555 Emergency Vet	Verified: 05/15/2023

Veterinary

Nevada Humane Society 775-856-2000 Has two veterinary clinics. Provides services for pets of the homeless.	Verified: 05/15/2023
SPCA 775-324-7773 Provides veterinary services	

Verified: 05/15/2023	
Options Vet Clinic 775-449-3700 Provides veterinary services with payment plan options	Verified: 05/15/2023
Pet Station 775-507-4500 Provides a vet and vaccine clinic every two weeks, no appointment needed.	Verified: 05/15/2023
Tractor Supply 775-356-3595 Provides a vet and vaccine clinic every two weeks, no appointment needed	Verified: 05/15/2023
VCA Feline Medical Center 775-829-0969 Vet Care and Boarding for Cats	Verified: 05/15/2023
A Plus Animal Hospital 775-852-4300 Vet and Boarding for all animals	Verified: 05/15/2023
Klaich Animal Hospital 775-826-1212 Vet and Boarding for all animals	Verified: 05/15/2023

Boarding

Charlie's Place - dogs only 775-236-0251 Provides Grooming, Boarding, and Daycare	Verified: 05/15/2023
Pet Playhouse - dogs only 775-324-0202 Provides Boarding and Daycare.	Verified: 05/15/2023
On Command 2 (Reno) - dogs only 775-825-3647 On Command (Sparks) - dogs only 775-825-3647 Provides Boarding, Training, Grooming, and Daycare	Verified: 05/15/2023
The Bark House - dogs only 775-359-2275 Family owned Boarding and Daycare for Dogs.	Verified: 05/15/2023

Fantasia - dogs only

775-322-1199

Boarding, Daycare, and Grooming

Verified: 05/15/2023

VCA Feline Medical Center - cats only

775-829-0969

Vet care and Boarding for Cats

Verified: 05/15/2023

Cozy Cattery - cats only

775-324-7387

Boarding Resort and Grooming Spa for Cats

Verified: 05/15/2023

Advanced Pet Care - Dogs and Cats

775-321-5300

Vet, Daycare, and Boarding

Verified: 05/15/2023

A Plus Animal Hospital - Dogs, Cats, Exotics

775-852-4300

Vet and Boarding

Verified: 05/15/2023

LGBTQ+ Friendly Barbers

Kindred Hair Space

775-573-0977

Registered with Strands for Trans
Eco-friendly non-judgemental salon for all.

Verified: 05/15/2023

Outsiders Hair Studio

775-323-1548

Registered with Strands for Trans
Non-judgmental and Alternative hair salon

Verified: 05/15/2023

Carleen Sanchez

Text 775-721-2969

Registered with Strands for Trans
Stylist for those with naturally curly hair

Verified: 05/15/2023

Milan Student Salon

775-393-1708

Registered with Strands for Trans
Welcoming salon run by Milan students

Verified: 05/15/2023

Wildflower Curls

775-657-1451

Registered with Strands for Trans
Independent stylist specialized in naturally curly hair

Verified: 05/15/2023

Siren Salon and Spa

775-453-3618

Registered with Strad for Trans
Provides Color Correction, Fashion Color, Blondes, Extensions, Japanese Straightening, Curly Hair, Fine Hair, Coarse Hair, Adult and Kids Hair, Nails, Permanent Makeup, Microblading, and More.

Verified: 05/15/2023

Beauty By Chloe Camille

916-396-4775

Registered with Strands for Trans
Specializes in Hair Coloring, Cutting, and Extensions.

Verified: 05/15/2023

An Epic Salon

775-342-5052

Registered with Strands for Trans
A safe haven salon for cuts, color, extensions, balayage, and highlights.

Verified: 05/15/2023

Hormones

Plume

www.Getplume.co

Gender Affirming care and Hormones

Verified: 05/15/2023

Northern Nevada Hopes

580 West 5th Street Reno, NV

(775) 786-4673.

Website: www.nnhopes.org/

Our regular hours of operation are Monday – Friday from 8am – 5pm.

Extended hours are Monday – Thursday from 5pm – 7pm

At HOPES, we welcome all members of the Lesbian, Gay, Bisexual, Transgender, and Queer community. We support the LGBTQ+ community by providing culturally competent healthcare, social services, and community outreach and education. Together, we can create a strong, cohesive LGBTQ+ network that connects people, solves problems, and builds a healthier Reno community.

Available resources:

Harm reduction, Teen health, Trans health, LGBTQ health/support groups, Medicated Assisted Treatment (MAT), and Housed and Healthy

Verified: 05/15/2023

Bill Assistance

Energy Assistance Referrals

1-800-992-0900

Assistance with Energy Bills for Low Income families.

Verified: 05/15/2023

Family Resources

Family Ties

775-823-9500

Connections for families with disabilities/special needs of all ages.

Verified: 05/15/2023

Baby's Bounty Diaper Bank

775-298-9976

1410 Greg St

Drive-thru Diaper Bank

Verified: 05/15/2023

Central Reno Family Resource Center

775-204-1408

Assesses the needs of families with children and/or seniors.

Verified: 05/15/2023

Child Find

775-327-0685

Washoe County School District. Evaluation for children under 3 years of age with known or suspected developmental or physical disabilities.

Verified: 05/15/2023

Washoe County Family Planning Clinic

775-328-2400

Family clinic

Verified: 05/15/2023

NAMI (National Alliance on Mental Illness)

775-470-5599

A Free 12-Session Educational Program for Family Members, Significant Others, Care-Givers, and Friends of People Living with Mental Illness.

Verified: 05/15/2023

Hispanic Resources

NNLC

775-356-1007

Provides adult education including English second language classes.

Verified: [05/15/2023](#)

Servicios Hispanos Nacionales

775-470-8181

Verified: [05/15/2023](#)

Homeless Resources

NYEP (Nevada Youth Empowerment Project)

775-747-2073

Housing Program for individuals aged 18-25.

Verified: [05/15/2023](#)

Eddy House

775-384-1129

Drop-in sleep center and Community living program for youth aged 18-24.

Verified: [05/15/2023](#)

Restart Homeless Service Center

775-324-5166

Services for Homeless individuals and families, crisis intervention, housing, jobs, and mental health.

Verified: [05/15/2023](#)

VOA Men's Shelter

775-329-4141

Open 24 hours 7 days a week. Provides Emergency Shelter and an evening meal for up to 30 days. For men seeking work and/or other assistance.

Verified: [05/15/2023](#)

Clothing

Good Shepherd Clothing Closet

775-348-0605

Must have a referral from a social or medical agent.

Verified: 05/15/2023

Good Will

775-331-3760

Thrift Store

Verified: 05/15/2023

Savers

775-284-4350

Thrift Store

Verified: 05/15/2023

Salvation Army

775-688-4555

Thrift Store

Verified: 05/15/2023

Jobs

775-284-9520
Resource Center for Job Placement

Verified: 05/15/2023

People Ready

775-827-2010

Temporary Employment. No fee, Daily Payment. Ages 18 and over.

Verified: 05/15/2023

Northern Nevada Literacy Council

775-356-1007

Skills Training and Job Prep.

Verified: 05/15/2023

Sierra Nevada Job Corps

775-789-1000

Comprehensive Residential, Educational, and Job-training for at-risk youth ages 16-24

Verified: 05/15/2023