Guía De Recursos

ARIZONA

Esta lista se proporciona solo con fines informativos, para ayudar a las personas a tomar decisiones personales de forma independiente basadas en sus necesidades. La Diócesis de Phoenix no otorga, respalda ni recomienda a ningún proveedor en particular, ni la Diócesis hace ningún juicio sobre la calidad de la atención brindada por ningún proveedor. Las personas deben entrevistar a un proveedor, verificar sus referencias cuidadosamente, y realizar toda la debida diligencia necesaria antes de buscar atención de cualquier proveedor.

En una Emergencia o Crisis

For assistance in an emergency

Llamar al 911

Línea de Crisis llame o mande texto al 988

Línea nacional de prevención de suicidio

1-800-273-TALK (8255) (1 para veteranos, 2 para Español)

SUICIDE PREVENTION (Prevención del suicidio)

Boys Town National Hotline

Accredited by the American Association of Suicidology (AAS), Boys Town National Hotline is a 24/7 crisis, resource and referral number for KIDS and PARENTS. Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day. The speech- and hearing-impaired can contact us at our email address: hotline@boystown.org
800-448-3000
www.boystown.org/hotline/Pages/default.aspx

Central Arizona Crisis Line (Local)
(602) 222-9444
1-800-631-1314
1-800-327-9254 (TTY)

Crisis text Line
Text HOME to 741741

Empact Suicide Prevention Center
Crisis Hotline: (480) 784-1500
Maricopa County: 1 (866) 205-5229
www.empactsos.org

HelpMe
A mobile app powered by STOPit Solutions, aims to improve mental health and suicide prevention efforts in your school community and can provide you with more effective support and resources for the mental health and wellness of your K-12 students. It includes a crisis text line staffed by volunteers, trained by professional crisis intervention professionals.

IM ALIVE
College students in crisis can chat online with volunteers certified in crisis intervention, and colleges can host on-campus events to raise awareness of mental health and suicide prevention.
https://www.imalive.org/how-we-help/college-campus/

Northern Arizona Crisis Line
1-877-756-4090

Suicide Crisis Hotline
DIAL 988
24-hour National Suicide Crisis Hotline
Call 1-800-SUICIDE
https://988lifeline.org/

Suicide Prevention Campaign Toolkit
The American Association of Pediatrics offers factsheets, infographics, videos, and other materials for parents, schools, clinicians, and the community.

Teen Lifeline (Peer Counseling 3pm-9pm daily)
Call 24/7/365 or Text 12-9pm
(602) 248-TEEN
(1-800) 248-TEE
## VIOLENCIA DOMESTICA, ABUSO, Y RECURSOS DE ABUSO SEXUAL

<table>
<thead>
<tr>
<th>Línea nacional de ayuda de abuso de menores</th>
<th>Línea Nacional de Ayuda de Abuso Sexual</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-800-4-A-CHILD (1-800-422-4453)</td>
<td>1-800-656-HOPE (4673)</td>
</tr>
<tr>
<td></td>
<td><strong>RAINN</strong> (La Línea de Ayuda Nacional Online de Abuso Sexual)</td>
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<tr>
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<td><a href="http://www.rainn.org">www.rainn.org</a></td>
</tr>
</tbody>
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<tr>
<th>Línea Directa Nacional contra la Violencia Doméstica</th>
<th><strong>Coalición de Arizona contra la Violencia Doméstica</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1-800-799-SAFE (7233)</td>
<td>Phone (602) 279-2900</td>
</tr>
<tr>
<td>1-800-787-3224 (hearing impaired line)</td>
<td>Toll-free 1 (800) 782-6400</td>
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<tr>
<td></td>
<td>AZ Relay Service 711</td>
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<td><a href="http://www.acesdv.org">www.acesdv.org</a></td>
</tr>
</tbody>
</table>

### RESOURCES, PROGRAMS AND HOTLINE NUMBERS (Recursos, Programas y Lineas de Ayuda):

**Adult Protective Services**
1-877-767-2385

**AHCCCS (State Health Care)**
(602) 417-4000

**Arizona Department of Health Services**
150 North 18th Ave.
Phoenix, AZ 85007
Adult Abuse Hotline: (877) SOS-ADULT (767-2385)
Child Abuse Hotline: (888) SOS-CHILD (767-2445)
Children’s Information Hotline: (800) 232-1676
Phone: (602) 542-1000
Fax: (602) 543-0883
www.azdhs.gov

**ADHS - Hear Her - Home** (azdhs.gov)
Arizona Department of Health Services
Maternal Mental Health
602-542-1025

**Arizona Humane Society Project Safe House**
1521 W. Dobbins Road
Phoenix, AZ 85041
Phone: (602) 997-7585 Ext 2156
Phone: (602) 997-7586
alternativeplacement@azhumane.org

Banner Health System 24 Hours
(602) 254-4357 (HELP)
(800) 254- HELP

Brother, You’re on My Mind
The website offers a free Tool Kit, crisis resources sheet, and other educational materials to promote mental health among African American men.
https://oppf.org/

Coconino County

Catholic Charities -Flagstaff https://www.catholiccharitiesaz.org/location-directory/northern-arizona/flagstaff-office#programs


Flagstaff VA Clinic https://www.va.gov/northern-arizona-health-care/locations/flagstaff-vaclinic/

The Guidance Center of Northern Arizona https://tgcaz.org/

Northern Arizona Healthcare (NAH is the hospital in town - Flagstaff Medical Center) https://www.nahealth.com/behavioral-health-and-psychiatry/

Northern Arizona University https://in.nau.edu/campus-health-services/mental-health-resources/

Native Americans for Community Action (NACA) https://nacainc.org/behavioral-health/

Northern Arizona Regional Behavioral Health Authority (NARBHA) https://narbhainstitute.org/

National Alliance on Mental Illness - Flagstaff (NAMI) https://www.namiflagstaff.org/

North County Healthcare https://northcountryhealthcare.org/services/behavioral-health/

Southwest Behavioral Health Service https://www.sbhservices.org/flagstaff-outpatient

Community Resources, Info and Referrals
(602) 263-8856
211arizona.org

Copper Springs Mental Health and Addiction Treatment for Adults
Copperspringsinfo@spsh.com
https://coppersprings.com
10550 W. McDowell Rd
Avondale, AZ 85392
(602) 638-3528  
or  
3755 S. Rome St.  
Gilbert, AZ 85297  
(602) 428-8668

**Cyber Tip line (Internet exploitation)**  
1-800-843-5678

**Mental Health America**  
Refers callers to local mental health services or support programs.  
800-969-NMHA (6642)  
[https://www.mhanational.org/](https://www.mhanational.org/)

**My Catholic Doctor**  
My Catholic Doctor is a nationwide medical practice that brings a team of faithful medical professionals to patients through video-based health consultation.  
[www.mycatholicdoctor.com](http://www.mycatholicdoctor.com)

**NAMI HelpLine (National Alliance on Mental Illness)**  
Get information and support from NAMI’s Helpline  
(10am-10pm ET)  
1-800-950-NAMI (6264),  
Text "HelpLine" to 62640  
Email: helpline@nami.org  
Online chat: nami.org/help  
[https://nami.org/home](https://nami.org/home)

**National Domestic Violence Hotline**  
1 (800) 799-7233  
TTD: 1 (800) 787-3224

**National Parent Hotline:**  
1-855-427-2736  
Provides emotional support for parents and caregivers from a trained advocate

**Recovery Innovations of Arizona – Urgent Care**  
(602) 636-4607

**Senior Helpline**  
(602) 264-4357  
(888) 264-2258

**Shelters-Domestic Violence & Homeless**  
(602) 263-8900  
(800) 799-7739

**State of Arizona Crime Victims Support**  
Division of Public Safety
TREATMENT RESOURCES

SUBSTANCE MISUSE AND ADDICTION (*Uso indebido de drogas y adicción*)

Calvary Healing Center
Begin your journey to physical and spiritual healing from addiction
[Calvary Healing Center | Drug & Alcohol Detox | Phoenix, AZ (calvarycenter.com)]

Canyon Vista Recovery Center
Mental Health and Addiction Treatment
860 N. Center Street, Mesa Arizona 85201
888-409-6984
Canyonvista.com

Community Bridges Medical Detox
(602) 273-9999

Copper Springs Mental Health and Addiction Treatment for Adults
[Copperspringsinfo@spsh.com](mailto:Copperspringsinfo@spsh.com)
[https://coppersprings.com](https://coppersprings.com)
10550 W. McDowell Rd
Avondale, AZ 85392
(602) 638-3528
or
3755 S. Rome St.
Gilbert, AZ 85297
(602) 428-8668

Arizona FullCircle® — (480) 620 7995
[Recovery Program for Teens and Young Adults in Chandler, AZ - Full Circle Program](https://fullcircleprogram.com)
If you or someone you love is struggling, or you just have questions about a particular matter, we would like to help. Often conventional help, be it advice, therapy, or rehabilitation, while well-intentioned, does not provide a spiritual solution and allows young people to slip through the cracks.

Recovery Innovations of Arizona – Urgent Care
(602) 636-4607

Sacred Hearts Psychiatry & Addiction Medicine
Kelli A Lavery-Maurer MSN NP-BC PMHNP
Psychiatric Mental Health Family Nurse Practitioner
(480) 392-1729
Kellipmhnp@sacredheartspsychiatry.com
www.sacredheartspsychiatry.com

**SAMHSA Behavioral Health Treatment Services Locator**: Search for treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems. SAMSHA (Substance Abuse and Mental Health Services Administration) is also a resource that helps districts design and implement wellness and suicide prevention programs.
https://www.samhsa.gov/

**Scottsdale Banner Behavioral Health & Mental Health**
7575 E. Earl Dr. Scottsdale, AZ 85251
(833) 252-5535

**The Meadows**
**Intensive Outpatient Program**
19120 N. Pima Dr. Ste 125
Scottsdale, AZ 85255
(866) 681-3457

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
1-800-662-HELP (4357) and [http://findtreatment.SAMHSA.gov](http://findtreatment.SAMHSA.gov)

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support.
TheNationalCouncil.org (click on “Find a Provider”)

**Mental Health Treatment**

**Catholic Psychotherapy Association**
Find a therapist at
Catholicpsychotherapy.org

**Catholic Therapist Directory - Find Catholic Therapists - CatholicTherapists.com**

**Catholic Hotline - A nonjudgemental Catholic Crisis Hotline for all**
www.catholichotline.org
1-888-808-8724

**Heidi Hill LPC**

Telehealth Sessions

480-925-9743
WhiteStagWellness@gmail.com
WhiteStagWellness.com
Areas of service: Specialty in trauma healing, general mental health, women's issues, faith and spirituality.
Catholic

**CITY OF BUCKEYE**

Terry Galler, MA, LPC  
(602) 909-0042  
terry@terrygaller.com  
www.terrygaller.com  
Areas of service: Adults, Adolescents (16+), Individuals, Couple and Family therapy, Depression, Anxiety, Marriage, Trauma, Past abuse issues, Divorce Recovery, Grief Counseling  
Catholic

**CITY OF CAMP VERDE**

Spectrum Healthcare  
452 Finnie Flat Rd  
Camp Verde, AZ 86322  
(877) 634-7333  
Hearing impaired (800) 367-8939  
info@spectrumhealthcare-group.org  
http://spectrumhealthcare-group.com/  
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD  
Se habla español

**CITY OF CHANDLER**

Concentric Counseling  
Crowell, Michelle (LCSW)  
3200 N Dobson Rd. Bldg. C,  
Chandler, AZ 85224  
(480) 897-7307  
www.concentriccounseling.com  
Areas of service: Adult, Marriage, Family, Eating disorders, Trauma, PTSD

Michael Hutt  
6909 W. Ray Road Suite 15  
Chandler, AZ 85226  
(480) 815-4351  
info@huttcounseling.com  
www.huttcounseling.com  
Areas of service: Adults, Couples, Domestic violence, general men’s issues (anger, porn, etc)  
Catholic

Totus Tuus Therapy Clinic  
Michelle Lorenzana  
(602) 464-3289
CITY OF COTTONWOOD

Juniper Campbell LPC
1756 E. Villa Drive Suite B2
Cottonwood, AZ 86326
(928) 254-0113
junipercampbellcounselor@gmail.com
www.junipercampbell.com
Areas of service: Adult and Adolescent 13 + Couples, Family, Individuals, EMDR, Trauma, Sexual Trauma, CBT, Bipolar Disorder, ADHD, Equine Assisted Therapy

Spectrum Healthcare
8E Cottonwood St.
Cottonwood, AZ 86326
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
http://spectrumhealthcare-group.com
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD
Se habla español

Spectrum Healthcare
651 W. Mingus Ave.
Cottonwood, AZ 86326
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
http://spectrumhealthcare-group.com
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD
Se habla español

CITY OF GILBERT

Ave Maria Counseling Services
Claudia Lopez
1176 E. Warner Rd. Suite 203
Gilbert, AZ 85296
(480) 572-6393
eclaudialopezcounseling@gmail.com
https://www.avemariacounselingservices.com
Areas of service: Adults, Teens (12+), Depression, Anxiety, Trauma, Sand Tray Therapy
Se habla español
Catholic
Fleur de Lis Counseling
Diana Hernandez
1206 E. Warner Rd. Suite 220
Gilbert, AZ 85296
(480) 710-6822
diana@fdlcounseling.com
www.fdlcounseling.com
Areas of service: Teens, Adults, EMDR (trauma, PTSD), addiction, and struggles with sexual identity. Teens – identity concerns, self-esteem. General population – Anxiety, Depression, Domestic Violence, other forms of trauma
Catholic

Healing Hearts Counseling Center
Michael Scaramella

www.healingheartsccaz.com
480-656-9174
mike@healingheartsccaz.com

The Integrative Healing Center of Arizona
2680 S Val Vista Dr. Bldg 15 Suite 185 Gilbert, Arizona 85295
Areas of service: Adolescents, Young Adults, Adults Male, Female Anxiety, Depression, Trauma, Addiction, ADHD, OCD

Immaculate Heart Counseling
Robbie Griffin
1176 E. Warner Rd. Suite 203
Gilbert, AZ 85296
(480) 270-4464
Robbie.griffin@immaculateheartcounseling.com
www.immaculateheartcounseling.com
Areas of service: Adults, Adolescents, Children (6+), Trauma, depression, anxiety, sexual and behavioral addictions for adults, adolescents and children.
Catholic

Rising Light Counseling
Bethsy Amador
1166 E. Warner Rd
Gilbert, AZ 85296
(480) 339-7124
info@risinglightcounseling.com
www.risinglightcounseling.com
Areas of service: 3 years and older Autism (ASD), ADHD, Anxiety, Depression, Relationships, Trauma, Grief and Loss
Se habla español

Saint Raphael Counseling
Michelle Goodwill
1176 E. Warner Rd Suite 203
Gilbert, AZ 85296
Areas of service: Late teens, Adults, Emotionally focused Couples therapy, EMDR Therapy, Depression, Anxiety, Trauma

Catholic

St. Cupertino Counseling
Ingrid Mota de Alcantara
1176 E. Warner Rd. Suite 203
Gilbert, AZ 85296
(480) 561-7920
Ingrid@stcupertinocounseling.com
www.stcupertinocounseling.com
Areas of Service: 16+, Depression, Anxiety, Life transitions, PTSD, Post-abortion healing, Trauma

Español & Portugues
Catholic

St. Joseph Counseling
David Edwards
1176 E. Warner Rd. Suite 203
Gilbert, AZ 85296
(480) 466-0756
David@stjosephcounseling.com
www.stjosephcounseling.com
Areas of service: Adolescents, Adults, Men’s Issues, Priests, treatment for pornography addictions

Catholic

CITY OF GLENDALE

Spectrum Healthcare
4494 W. Peoria Ave Suite 115A
Glendale, AZ 85302
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
http://spectrumhealthcare-group.com
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD
Se habla español

CITY OF GOODYEAR

Imagine Therapy
15655 W. Roosevelt St. Ste 105
Goodyear, AZ 85338
(623) 337-2275
admin@imaginetherapyaz.com

Journey to Peace Counseling Services
Romano Cedillos, MS, LAC
1819 S. Dobson Rd. Suite 115
Areas of service: Adults, CBT, SFBT, ACT, Pornography, and sexual addiction

Catholic

**Journey to Peace Counseling Service**

**Sonia Cano**  
250 N. Litchfield Road  
Goodyear, AZ 85338  
(623) 439-2177  
soniac@jtpcs.com  
www.jtpcs.org

Areas of Service: Adults and children ages 8 and up, DBT, EMDR, CBT, Trauma, PTSD, individual, couples, and family therapy and have worked with people who experience an array of behavioral and mental health issues including ADHD, anxiety, mood disorders, trauma, personality disorders, self-harm, grief, and relational issues.

Catholic  
Spanish

**Terry Galler, MA, LPC**  
(602) 909-0042  
Goodyear + Litchfield Park  
terry@terrygaller.com  
www.terrygaller.com

Areas of service: Adults, Adolescents (16+), Individuals, Couple and Family therapy, Depression, Anxiety, Marriage, Trauma, Past abuse issues, Divorce Recovery, Grief Counseling

Catholic

**CITY OF LAKE HAVASU**

**Harborlight Family Therapy**  
**Fielder (M.A), Christine**  
1951 Mesquite Ave, Ste J,  
Lake Havasu City, AZ 86403  
(928) 453-1328  
Harborlight@frontiernet.net; cfielder@frontiernet.net  
www.harborlightfamilytherapy.com

Areas of service: Children (5+), Adult, Family, Marriage, Substance Abuse

Other Language: German

**CITY OF MESA**

**Catholic Charities**  
**Holy Cross Parish**  
Sarah Camacho  
(602) 749-4405  
scamacho@cc-az.org
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents, Abuse: Emotional, physical, sexual, and verbal, Anger management, Anxiety/Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse
Se habla español

Journey to Peace Counseling Services
Cindy Bird
1819 S. Dobson Road
Suite 115
Mesa, AZ 85202
Direct: (480)535-6930
cindy@jtpcs.org
www.jtpcs.org
Areas of service: Couples, families, adults, adolescents (especially girls), trauma, anxiety, depression and parenting support.

EFT, EMDR and CBT trained.
Catholic

Journey to Peace Counseling Services
Donna Schmidt
1819 S. Dobson Rd. Suite 115
Mesa, AZ 85202
(480) 787-1955
donna@jtpcs.org
www.jtpcs.org
Adults, Addiction, Mood Disorders, Anger Management, Co-occurring Disorders, Trauma issues, Spiritual issues

Journey to Peace Counseling Services
Emily Speck
1819 S. Dobson Rd. Suite 115
Mesa, AZ 85202
(480) 787-1955
emily@jtpcs.org
www.jtpcs.org
Areas of service: Postpartum Support, Perinatal Mood Disorders
Catholic

Journey to Peace Counseling Services
Nate Verschaetse, Psy.D
1819 S. Dobson Rd. Suite 115
Mesa, AZ 85202
(480) 428-4550 or (480) 787-1955
nate@jtpcs.org
www.jtpcs.org
Areas of service: Children, Adults, Couples, Trauma, OCD, ADHD, Questions of Spiritual Affliction, EFT for couples, Child-Centered Play Therapy
Catholic

Journey to Peace Counseling Services
Romano Cedillos, MS, LAC
1819 S. Dobson Rd. Suite 115
Mesa, AZ 85202
(480) 787-1955
Areas of service: Adults, CBT, SFBT, ACT, Pornography, and sexual addiction  
*Catholic*

**Judith Rand (PhD)**  
1845 S Dobson Rd, Ste 106,  
Mesa, AZ 85202  
(480) 466-7010  
Jrandphd@gmail.com  
www.judithrandphd.com  
*Areas of service: Adult, Children, Family, Marriage, Geriatric Psychological services, Individual, Couples*

**Joyful Hearts Counseling**  
Leslie Pechkurow  
2345 S. Alma School Rd Suite #110  
Mesa, AZ 85210  
480-420-8426  
leslie@joyfulheartscounseling.com  
www.joyfulheartscounseling.com  
*Areas of service: adults, children, and families- trauma, depression, anxiety, shame, life transitions, grief and loss, parenting, women issues (pregnancy, postpartum stress, motherhood), Play Therapy, Somatic Experiencing techniques, mindfulness, family systems, CBT*

*Catholic*

**SureStep Psychology Services**  
Lopez PhD, Ignacio  
Guille Morales  
1220 S. Alma School Rd. Ste. 210  
Mesa, AZ 85210  
(480) 246-8998  
ignaciolopez@gmail.com  
www.suresteponline.org  
*Areas of service: Children, Adults, Family, Parenting, Domestic violence offender treatment*

*Se habla español*

*Catholic*

**Teri Krull (LCSW, LLC)**  
Registered Play Therapist  
2345 S Alma School Rd, Ste 110,  
Mesa, AZ 85210  
(480) 917-7792  
terikrull@playtherapy.tv  
www.playtherapy.tv  
*Areas of service: Adult, Children (8+), Family, Marriage, Parent Coaching*

**Tikvah Counseling, PLLC**  
Castellanos, Pamela  
(480) 447-6474  
Tikvahcounselor@gmail.com  
*Areas of service: Adults, Trauma*
Catholic

Valor Counseling
Sheana Kupitz
Mesa, AZ
(520) 518-3498
sheana.valorcounselingaz@gmail.com
www.valorcounselingaz.com
Areas of service: Children 3+, adolescents and adults, Individuals, families, couples, relationship, marriage, parenting, abuse, trauma, adoption issues
Catholic

CITY OF PEORIA

Prism Counseling & Coaching
9299 W Olive, Ste. 212,
Peoria, AZ 85345
(480) 525-7284
www.arizonachristiancounseling.com
Areas of service: Parenting, Children (10+) Teens, Anxiety, Anger, Grief, Self-Esteem, Trauma, Relationships, Premarital, Sexual Addiction, Wellness, Faith

CITY OF PHOENIX

Ana Gomez (MC, LPC)
1300 E Missouri, Ste 120,
Phoenix, AZ 85014
(602) 803-4601
(602) 803-1797
info@anagomez.org
www.anagomeztherapy.com
Areas of service: Adult, Children, Family, Marriage, Trauma
Se habla español

Catholic Charities
Sarah Camacho
(602) 749-4405
scamacho@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents.
Abuse: Emotional, physical, sexual and verbal,
Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse
Se habla español

Childhelp U.S.A.
2120 N. Central Ave Suite 130
Phoenix, AZ 85004
(602) 271-4500
ch-therapyreferralsaz@childhelp.org
www.childhelp.org
Areas of service: Child, Trauma, Abuse
Se habla español

Christian Family Care Center
2346 N. Central Ave.
Phoenix, AZ 85004
(602) 234-1935
www.cfcare.org
Areas of service: Children, Adults, Trauma

Community Connections LLC
Simpson, Vanessa
4025 W. Bell Rd. Ste 6
Phoenix, AZ 85053
(623) 242-8460
info@communityconnectionsaz.org
www.communityconnectionsaz.org
Areas of service: eating disorders in Adolescents & Adults.

Community Partners Integrated Healthcare
1515 E. Osborn Rd.
Phoenix, AZ 85014
(602) 604-0000
www.communitypartnersinc.org
Areas of service: Adult
Se habla español

Coral Valley Psychological Services, PLLC
Taveras, Lauren PSY.D
5010 E. Warner Rd Suite 108
Phoenix, Arizona 85044
(480) 382-4416
dr.taveras@coralvalley.org
https://www.coralvalley.org
Areas of Service: Adolescents, Adults, Couples, PTSD, depression, anxiety, insomnia, anger management, relationship challenges; Psychological testing including immigration-related evaluations (extreme hardship, VAWA petitions, U-Visas, etc), and psychoeducational assessments (giftedness & learning differences)
Se habla español
Catholic

Dymphna Counseling
Donna Turner
4425 E. Agave Rd. Suite 140
Phoenix, AZ 85044
(602) 908-4988
dymphnacounseling@gmail.com
Areas of service: Adults, Trauma, Addictions, Sexual Addictions, Marriage
Intercessory Counseling and Wellness
Michael J. Rayes, LPC, LISAC
602-599-2000
info@intercessory.org
Areas of service: Adults, couples, adolescents, children, all mood and personality disorders including depression and anxiety, addictions, trauma, bereavement counseling.
Catholic

John Stapert (PhD)
6232 N 7th St Suite 206B
Phoenix AZ 85014
(602) 279-8920
jstapert@ix.netcom.com
Areas of service: Adults (16+), Depression, Anxiety

Lisa Fischer PhD
7111 N. 7th St
Phoenix, AZ
(602) 448-9755 (TEXT ONLY)
lisafischer@cox.net
www.drlisafischer.com
Areas of service: Older adolescents, Adults, anxiety, depression, and relationship problems, including sexual dysfunctions.
Catholic

Little Flower Ministries
PLLC Westby (LPC), Nikki
2312 E Campbell Ave,
Phoenix, AZ 85016
(602) 954-9089 ext. 1114
zestywestby@yahoo.com
Areas of service: Adult, Couples, Anxiety, Depression, Relationship Issues, Domestic Violence, Post Abortion Healing
Catholic

Navarro Counseling and Consulting
Dr. Maria Navarro
3800 N Central Ave, 1010
Phoenix, AZ 85012
(602) 552-4488
info@navarrocounseling.com
https://navarrocounseling.com
Areas of Service: Children, Adults, Trauma (sexual, physical, verbal) Attachment, Grief Recovery, EMDR, IFS, Story play, Se habla español
Catholic
Phoenix Psychological Services  
Rosemarie Ludwig PhD  
2432 W Peoria Ave, Ste 1002 Building# 3  
Phoenix, AZ 85071  
(602) 997-1550  
rstussv@cox.net  
Areas of service: Adult, Children (6+), Family, Marriage, Sexually abused children  
Other Languages: German  
Byzantine Catholic

Prism Counseling & Coaching  
7901 N. Central Ave  
Phoenix, AZ 85020  
(480) 525-7284  
www.arizonachristiancounseling.com  
Areas of service: Parenting, Children (10+) Teens, Anxiety, Anger, Grief, Self-Esteem, Trauma, Relationships, Premarital, Sexual Addiction, Wellness, Faith

Rebecca Kasper PhD  
7227 N. 16th St Suite 209  
Phoenix, AZ 85201  
(602) 630-2639  
rebeccaaninkasper@gmail.com  
www.drrebeccakasperpllc.com  
Areas of service: Children (5+), Adult, Individual, (Occasionally family therapy), Creative arts Therapies, Trauma, and Health Psychology  
Catholic

Totus Tuus Therapy Clinic  
Michelle Lorenzana  
2942 N. 24th St. Suite #108  
Phoenix, AZ 85016  
(602) 464-3289  
mlorenzana@totustuustherapyclinic.com  
www.totustuustherapyclinic.com  
Areas of service: Adults, Marriage and Family, Communication concerns, Relational Conflict, Premarital Preparation, Anxiety, Depression and Grief/Loss  
Catholic

Witness to Love Family Counseling  
Aryn Sylvester  
3606 N. 24th Street  
Phoenix, AZ 85016  
(602) 980-1557  
info@witnesstolovefcs.com  
www.witnesstolovefcs.com  
Areas of service: Negative reoccurring thoughts, images, and flashbacks, negatives cycles of living, emotional irrational responses, dissociative episodes, inability to connect on a deep level with others, healing from symptoms of Post-Traumatic Stress and other traumatic experiences.  
Catholic
Witness to Love Family Counseling  
**Stephanie Galeziewski**  
3606 N. 24th Street  
Phoenix, AZ 85016  
(602) 980-1557  
info@witnesstolovefcs.com  
www.witnesstolovefcs.com  
Areas of service: Adolescents and adults, Child-Centered Play Therapy, helping navigate depression, anxiety, life transitions, and addictions. Helps foster positive self-talk, healthy coping skills, and good boundaries.  
*Catholic*

Witness to Love Family Counseling  
**Marianne Dunaway**  
3606 N. 24th Street  
Phoenix, AZ 85016  
(602) 980-1557  
info@witnesstolovefcs.com  
www.witnesstolovefcs.com  
Areas of service: Adult, Children, Family, Marriage  
*Catholic*

Witness to Love Family Counseling  
**Samuel P. Bryant**  
3606 N. 24th Street  
Phoenix, AZ 85016  
(602) 980-1557  
info@witnesstolovefcs.com  
www.witnesstolovefcs.com  
Areas of service: Marriage, Couples and Family Therapy, Affairs and Trauma, Men's Issues, Workplace Relationships, Parenting, Spirituality and Faith Crisis', Teen Issues, Senior Issues, Life Transitions.  
*Catholic*

**CITY OF PRESCOTT**

Christian Family Care Center  
3611 Crossings Drive, Suite A  
Prescott, AZ 86305  
(928) 443-1150  
www.cfcare.org  
Areas of service: Children, Adults, Family, Trauma

Maria Rose Counseling  
**Kate Hald LPC**  
300 E. Willis St. Suite 300-D  
Prescott, AZ 86301  
(928) 710-0198  
Kate@MariaRoseCounseling.com  
http://www.mariarosecounseling.com  
Areas of Service: Adults, EMDR Therapy, abuse (emotional, physical and sexual)
Spectrum Healthcare
3633 Crossings Dr
Prescott, AZ 86305
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
http://spectrumhealthcare-group.com
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD
Se habla español

Spectrum Healthcare
990 Willow Creek
Prescott, AZ 86301
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
http://spectrumhealthcare-group.com
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD
Se habla español

CITY OF SCOTTSDALE

Catholic Charities
Our Lady of Perpetual Help Parish
Sarah Camacho
(602) 749-4405
scamacho@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents. Abuse: Emotional, physical, sexual and verbal anger management, Anxiety/Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse
Se habla español
Catholic

Catholic Charities
St. Patrick’s Parish
Sarah Camacho
(602) 749-4405
scamacho@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents. Abuse: Emotional, physical, sexual and verbal, Anger management, Anxiety/Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse
Se habla español
Catholic
Diana Vigil (MA, LPC, RPT)
7500 E McDonald Drive, Ste 400A, Scottsdale AZ 85250
(480) 946-0801
www.childtherapyaz.com
Areas of service: Adult, Children, Child Maltreatment, Sexual Abuse, Sexual Behavioral problems, Divorcing Families, Parental Alienation
Catholic

Dr. Gabrielle Lawrence
10245 E. Via Linda Blvd Suite 105
Scottsdale, AZ 85258
(480) 607-5030
gabrL1@cox.net
www.health4relationships.com
Areas of service: Adult, Children, DBT, Grief
Catholic

Joan Polansky, Ph.D.
3295 N. Drinkwater Blvd Suite 1
Scottsdale, AZ 85253
(602) 621-0468
www.arcadiapsychology.com
Areas of service: College students, Medical issues, difficult pregnancies, or premature and difficult birthing experiences

Karen Williams, LPC
6424 East Greenway Parkway, Suite 104
Scottsdale, Az 85254
602-791-7189
CatholicTherapists.com
Areas of service: Family, Relationships, Substance Abuse, Grief and Loss, EMDR

Pamela Chambers (M.Ed, LPC, NCC)
15446 N. Greenway Hayden Loop
Scottsdale, AZ 85260
(480) 703-0606
pamela@pamelachambers.com
www.pamelachambers.com
Areas of service: Adult, Children, Family, Marriage, Pre-Marital counseling, Couples counseling, EMDR for Trauma

Spring Returns Counseling
Jill McMahon
8170 N. 86th Place Suite 206
Scottsdale, AZ 85258
(480) 675-4634
jill@jillmcmahoncounseling.com
www.jillmcmahoncounseling.com
Areas of service: Grief, Suicide, Individual Therapy
CITY OF SUN CITY

Arrowhead Behavioral Health
9865 W. Bell Rd,
Sun City, AZ 85351
(623) 876-1246

CITY OF SURPRISE

Avenir Behavioral Center
16561 N. Parkview Place
Surprise, AZ 85374
(623) 522-4525
Intake@AvenirBehavioralCenter.com
www.AvenirBehavioralCenter.com
Areas of Service: 18+, depression, anxiety, borderline personality disorder, PTSD, ADHD, bipolar disorder, psychosis, and schizophrenia, alcohol and drug addiction.

Terry Galler, MA, LPC
(602) 909-0042
terry@terrygaller.com
www.terrygaller.com
Areas of service: Adults, Adolescents (16+), Individuals, Couple and Family therapy, Depression, Anxiety, Marriage, Trauma, Past abuse issues, Divorce Recovery, Grief, Counseling
Catholic

CITY OF TEMPE

Catholic Charities
Holy Spirit Parish
Sarah Camacho
(602) 749-4405
scamacho@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents, Abuse, Emotional, physical, sexual and verbal, Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse
Se habla español

Christian Living Center
Stadheim (Ph.D. LPC), Robert L.
2111 E. Baseline Rd, Ste #C-8
Tempe, AZ 85283
(480) 831-1212
myrna@stadheim.org
https://www.christiancounselingarizona.com
Areas of service: Abuse, Addiction, Eating Disorders, Family & Individual Therapy
Journeys
Christina McShane PsyD
6515 S. Rural Rd Suite 101
Tempe, AZ 85283
(480) 656-0500 Ext. 18
christina@journeyscounselingaz.com
www.journeyscounselingaz.com
Areas of service: Adolescent, Adult, Child, Catholic

Spectrum Healthcare
1845 E. Broadway Rd. Suite 116
Tempe, AZ 85282
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
http://spectrumhealthcare-group.com
Areas of service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD
Se habla español

CITY OF TUSCON

Christian Family Care Center
3275 W. Ina Road, Suite 155
Tucson, AZ 85741
(520) 296-8255
https://cfcare.org/
Areas of service: Children, Adults, Trauma

CITY OF WICKENBURG

Breaking Free Christian Counseling
Kari Froelicher
315 Apache Street
Wickenburg, AZ 85390
(928) 232-9280
Kari@godlycounseling.com
www.godlycounseling.com
Areas of service: Adults, Teens, Marriage, Family, PTSD, sexual abuse (and other types of abuse), Trauma, Anxiety and Depression, Codependency, SSA, Schizophrenia and Psychotic disorders, Eating disorders, HSP Catholic
RECURSOS PARA MENORES Y JOVENES

National Runaway Safeline
1-800-621-4000

Office of Child and Youth Protection and Safe Environment Training - The Roman Catholic Diocese of Phoenix (dphx.org)

REPORTING LINE:
(877) 850-0003 in English
(800) 216-1288 en español

Report Online
https://www.lighthouse-services.com/dphx/LHILandingPage.asp

Departamento de Protección de menores de Arizona
1-888-767-2445
Arizona Department of Child Safety | (az.gov)

Child Help USA
1-800-422-4453

Crisis Response Network
1275 W. Washington St. Ste.108
Tempe, AZ 85281
(602) 427-4600
www.crisisnetwork.org

Arizona FullCircle® — (480) 620 7995
Recovery Program for Teens and Young Adults in Chandler, AZ - Full Circle Program
If you or someone you love is struggling, or you just have questions about a particular matter, we would like to help. Often conventional help, be it advice, therapy, or rehabilitation, while well-intentioned, does not provide a spiritual solution and allows young people to slip through the cracks.

Mary Ruth Hackett
Parenting Blog: Interweaving child development and the Catholic faith
(480) 221-0786
mhackettaz@gmail.com
Peer-review-parenting.blogspot.com

Maternal Mental Health
Call or Text 1-833-943-5746 (English and Spanish) – 24/7, Free, Confidential Hotline for Pregnant and New Moms. Interpreter Services are available in 60 languages. (US Only)
https://mchb.hrsa.gov/national-maternal-mental-health-hotline
1-800-944-4773 #1 En Español or #2 English; Text in English: 800-944-4773; Text en Español: 971-203-7773

National Hotline of Missing and Exploited Children
1-800-THE LOST
National Parent Hotline:
1-855-427-2736
Provides emotional support for parents and caregivers from a trained advocate

STOPit
Create a 24hr anonymous reporting tipline within your school, workplace or organization by integrating STOP it.
With STOP it you can:
Report concerns
Receive support and resources
Instantly alert, inform and request help from staff or 911
Scan, monitor and filter devices, networks and internet activity for violent, unsafe or harmful behaviors and alert school officials.
Offer and receive training and guidance for threat assessments.
https://www.stopitsolutions.com/

Teen Lifeline (Peer Counseling 3pm-9pm daily)
Call 24/7/365 or Text 12-9pm
(602) 248-TEEN
(1-800) 248-TEEN

RECURSOS DE AUTOAYUDA Y GRUPOS

<table>
<thead>
<tr>
<th>Alcohólicos Anónimos</th>
<th>Narcóticos Anónimos</th>
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<tr>
<td><a href="http://www.aa.org/pages/en_US/find-aa-resources">www.aa.org/pages/en_US/find-aa-resources</a></td>
<td>1-888-GET-HOPE (438-4673) (Hopeline)</td>
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<td><a href="http://www.na.org/meetingsearch">www.na.org/meetingsearch</a></td>
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<td><a href="http://www.al-anon.alateen.org/local-meetings">www.al-anon.alateen.org/local-meetings</a></td>
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<tr>
<td>Grupos de Familia Nar-Anon</td>
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<tr>
<td><a href="http://www.nar-anon.org/find-a-group">www.nar-anon.org/find-a-group</a></td>
<td></td>
</tr>
</tbody>
</table>

GRUPOS DE APOYO PARA EL DUELO Y LA PÉRDIDA

Alliance of Hope Survivors of Suicide Loss
Call us at 847-868-3313 or visit
https://afsp.org/find-a-support-group/

Emmaus Ministry for Grieving parents
The mission of The Emmaus Ministry for Grieving Parents is to, in the Catholic Franciscan tradition of “All are Welcome,” serve the spiritual needs of grieving parents whose children, of any age, have died by any cause.

Marianne Gouveia
602) 594-8932
(800) 919-9332
EMPACT Survivors of Suicide | EMPACT Survivors of Suicide (empactsos.org)
Sandra McNally, Prevention Manager
EMPACT-SPC
480-784-1514, ext. 1219

Eric’s House
Healing after Suicide, Substance or Sudden loss.
A community for help, hope and healing after sudden loss
Marianne Gouveia
1-855-894-5658
info@ericshouse.org
Marianne@ericshouse.org
www.ericshouse.org

Grief to Grace
Restore dignity is licensed by Grief to Grace and the Living Scripture Institute to provide Grief to Grace healing retreats in English and Spanish for anyone who has suffered abuse, neglect, or traumatic events.
(480) 215-6762
Phoenix@grieftograce.org
www.restoredignity.org/grief-to-grace-retreat/

Red Bird Ministries
Serves ordinary families who have been given an extraordinary cross to carry. An organization that systematically guides individuals and couples through the complexity and trauma that happens with the loss of a child from pregnancy through adulthood.
www.redbird.love
(Catholic)

Sacred Sorrows
Sacred Sorrows exists to help grieving mothers, grandmothers, and the people who love them.
www.sacredsorrows.org

OTROS RECURSOS

Información y referencias gratuitas y confidenciales, disponibles las 24 horas del día, los 7 días de la semana, para obtener ayuda con alimentos, vivienda, empleo, atención médica, asesoramiento y más - Marque 211

La línea directa HOPE™ para propietarios de viviendas ofrece educación financiera integral gratuita y asesoramiento confidencial para la prevención de ejecuciones hipotecarias las 24 horas del día, los 7 días de la semana. 1-888-995-HOPE (4673)

Legal Advice proporciona información legal, perfiles de abogados y una comunidad para ayudar a las personas a tomar decisiones legales. www.findlaw.com