



# CUSD C.A.R.E.S.

## Community Wellness Page



### I SEE YOU, I HEAR YOU, YOU MATTER

- When someone is upset, it is helpful to listen and validate how they are feeling.
  - It sounds as though you're feeling...
  - What I hear you saying is...
  - I'm sorry that you are feeling hurt.
  - I can see how you would feel that way.
  - How can I support you?
  - It is not your job to solve the problem, but being a non-judgmental support is invaluable.
- Remember - Just as you seek treatment for physical health, mental health is important to seek treatment for too.

### self-care



### WORRY VS. ANXIETY

- Sometimes worry and anxiety are used interchangeably BUT they mean two different things.
- Worry is temporary. Anxiety is longstanding.
- Worry is very specific. Anxiety is more generalized. We might worry about getting to the airport on time, but feel anxious about traveling.
- Worry may occupy our minds, but anxiety impacts the brain and body.
- Worry doesn't impair functioning, but anxiety does.
- Worry often triggers problem solving, but anxiety does not.
- We all experience worry at times, but anxiety is more serious and sometimes requires mental health support to overcome.
- For more information go to: National Institute of Mental Health (NIMH)

### OVERWHELMED? WHERE DO I START?

#### Does your employer have an Employee Assistance Program (EAP)?

Free, confidential counseling sessions may be available. For example, if you are employed by CUSD, the EAP provider is ComPsych.

#### Do you have insurance? Check your insurance's web page for in-network providers - AHCCCS and private insurance

Consider searching for counselors, therapists, LCSW, LPC, psychologists, etc

#### Need more options or want to see reviews?

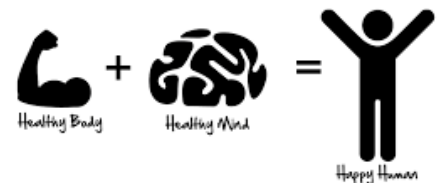
<https://www.psychologytoday.com/us>

This site allows you to search for providers, see reviews, and put in specific search criteria.

#### Don't have insurance?

Many non-profit agencies have available grants for free counseling OR sliding fee scales based on income and family size

#### Consider Telehealth/Virtual Options



### COMMUNITY CONTACTS

Maricopa Crisis Line

602-222-9444

Crisis Text Line

741-741

Suicide Prevention Life Line

800-273-8255

Substance Abuse and Mental Health Services

800-662-4357

Safe Domestic Violence Services -

Maricopa

480-890-3039

National Domestic Violence Hotline

800-799-7233 or Text LOVEIS to 22522

Family Housing Hub

602-595-8700

General Resource Line - 2-1-1