



RISE WELLNESS

Suicide Prevention & Mental Wellness Center

Rise Wellness is the first suicide prevention, postvention and mental wellness center in Northern Nevada. We are dedicated to serving those who suffer from mental despair & suicidality as well as loved ones whose lives are impacted by suicide.



The Survivors of Suicide Attempts (SOSA) Support Group

During our eight-week support group program, our clinicians and peer support specialists help suicide attempt survivors heal their past experiences and garner life-affirming support.



Mental Wellness

Our therapists treat an array of mental health struggles, including those related to mood, anxiety, life transitions, grief, trauma, depression, and relationships.

Suicide Prevention/Postvention Therapy for Individuals

Individuals suffering from these challenges may or may not have pre-existing mental health conditions; regardless, through thoughtful treatment based on the most advanced research, we nurture and empower individuals suffering from mental despair, suicidal thoughts, urges, or past attempts and past suicide attempts to fully embrace life.



Suicide Healing for Families

We work with family members who have either lost a loved one or supporting them during a loved one's recovery, processing their emotions, and finding healing.



Live Joyfully

Rise is dedicated to preventing suicide and supporting the mental wellness of our community. Through individual treatment and support groups, we help individuals and their families heal from suicidal thoughts, behaviors, and completions, as well as other mental health struggles.

Prevention-Driven. Hope-Inspired. Human-Centered.

Our Prevention and Postvention Philosophy

We take suicide seriously, but the issue does not intimidate us. You are welcome to disclose your suicidal thoughts or past attempts without fear of judgment or overreaction from us. We will provide you with a safe, supportive environment for you to process your pain, reframe your thoughts, and find peace.

The Rise Peer Support Specialists

Rise's peer support specialists are immersed in our attempt survivor support groups. Having attempted suicide and found healing, they understand the struggles you're facing. Through their growth and guidance, you will be inspired to reclaim your life.

Life Is Meant To Be Lived

Suicide is the tenth leading cause of death, with over 48,000 Americans falling victim to suicide every year. Whether you are struggling with issues stemming from suicide, have been forever touched by a suicide completion, or would like to improve your overall mental wellness — Rise welcomes you to our healing community.

We'll Help You Find Your Happy

Rise Wellness specializes in working with youth, adolescents and adults:

- Individuals struggling with anxiety, depression, and mood disorders
- Individuals struggling with suicidal thoughts, urges, and behaviors
- Survivors of suicide attempts
- Family members supporting their loved one's suicide recovery
- Individuals forever touched by a loved one's suicide
- Youths, adolescents, and schools through educational community programs and mental health awareness events

Heal Today, Live For Tomorrow



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