

# BRUSD Emotional Well-Being & Mental Health Resource Page

Young people are facing many challenges. Social Skills and Emotional Resiliency contribute to success.

This list is not comprehensive. BRUSD does not endorse any of the providers, clinics, helplines and/or resources listed.

This resource page is informational and to be used at the discretion of the parent/guardian.

## White Mountain Providers and Clinics:

Ally Cove Counseling	928-251-1200
Aly Larson	928-532-5835
Amos Hatt	928-532-3238
Andrew Rousseau	928-532-1200
Apache Behavior Health	928-338-4811
Bradley Head	928-537-1029
Brian Merrill	888-220-4103
Native Youth Crisis Hotline	877-209-1266
Cara Quade	928-537-4375
Change Point	928-537-2951
Change Point - Crisis Stabilization Unit	928-892-5852
Cooper Johnson	928-985-1495
Darwin West	928-243-5558
David Crockett	928-537-5696
Dennis Weston	520-795-2030
Estelle Harrison	928-245-1869
Erick Rask	928-532-1498
Familyfirst Counseling	928-532-1498
Gary Goodwin	928-362-1252
Heather Rogers	928-457-7058
Indian Health Center	928-289-6163
Kirsten Hendershot	928-537-2951
Leslie Keene	928-486-5472
Jean Lee	928-532-3238
Judith Collier	928-532-3238
LDS Family Services	928-536-4117
Matt Scott	928-985-1495
Nancy Plouffe	928-532-3926
Navajo Nation Behavior Health	928-657-8000
Northern Arizona Behavioral Services	928-243-5558
Richard Lauritzen	928-537-9743
Tiffany Stirling	928-368-3358
White Mountain Counseling	928-532-3238
Salvacion Powell	928-228-5655

## Helplines and Resources:

Alcohol Help	alcoholhelp.com
Arizona Referral System	211arizona.org or call: 211
Arizona Mental Health Resources	mentalhealthresources.org
Better Help Online Therapy	betterhelp.com
Bikers Against Child Abuse	877-235-7268
Crisis Lines Directory	namiwmaz.org/services
Crisis Response Network	crisis.solari-inc.org or call: 877-756-4090
Crisis Text Line	741741
Domestic Violence	800-799-7233
White Mountain National— Alliance on Mental Illness	namiwmaz.org

## Helplines and Resources (Continued):

National Suicide Prevention Lifeline	800-273-8255
Navajo County Family Advocacy Center	ncfac.org
Nexus Coalition for Drug Prevention	ncdp.rocks
Re: Center White Mountain Resources	www.rcaz.us
Self-Injury Outreach	sioutreach.org
Talk Space Online Therapy	talkspace.com
Teen Lifeline	teenlifeline.org or call 602-248-8336
Trevor Project – LGBTQ	1-866-488-7386
White Mountain Apache Tribe – Celebrating Life	928-338-5215

Adults interested in a FREE  
Mental Health First Aid Course, email:  
bmontoya@brusd.org

*Are You Okay?  
Ask, Answer & Listen Genuinely.  
Tag-In a Trusted Adult*

## **BRUSD**

*Strength in Diversity  
Strength in Belonging  
You Matter! You Belong!*  
**brusd.org/Page/1300**

**Immediate concerns should  
be taken to Summit Regional  
Medical Center's Emergency  
Room. Emergency situations  
should call 911.**

# BRUSD Emotional Well-Being & Mental Health Resource Page

## White Mountain Support Groups

Young people are facing many challenges. Social Skills and Emotional Resiliency contribute to success. This list is not comprehensive. BRUSD does not endorse any of the providers, clinics, helplines and/or resources listed.

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- **Family Support Group**

- **Purpose:** Supporting family members, 18 years and older, with a loved one who is having symptoms of a mental health condition.
- **When:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month.
- **Time:** 1:00-2:30pm
- **Where:** United Methodist Church
- **Address:** 261 N. 5<sup>th</sup> Street, Show Low, AZ 85901 (across from the Police Station)
- **Contact:** 928-298-1914, [namiwhitemountains@gmail.com](mailto:namiwhitemountains@gmail.com)
- **Additional Information:** [www.namiwmaz.org](http://www.namiwmaz.org)

- **Grief Support Group**

- **Purpose:** Supporting those, 18 years and older, impacted by the death of a loved one.
- **When:** Wednesdays
- **Time:** 3:00-4:30pm
- **Where:** Grace Church
- **Address:** 700 S 19th Ave, Show Low, AZ 85901
- **Contact:** Sharon Case 520-840-3922
- **Additional Information:** [www.griefshare.org](http://www.griefshare.org)

- **Alateen**

- **Purpose:** Supporting young people ages 10-18 who are close to someone with a drinking problem
- **When:** Thursdays
- **Time:** 7pm
- **Where:** United Methodist church
- **Address:** 261 N. 5<sup>th</sup> Street, Show Low, AZ 85901 (across from the Police Station)
- **Contact:** Adult Sponsors in attendance at all times
- **Additional Information:** <https://al-anon.org/newcomers/teen-corner-alateen/>

**Immediate concerns should be taken to Summit Regional Medical Center's Emergency Room.  
Emergency situations should call 911.**