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(702) 363-6429**

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**Helping You Live The Life You Deserve**



### ***Hello from Dr A***

One of the best parts of my career is hearing back from so many former patients who give me updates, ask questions, and fill me in on their continued progress or struggles.

Many of you have asked for a way to keep in better touch and here it is!

I'll be sending regular newsletters, links to articles of interest, factoids, and current developments in the fields of Anxiety and Depression. Hope you enjoy!

**About Dr. Anderson**

## ***Staying Sane while Sheltering at Home***

### **25 Real-World Coping Skills**

Many patients are having difficulties coping with staying at home and sheltering in place. While they understand the need for it, it creates a huge disruption in their normal routine, and many are calling me for advice on significant increases in Anxiety symptoms as a result.



Click the link below to forward to a document that provides 25 practical, real-world coping skills that you can use to stay "sane" in these stressful times. Originally written by a colleague in NY, I have tweaked it to be more relevant to Anxiety and Depression sufferers. Hope it helps.

[25 Real-World Coping Skills](#)



## About NVCBT

Since 2005, NVCBT has stood as a beacon of hope for individuals suffering the debilitating effects of anxiety and mood disorders. These disorders are highly treatable using cognitive-behavioral therapy. CBT is the most highly effective therapeutic approach to treating mood and anxiety struggles. In our individual treatments, we utilize specialized CBT treatment methods that are tailored for your particular disorder.

Never give up! Effective treatment and help exists.



[View Our Website](#)

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