

COUNSELING AND RESOURCES

When seeking professional counseling resources, we recommend that you begin by contacting your healthcare provider for a list of certified professionals that accept your insurance. Below is a list of free, community organizations that offer support in a crisis, referrals and general information about assistance on a variety of health and wellness topics.

While the Tempe Union High School District strives to make all information provided timely, accurate, and appropriate, the District makes no claims, promises, or guarantees about the accuracy, completeness or adequacy of the services that may be provided by any organization listed on this site. Reference on this site to any specific service or organization does not constitute endorsement, recommendation, or favoring by TUHSD. No warranty of any kind, implied, expressed, or statutory is provided by the District to any person that chooses to engage these organizations.

LaFrontera-Empact Crisis Hotline

Empact Crisis Hotline: (480) 784-1500

Website: <http://lafrontera-empact.org/>

EMPACT Suicide Prevention Center is a non-profit behavioral health care provider that has been providing services in Maricopa County since 1987.

Mercy Maricopa

Behavioral Health Crisis Hotline: (602) 222-9444

Member Services: 602-586-1841 or 1-800-564-5465; (TTY/TDD) 711. (Representatives are available 24 hours a day, 7 days a week.)

Website: <https://www.mercymaricopa.org/>

Mercy Maricopa is the Regional Behavioral Health Authority (RBHA) for Maricopa County.

Teen Lifeline

Teen Lifeline Hotline: (602) 248-8336

Website: <http://teenlifeline.org/>

Teen Lifeline is a 24/7/365 confidential crisis hotline for teens. From 3-9 pm, other teens are trained and available to answer calls. Texting is also available 3-9pm every day. After hours calls are taken by the Crisis Response Network.

City of Tempe Counseling Services

Westside Multi-generational Center: 480-350-5400

Website: <http://www.tempe.gov/city-hall/human-services/care-7/counseling-services>

Tempe's Westside Multi-Generational Center has a state licensed outpatient mental health facility with licensed therapists who treat individuals, couples, children adolescents, and families. The services are strictly confidential. All Tempe residents and any student who attends a Tempe Union High School District school are eligible for services. Fees are \$10 - \$40 per session based on family size and income.

Arizona Crisis Response Network/Community Information and Referral/AZ 2-1-1

Phone: 2-1-1 within Arizona and 877-211-8661 from anywhere

Website: <https://211arizona.org/>

Community Information and Referral Services serves as Arizona's key source of integrated information that brings people and services together to meet vital needs throughout Arizona.

National Institute of Mental Health

National Suicide Prevention Lifeline: (800) 273-8255 (TALK)

Website: <https://www.nimh.nih.gov/site-info/if-you-or-someone-you-know-is-in-crisis-and-needs-immediate-help.shtml>

One'N'Ten

Website: <http://onenten.org>

One'N'Ten serves LGBTQ youth and young adults ages 14-24. We enhance their lives by providing empowering social and service programs that promote self-expression, self-acceptance, leadership development and healthy life choices.

GLSEN – Phoenix Chapter

Phone: 602-705-9780

GLSEN (pronounced "glisten") was founded in 1990 by a small, but dedicated group of teachers in Massachusetts who came together to improve an education system that too frequently allows its lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) students to be bullied, discriminated against, or fall through the cracks.
