# RESOURCES

### Disability Resources



### ACCEL

www.accel.org | 480.755.9379

Services: provides disabilities including a school for children with disabilities; vocational training; physical, occupational, speech, vision, recreation, dance and movement, and music therapies; personal care and independent living skills training; and psychological and behavioral services.

#### **Arizona Developmental Disabilities Planning Council**

https://addpc.az.gov/ | 877.665.3176

Services: information accessibility, advocates for interests and needs of those with developmental disabilities in underserved

#### **ASDB Desert Valley Regional Cooperative**

https://asdb.az.gov/cooperatives/ | 602.771.5347 Services: provide educational support services for children with deaf, hard of hearing, or visually impaired.

#### Raising Special Kids

https://raisingspecialkids.org/ | 800.237.3007 Services: provides training, resources, training and support for families of children with special healthcare needs and disabilities.



# Youth Counseling Resources

#### A New Leaf Community Services

www.turnanewleaf.org | 833.431.4449

Services: provides behavioral health/counseling to low income children and families within Mercy Maricopa Integrated Care.

#### Arizona Youth & family Services, Inc.

www.azyfs.org | 602.277.4833

Services: provides health services and counseling for children 17 and under.

#### **Black Family and Child Services**

www.bfcsfamily.org | 602.243.1773

Services: provides behavioral health services and counseling to youth ages 3-17 and substance abuse counseling for adults 18-65.

#### **Chandler CARE Center**

https://www.cusd80.com/Page/1002 | 480.812.7900 Services: provides access to healthcare, counseling & social services for district students/families.

# For Students, Parents & Communities

### Mental Health Resources

#### **Child Crisis Arizona**

https://childcrisisaz.org/ | 480.834.9424

Services: expectant parent education, parenting workshops and skills classes, child development classes, anger management for parents and children, play groups, parent support groups.

#### **Evolve Teen Dual Diagnosis Treatment**

https://evolvetreatment.com/ | 1.866.570.0856

Services: provides kids 12-17 with counseling and care for those with mental health, addiction, and/or behavioral health needs.

#### **Highland Springs Specialty Clinic**

www.psvchologytodav.com (search name) | 480.750.7622 Services: individuals and families programs including depression, PTSD, anxiety, marriage, couples, family counseling, addiction services, and many more.

#### Horizon Health and Wellness

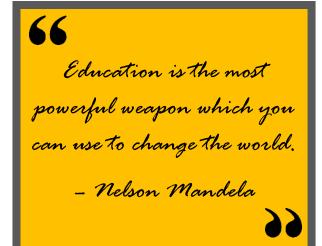
www.hhwaz.org/ | 480.987.7643

Services: counseling for youth, adults, couples, and families.

#### **Southwest Behavior & Health Services**

http://www.sbhservices.org/| 602.351.6960

Services: outpatient mental health and psychiatric treatment/services and more.



## LGBTQ Resources

### **Big Brothers Big Sisters of Central Arizona**

https://www.bbbsaz.org/lgbtg/ | Awareness / Informational

#### It Gets better Project

https://itgetsbetter.org/ | Awareness / Informational

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#### oneeneten

www.onenten.org | 602.400.2601 x 2 |

Services: provide supportive community, programs, and education to help teens heal, learn and confidently live out their identity.

#### **PFLAG Phoenix**

www.pflagphoenix.org | 602.843.1404

Services: Services: provide supportive community that support, educate & advocate for diversity and equality.

https://www.thetrevorproject.org/ | 1.866.488.7386 (24/7) Services: provides 24-hour confidential phone intervention for AZ teens & peer counseling for LGBTQ (25 & younger) community.

can't concentrate talking about death behaving recklessly extreme mood swings feelings of "falling apart" increased use of drugs or alcohol feeling like there's no reason to live changes is sleeping/eating habits weeks feeling depressed/hopeles: giving away favorite things self-isolation

# these **WARNING SIGNS** may mean a teen is at risk of suicide.

If you or someone you know is at risk, call 602-248-8336.



### Suicide Prevention Resources

### Arizona Suicide Prevention Coalition / **EMPACT Suicide Prevention Center - Tempe**

https://www.azspc.org/l http://lafrontera-empact.org/ Info 480.784.1514 | Crisis 480.784.1500 (24/7)

#### Teen Lifeline, Inc.

https://teenlifeline.org | 1.800.248.8336 (24/7)

Services: provides 24-hour confidential phone intervention for AZ teens and peer counseling.

#### The Trevor Project (LGBTQ)

https://www.thetrevorproject.org/ | 1.866.488.7386 (24/7) Services: provides 24-hour confidential phone intervention for AZ teens & peer counseling for LGBTQ (25 & younger) community.







