

# AZ Community Counseling

Mental Health Wellness is a priority for all of us. To that end we have compiled a list of information for guidance and support for our students, parents, and our community. The links and resources below are available to provide guidelines for you and your loved ones to get information and to embark on the next steps to get the support you need. These resources are not meant to take the place of a skilled mental health professional or anyone you as a family choose to reach out to for help. We are not recommending any specific recourse we are just listing them for reference. Our Staff Members are not qualified to recommend or give advice in these areas and we recommend seeking professional that are well trained and able to help. We have imported this list from a local district school.

## **Students/Family Members:**

The series of links may provide information on a number of items including grief and loss, making decisions that will keep you and your peers safe and also how to seek help for yourself and others. We have copied list from the local district school.

\*\*\*For links that do not open automatically, you will need to copy and paste in a browser for access.

[http://www.mentoring.org/downloads/mentoring\\_1120.pdf](http://www.mentoring.org/downloads/mentoring_1120.pdf)

<http://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx>

<http://www.victoriahospice.org/sites/default/files/imce/VicHospSuicide.pdf>

<http://www.helpguide.org/articles/depression/teen-depression-signs-help.htm>

<http://www.helpguide.org/articles/suicide-prevention/suicide-prevention-helping-someone-who-is-suicidal.htm>

<http://www.hhs.gov/ash/oah/adolescent-health-topics/healthy-relationships/>

<http://www.namiaz.com/page4/page2/index.html>

<http://www.verizon.com/about/responsibility/hopeline>

## **Coping skill and Resilience**

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1739>

## **Healthy relationships**

[http://www.loveisrespect.org/pdf/Healthy\\_Relationships.pdf](http://www.loveisrespect.org/pdf/Healthy_Relationships.pdf)

## **For Parents:**

Teen Mental Health: <http://teenmentalhealth.org/>  
ToolBox – Tabs with resources for Parents, Teens, Suicide, Mental Illness, Online access variety of tools, resources, ebooks, apps, and Book form. <http://notmykid.org/Parent Toolkit App>

### **\*Parent/Family Relationships**

Love and Logic Institute, Inc. - <http://www.loveandlogic.com>  
Domestic Violence - [Verizon Domestic Violence](#)

**Billy's Place** is a local charity which is a center of hope for grieving children and teens supporting families in the North West Valley. Our mission is to be a place that provides comfort and hope for a brighter tomorrow after a child has suffered a significant loss.

[http://kidshealth.org/teen/your\\_mind/relationships/healthy\\_relationship.html](http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html)

[http://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Facts\\_for\\_Families\\_Pages/When\\_To\\_Seek\\_Help\\_For\\_Your\\_Child\\_24.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/When_To_Seek_Help_For_Your_Child_24.aspx)

<http://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx>

<https://drive.google.com/folderview?id=0BxPXVrlfq-jvT3RkakFZeIzEUHc&usp=sharing>

### **Caring Community:**

<http://www.victoriahospice.org/sites/default/files/imce/VicHospSuicide.pdf>

[http://kidshealth.org/teen/your\\_mind/relationships/healthy\\_relationship.html](http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html)

<http://www.helpguide.org/articles/depression/teen-depression-signs-help.htm>

[http://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Facts\\_for\\_Families\\_Pages/When\\_To\\_Seek\\_Help\\_For\\_Your\\_Child\\_24.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/When_To_Seek_Help_For_Your_Child_24.aspx)

<http://www.helpguide.org/articles/suicide-prevention/suicide-prevention-helping-someone-who-is-suicidal.htm>

<http://www.hhs.gov/ash/oah/adolescent-health-topics/healthy-relationships/>

<http://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx>

<https://drive.google.com/folderview?id=0BxPXVrlfq-jvT3RkakFZeIzEUHc&usp=sharing>

A list of resources for Teen Dating Violence <http://www.teendvmonth.org/resources/> National Teen Dating Violence Help <http://loveisrespect.org>

Break the Cycle <http://breakthecycle.org>

Substance Abuse and Domestic Violence <http://www.rehabcenter.net/domestic-violence-and-substance-abuse/>

Alcohol Abuse, Drug Abuse, Prescription Drug Abuse - <https://www.onthewagon.org/national-rehab-centers>

Drug Dangers - <https://www.drugdangers.com/>

Safe and Happy Lives <http://www.ConsumerSafety.org>

National Rehab Centers - <https://www.onthewagon.org/national-rehab-centers/>