

Guia De Recursos

Maricela Campa
Gerente de Programa Bilingüe
La Diócesis Católica Romana de Phoenix
Ministerio de Salud Mental
602-354-2401
mcampa@dphx.org

[Office of Mental Health Ministry - The Roman Catholic Diocese of Phoenix \(dphx.org\)](https://www.dphx.org/office-of-mental-health-ministry-the-roman-catholic-diocese-of-phoenix)

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](tel: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.

<https://www.stopitsolutions.com><http://www.suicidepreventionlifeline.org/>

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.

<https://www.aap.org/en/news-room/campaigns-and-toolkits/suicide-prevention/>

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

Línea nacional de ayuda de abuso de menores
1-800-4-A-CHILD (1-800-422-4453)
La Línea Directa Nacional contra la Violencia Doméstica
1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)
Coalición de Arizona contra la Violencia Doméstica Phone (602) 279-2900 Toll-free 1 (800) 782-6400 AZ Relay Service 711 www.acesdv.org

Línea Nacional de Ayuda de Abuso Sexual
1-800-656-HOPE (4673)
RAINN (La Línea de Ayuda Nacional Online de Abuso Sexual) www.rainn.org

RESOURCES, PROGRAMS AND HOTLINE NUMBERS (Recursos, Programas y Líneas 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 \(azdhs.gov\)](http://www.azdhs.gov)

Arizona Department of Health Services

Maternal Mental Health

[602-542-1025](tel: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>

Coconino Community College <https://www.coconino.edu/resources/files/pdfs/student-services/reach/flagstaff-outpatient-counseling.pdf>

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

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@spsph.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/>

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

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](tel:62640)
Email: helpline@nami.org
Online chat: nami.org/help
<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

2222 W. Encanto Blvd.
Phoenix, AZ 85009
(602) 223-2000
www.azdps.gov

Triple R Warm Line (5pm-10pm)
A friendly and understanding ear.
(602) 347-1100

Victims of Sexual Assault or Domestic Violence
(480) 736-4949
1-866-205-5229
1-800-656-HOPE (4673)

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 \(calvarycenter.com\)](http://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

<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](#)

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
Kellipmhn@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>

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.catholic hotline.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

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

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

claudialopezcounseling@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

(623) 866-7602

michellergoodwill@gmail.com

www.saintraphaelcounseling.com

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.stcuperstinocounseling.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

Mesa, AZ 85202
(480) 787-1955
romano@jtpcs.org
www.jtpcs.org

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

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

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

Catholic

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

romano@jtpcs.org

www.jtpcs.org

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

Catholic

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.drlicafischer.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

rstussy@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

rebeccaannkasper@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@witnessstolovefcs.com

www.witnessstolovefcs.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@witnessstolovefcs.com

www.witnessstolovefcs.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@witnessstolovefcs.com

www.witnessstolovefcs.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@witnessstolovefcs.com

www.witnessstolovefcs.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 McMahan

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@journeycounselingaz.com

www.journeycounselingaz.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

Alcohólicos Anónimos
www.aa.org/pages/en_US/find-aa-resources
Línea Nacional de Violencia Doméstica
www.al-anon.alateen.org/local-meetings
Línea Nacional de Violencia Doméstica
www.draonline.org

Narcóticos Anónimos
1-888-GET-HOPE (438-4673) (Hopeline) www.na.org/meetingsearch
Grupos de Familia Nar-Anon
www.nar-anon.org/find-a-group

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

<https://www.emfgp.org/> Marianne@ericshouse.org

[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@griefftograce.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