



**Northland Pioneer College**

**Northland Pioneer College  
CARE Team  
Resource Guide**

# **Table of Contents**

<b>Academic Support</b> .....	1
<b>Alcohol &amp; Substance Abuse</b> .....	4
<b>Domestic &amp; Sexual Violence</b> .....	6
<b>Disaster Relief</b> .....	11
<b>Eating Disorders Assistance</b> .....	12
<b>Financial Assistance</b> .....	13
<b>Food Insecurity</b> .....	16
<b>LGBTQ+ Support</b> .....	19
<b>Mental Health Issues</b> .....	22
<b>Parenting Support</b> .....	31
<b>Senior Support</b> .....	34
<b>Veteran Support</b> .....	36

# Academic Support at NPC

**Name:** Academic Advising

**Website:** [npc.edu/advising](http://npc.edu/advising)

**About:** Advisors can help students with:

- exploring career options,
- course selection,
- prerequisites,
- information about new student orientation, placement testing,
- establishing a degree/certificate plan so students take the right classes

**Contact:**

- general email- [academic.advisors@npc.edu](mailto:academic.advisors@npc.edu)
- Phone
  - **PDC**- 928.524.7342
  - **WMC**- 928.532.6142
    - 928.532.6143
    - 928.532.6717
  - **Sliver Creek/ Snowflake**-
    - 928.536.6241
    - 928.536.6239
  - **LCC/Winslow**-
    - 928.289.6541
  - **Hopi** -
    - 928.524.7604
  - **Kayenta Center** -
    - 928.524.7649
  - **Springerville/Eagar/ St.Johns** -
    - 928.524.7635
    - 928.524.7663

# Academic Support at NPC

**Name:** NPC Financial Aid

**Website:** <https://www.npc.edu/financial-aid-scholarships>

**About:** NPC students can receive federal Pell Grants each year, Though the responsibility for paying for college lies with students and their families, many are able to qualify for a Pell Grant or other financial aid at NPC.

**Contact:** (928) 524-7318 main number

**Name:** Office of Accessibility and Inclusion

**Website:** [npc.edu/oai](http://npc.edu/oai)

**About:** The Office of Accessibility and Inclusion (OAI) is responsible for coordinating support services for students with disabilities. Students needing support must initiate the OAI process. Services are determined on an individual basis and are provided at no charge.

**Contact:** general email- [oai@npc.edu](mailto:oai@npc.edu)

- Phone- 928.536.6246
- **Kate Buckhorn direct line** -928.536.6249

# Academic Support at NPC

**Name:** [Tech Hub](#)

**Website:** [npc.edu/tech-hub](http://npc.edu/tech-hub)

- **About:** The student lab aides mentor and assist students with technology-related questions, including:
  - Zoom and WebEx Connections
  - Moodle
  - MyNPC Questions and Password Resets
  - Microsoft Office 365
    - Google Suite
    - Google Drive
    - Google Earth Pro
- Designated Respondus Testing Stations
- Library Database Research

**Contact:**

- general email- [TechHub@npc.edu](mailto:TechHub@npc.edu)
- **Magdalena Ayala - 928.536.6734**

**Name:** [Tutoring](#)

**Website:** [tutor.com](http://tutor.com)

- **About:** Provides **FREE** one-on-one tutoring for many subject via online

**Contact:** Student's have a direct link on their Moodle page

# Alcohol & Substance Abuse

**Name:** Alcohol Anonymous

**Website:** <https://flagstaffaa.org>, [www.aa.org](http://www.aa.org)

- **About:** A.A. has been helping alcoholics recover for more than 80 years. Provides individuals information and support
  - Anyone with a desire to stop drinking is welcome, regardless of
    - race,
    - gender,
    - sexual orientation,
    - religion,
    - income,
    - profession.
- You don't have to pay anything to attend.
  - You can just sit and listen and learn more about recovery, or you can share about your situation. It's completely up to you
- **Contact:** 928.699.4287

**Name:** Change Point Integrated Health

**Website:** <https://www.mychangepoint.org>

**About:** ALCOHOL/SUBSTANCE ABUSE TREATMENT

- ChangePoint offers a variety of outpatient services to assist with the treatment of alcohol and substance abuse disorders. Some of the services offered include:
  - Individual counseling
  - Intensive Outpatient Group Sessions
  - Suboxone Therapy for Treatment of Opiate Addiction

**Contact:** (928) 537-5315\_

# Alcohol & Substance Abuse

**Name:** National Institute on Alcohol Abuse and Alcoholism

**Website:** [www.niaa.nih.gov](http://www.niaa.nih.gov)

- **About:** **For Educational Purposes Only.** Government agency providing education on alcohol abuse, does not offer support services.
- **Contact:** 301-443-3860
  - [\\_AskNIAAA@nih.gov](mailto:AskNIAAA@nih.gov)

**Name:** Your First Step

**Website:** [yourfirststep.org](http://yourfirststep.org)

**About:** Your First Step was founded by a group of recovering addicts dedicated to giving others the opportunity for treatment. We help in their struggle against substance abuse whether that be

- a detox center,
- an inpatient or outpatient treatment program,
- mental health services
- just an empathetic ear.
- As people in recovery ourselves, we have personally experienced the highs and lows of addiction and the recovery process and understand in a way that most others can't the process of beating addiction.
- **Contact:** (928) 537-5315\_

# Domestic & Sexual Violence

**Name:** Alice's Place

**Website:** <https://alicesplace.org>

**About:** Provide safe, confidential choices and culturally sensitive support to victims and survivors of Domestic and Sexual Violence through

- Advocacy,
- Shelter,
- Education,
- Resources.

Alice's Place offers confidential refuge for victims of domestic/sexual violence and their children. The shelter provides food, clothing, and support services all free of charge to the client.

We are available 24-hours a day to assist anyone who has questions or concerns about Domestic or Sexual Violence.

**Contact: 1-888-531-7233 or 928-289-3003**

**available 24-hours**

**Name:** Arizona Coalition to End Sexual and Domestic Violence

**Website:** <https://acesdv.org/>

**About:** To end sexual and domestic violence in Arizona by dismantling oppression and promoting equity among all people. .

**Contact:** (602) 279-2900, 1 (800) 782-6400, AZ Relay Service 711.



# Domestic & Sexual Violence

**Name:** CDC Violence Prevention

**Website:** <https://www.cdc.gov/violence-prevention/>

**About:** **FOR EDUCATIONAL RESOURCE ONLY.** Understanding the overlapping causes of violence and the things that can protect people and communities can help us better prevent violence in all its forms.

- **Contact:** 800-232-4636

**Name:** Coconino Domestic Violence Resources

**Website:** <https://www.coconino.az.gov/1041/Domestic-Violence-Resources>

**About:** To learn more about breaking the cycle of Domestic Violence

**Contact:** 928-774-4523

**Name:** National Domestic Violence Hotline

**Website:** [https://www.thehotline.org/?utm\\_source=youtube&utm\\_medium=organic&utm\\_campaign=domestic\\_violence](https://www.thehotline.org/?utm_source=youtube&utm_medium=organic&utm_campaign=domestic_violence)

**About:** Available 24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse

**Contact:** 800.799.7233 or Text "START" to 88788

# Domestic & Sexual Violence

**Name: National Indigenous Women's Resource Center**

**Website:** <https://www.niwrc.org/resources/topic/sexual-violence>

**About:** **FOR EDUCATIONAL RESOURCE ONLY.** Our mission is to provide national leadership to end violence against American Indian, Alaska Native and Native Hawaiian women by supporting culturally grounded, grassroots advocacy.

**Contact: 406.477.3896**

**Toll-Free: 855.649.7299**

**Name: RAINN (Rape, Abuse & Incest National Network)**

**Website:** <https://rainn.org/>

**About:** The nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline. We work closely with more than 1,000 local sexual assault service providers to offer confidential support services to survivors regardless of where they are in their recovery

- We operate the [DoD Safe Helpline](#) for members of the Department of Defense community who have been affected by sexual assault.

**Contact: 202.544.1034.**

# Domestic & Sexual Violence

**Name: Victim Witness Services**

**Website:** <https://vwsnaz.org/domestic-violence/>

**About:** We envision a just, equitable world in which all people are safe and free to be their fully realized selves in communities rooted in love, dignity and joy. The mission of Victim Witness Services is to be a source of healing, empathy and support to people and communities that have experienced trauma.

**Contact:**

- Northern AZ - **928. 856-7676**
- Navajo Nation - **(833) 842-8460**

**Name: Strong Hearts Native Helpline**

**Website:** <https://strongheartshelpline.org/>

**About:** We envision a just, equitable world in which all people are safe and free to be their fully realized selves in communities rooted in love, dignity and joy. The mission of Victim Witness Services is to be a source of healing, empathy and support to people and communities that have experienced trauma.

**Contact:**

- Northern AZ - **928. 856-7676**
- Navajo Nation - **(833) 842-8460**

# Domestic & Sexual Violence

**Name:** Tohdenasshai Committee Against Family Abuse in Navajo, Apache, Coconino & San Juan (Utah) Counties.

**Website:** <https://www.domesticshelters.org/help/az/kayenta/86033-1510/tohdenasshai-committee-against-family-abuse>

**About:** Provides:

- Emergency Services'
- Legal and Financial Services
- Housing Services
- Support Services
- Children Services
- Counseling Services
- Community and Educational Services

**Contact:** 877-697-8591 24/7

# Disaster Relief

**Name:** American Red Cross

**Website:** <https://www.redcross.org/>

**About:** The American Red Cross is on the ground helping people experiencing loss from housefire, natural and man-made disasters

**Contact:** 1-800-733-2767

**Name:** Area Emergency Preparedness and Response Guide

**Website:** [Emergency Preparedness Guide](#)

**About:** A guide with information on how to prepare for disaster natural or man-made

**Contact:** website

**Name:** Emergency Management & Preparedness

**Website:** [Navajo County Emergency Management](#)

**About:** Information for Navajo County on how to prepare for disaster natural or man-made

**Contact:** 928-524-4163

# Eating Disorders

**Name: The Alliance for Eating Disorders Awareness**

**Website:** <https://www.allianceforeatingdisorders.com>

**About:** Nonprofit organization that provides information about eating disorders and help finding treatment.

**Contact: 1-866-662-1235**

**Name: Eating Disorder Hope**

**Website:** <https://www.eatingdisorderhope.com/directory/az/flagstaff>

**About: A** list of eating disorder professionals in Northern Arizona/Mostly Flagstaff

**Contact: website**

**Name: National Eating Disorders Association**

**Website:** <https://www.nationaleatingdisorders.org/>

**About:** Nonprofit organization that provides information about eating disorders and help finding treatment

**Contact: info@nationaleatingdisorders.org, 212-575-6200**

**Name: Therapy Tribe**

**Website:**

<https://www.therapytribe.com/therapist/arizona-az-snowflake/eating-disorders/?filterIds=38358>

**About: A** list of eating disorder professionals in Northern Arizona

**Contact: website**

# Financial Assistance

**Name:** Arizona Department of Economic Security

**Website:** <https://des.az.gov/ca>

**About:** The Arizona Department of Economic Security (DES) is Your Partner for a Stronger Arizona. We are committed to supporting Arizona communities, offering a helping hand to individuals and families in need, so everyone has the opportunity to thrive.

**Contact:** 1-855-432-7587

**Name:** APS Assistance Program

**Website:**

<https://www.aps.com/en/Residential/Account/Assistance-Programs>

**About:** To help customers through difficult times with a wide range of assistance programs for every level of need. Whether you or someone you know is looking for emergency assistance or long-term solutions to stay on top of energy bills, there are several discount programs for qualified customers,

**Contact:** (602) 371-7171 or (800) 253-9405

**Name:** Navajo & Hopi Families COVID-19 Relief Fund

**Website:** <https://navajohopisolidarity.org/direct-relief-program>

**About:** Direct Relief Program for COVID Insolation. Provide essentials, food, PPE, water

**Contact:** 928.622.1460

# Financial Assistance

**Name:** Navajo Division for Children and Family Services

**Website:** <https://www.ndss.org/low-income-home-energy-assistance-program/>

**About:** LIHEAP is a federally-funded program that helps low-income households pay their heating or cooling bills, minimize home energy crisis, and make energy costs more affordable.

**Contact:**

- Chinle - 928.674.2050
- Widow Rock - 928.871.6556

**Name:** NPC Financial Aid

**Website:** <https://www.npc.edu/financial-aid-scholarships>

**About:** NPC students can receive federal Pell Grants each year, Though the responsibility for paying for college lies with students and their families, many are able to qualify for a Pell Grant or other financial aid at NPC.

**Contact:** (928) 524-7318 main number

**Name:** United States Bartenders' Guild National Charity Foundation

**Website:** <https://www.usbgfoundation.org/>

**About:** Provides Grant to bartenders, bar owners and related professions

**Contact:** 855-655-8724



# Financial Assistance

**Name:** White Mountain Catholic Charities

**Website:**

<https://www.facebook.com/WhiteMountainCatholicCharities/>

**About:** Religious organization providing food and clothing to individuals in need

**Contact:** (928) 367-2244

# Food Assistance

**Name: Arizona Department of Economic Security**

**Website:** <https://des.az.gov/food-assistance>

**About:** Food assistance programs available through the Department of Economic Security (DES) and its community partners increase food security and reduce hunger by providing children, low-income individuals, and seniors with access to nutritious food.

**Contact: (928) 367-2244**

**Name: Arizona Food Bank Network**

**Website:** [https://azfoodbanks.org/get-food/?\\_zip\\_code=85936](https://azfoodbanks.org/get-food/?_zip_code=85936)

**About:** Resource list of where to get a emergency food, food box, and a warm meal

**Contact: (602) 528-3434**

**Name: Arizona Commodity Senior Food Program**

**Website:** <https://des.az.gov/services/basic-needs/food-assistance/az-commodity-senior-food-program>

**About:** Government program providing food assistance for adults aged 60+

**Contact: 1-855-432-7587**

# Food Assistance

**Name:** Shepherds Kitchen Snowflake

**Website:** <http://www.azshepherd.org/>

**About:** Helping with the basic needs of life

**Contact:** (928)536-3086

**Name:** Women, Infants and Children (WIC)

**Website:** <https://www.navajocountyaz.gov/569/Women-Infants-Children-WIC-Program>

**About:** WIC is a federally funded health program which provides eligible Arizona residents with nourishing supplemental foods

**Contact:**

- Heber / Winslow- 928.536.6356
- Holbrook - 928.524.4750
- Pinetop - 928.532.6050
- Show Low - 928.536.6365
- Snowflake - 928.536.4656

# Food Assistance

**Name: White Mountain Catholic Charities**

**Website:**

<https://www.facebook.com/WhiteMountainCatholicCharities/>

**About:** Religious organization providing food and clothing to individuals in need

**Contact: (928) 367-2244**

**Name: Navajo Nation Division of Public Health Service**

**Website:** <https://ndoh.navajo-nsn.gov/Department/Division-of-Public-Health-Service/Food-Distribution-Program>

**About:** Food Distribution Program is designed to promote nutritional awareness for a healthy lifestyle to eligible Navajo families and other Indian Tribe residing on or near the Navajo Reservation.

**Contact: 928-871-6350 ext. 6437**

**Name: Silver Creek Senior Food Bank**

**Website:** [https://www.facebook.com/p/Silver-Creek-Senior-Center-Food-Bank-and-Thrift-Store-100091571242117/?\\_rdr](https://www.facebook.com/p/Silver-Creek-Senior-Center-Food-Bank-and-Thrift-Store-100091571242117/?_rdr)

**About:** Food Distribution Program is designed to promote nutritional awareness for a healthy lifestyle to eligible Navajo families and other Indian Tribe residing on or near the Navajo Reservation.

**Contact: 928-871-6350 ext. 6437**

# LGBTQ+ Support

**Name: And Then Initiative**

**Website:** <https://www.andtheninitiative.org/>

**About:** Community-based nonprofit organization whose goal is to support and promote activities directed at furthering the wellbeing, positive image, and human rights of the LGBTQ community.

**Contact: (928) 367-2244**

**Name: Equality Arizona**

**Website:** <https://www.equalityarizona.org/>

**About:** Equality Arizona is a nonprofit organization that works to ensure that LGBTQ+ Arizonans are treated equally under the law, our full human and civil rights are upheld by every level of government, and we have the same rights and obligations as every other citizen of our state and nation.

**Contact: (480) 401-2372**

**Name: LGBTQ Awareness Group of AZ**

**Website:** <https://www.lgbtqawarenessofaz.com/>

**About:** To assist LGBTQ+ community members embarking on your transgender journey, you don't have to navigate it alone – offer support and understanding by connecting with others who share similar experiences.

**Contact: (480) 401-2372**

# LGBTQ+ Support

**Name:** GLSEN Arizona

**Website:** <https://www.glsenarizona.org/>

**About:** Work to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment.

**Contact:** (602) 705-9780

**Name:** LGBTQ Awareness Group of AZ

**Website:** <https://www.lgbtqawarenessofaz.com/>

**About:** To assist LGBTQ+ community members embarking on your transgender journey, you don't have to navigate it alone – offer support and understanding by connecting with others who share similar experiences.

**Contact:** (480) 401-2372

**Name:** LGBTQ+ National Help Center

**Website:** <https://lgbthotline.org/>

**About:** Provides free & confidential peer-support, information, and local resources for LGBTQ+ individuals.

**Contact:** 888-843-4564 National Hotline

# LGBTQ+ Support

**Name:** Southwest Center for HIV/AIDS

**Website:** <https://www.swcenter.org/>

**About:** Medical and support center in Phoenix specializing in providing care to LGBTQ+ individuals. Provides medical, counseling, and mental health services, community programs, free condom delivery in Arizona.

**Contact:** 602.307.5330

**Name:** The Trevor Project

**Website:** <https://www.thetrevorproject.org/>

**About:** The Trevor Project is a nonprofit organization leading suicide prevention and crisis intervention for LGBTQ+ young people, 24/7, all year round.

**Contact:** (212) 695-8650,

Online Chat: <https://www.thetrevorproject.org/get-help/>

**Name:** TransLifeline

**Website:** <https://translifeline.org/>

**About:** Nonprofit organization run by and for trans people. Provides information, peer support, and help to trans people in crisis.

**Contact:** 1-877-565-8860

# Mental Health Resources

**Name:** The Alliance for Eating Disorders Awareness

**Website:** <https://www.allianceforeatingdisorders.com>

**About:** Nonprofit organization that provides information about eating disorders and help finding treatment.

**Contact:** 1-866-662-1235

**Name:** Apache Behavioral Health Services

**Website:** <https://www.wmabhs.org/>

**About:** Local organization that provides education, mental health, and family services at low or reduced costs to members of the White Mountain Apache Tribe and residents of Fort Apache Reservation. Clinics located in Whiteriver, Cibecue

**Contact:** 24/7 (928) 338-4811

**Name:** Change Point Integrated Health

**Website:** <https://www.mychangepoint.org/>

**About:** Local organization that provides counseling, medical, housing, and other services.

**Contact:**

- **Crisis Stabilization Unit:** (928) 587-3435
- **Holbrook Primary Care/Outpatient clinic:** (928) 524-6126
- **Lakeside Inpatient Facility:** (928) 368-4110
- **Show Low Outpatient Clinic:** (928) 537-2951
- **Show Low Primary Care Clinic:** (928) 532-5838
- **Snowflake Primary Care/Outpatient Clinic:** (928) 536-6869
- **Winslow Outpatient Clinic:** (928) 289-4658



# Mental Health Resources

**Name:** Child Mind Institute

**Website:** <https://childmind.org/>

**About:** Nonprofit organization which provides information about children's mental health and development, as well as guides for parents

**Contact:** 212-308-3118

**Name:** Church of Jesus Christ of Latter-Day Saints - Family Services

**Website:** <https://providentliving.churchofjesuschrist.org/lds-family-services>

**About:** Religious organization that provides counseling, support groups, and family services for **Church members**.

**Contact:** (928) 536-4117

**Name:** Crisis Text Line

**Website:** <https://www.crisistextline.org/>

**About:** Nonprofit organization that provides free, confidential, 24/7 emotional support via text chat with trained crisis counselors. Counselors provide advice, support, and referrals if necessary.

**Contact:** Text HOME to 741741

# Mental Health Resources

**Name: Disaster Distress Helpline**

**Website:** <https://www.samhsa.gov/find-help/disaster-distress-helpline>

**About:** National, 24/7 hotline provided by SAMHSA to offer crisis counseling and information about finding help for individuals who have experienced a natural or human-caused disaster.

Includes help for those who have been affected by the COVID pandemic.

**Contact: 1-800-985-5990 (call or text)**

**Name: Indian Health Service**

**Website:** <https://www.ihs.gov/>

**About:** Government agency that provides information about health services (including mental health) for American Indians and Alaska Natives

**Contact: (505) 248-4000**

**Name: The Jed Foundation**

**Website:** <https://www.jedfoundation.org/>

**About:** Nonprofit organization which provides information about mental health in teens and young adults

**Contact: 212 647 7544**

# Mental Health Resources

**Name:** Little Colorado Behavioral Health Centers/Community Bridges

**Website:** <http://www.lcbhc.org/>

**About:** Local organization that provides counseling and substance abuse treatment in Springerville and St. Johns

**Contact:**

- (928) 333-2683 (Springerville)
- (928) 337-4301 (St. Johns)

**Name:** Mental Health America

**Website:** <https://www.mhanational.org/>

**About:** Nonprofit organization which provides information about mental health issues as well as self-help advice and tools, such as screening tests for mental illness.

**Contact:** 1-800-985-5990

text 988 or chat [988lifeline.org](https://988lifeline.org)

**Name:** National Alliance on Mental Illness

**Website:** <https://www.nami.org/home>

**About:** Nonprofit organization which provides information about mental illness and help finding support.

**Contact:** 1-800-950- 6264

Text HelpLine to 62640

# Mental Health Resources

**Name: National Eating Disorders Association**  
**Website:**

**About:** Nonprofit organization that provides information about eating disorders and help finding treatment  
**Contact: 212-575-6200**

**Name: National Suicide Prevention Lifeline**

**Website:** <https://suicidepreventionlifeline.org/>

**About:** Suicide prevention network that provides free, confidential, 24/7 emotional support for individuals who feel significant distress. (Callers do not need to be suicidal to receive help.)

**Contact: Call: 988**

**Online chat:** <https://suicidepreventionlifeline.org/chat/>

**Name: North Country HealthCare**

**Website:** <https://northcountryhealthcare.org/>

**About:** Local organization that provides health services (including mental health) across Northern Arizona

**Contact:**

- **Holbrook- 928.524.2851**
- **Show Low - 928.537.4300**
- **Winslow - 928.289.2000**

# Mental Health Resources

**Name:** Northland Therapy Services

**Website:** <https://northlandtherapy.com/>

**About:** Local organization that provides counseling, disability, and child developmental services in Show Low area.

**Contact:** (928) 532-1532

**Name:** One Mind PsyberGuide

**Website:** <https://onemindpsyberguide.org/>

**About:** Nonprofit program which provides information about and reviews of apps for mental health

**Contact:** 949-824-3850

**Name:** Psychology Today Directory

**Website:** <https://www.psychologytoday.com/us/therapists>

**About:** Directory that contains detailed listings for local therapists, psychiatrists, support groups, and treatment centers. Includes information about type of therapy practiced, issues treated, provider background, prices and insurance acceptance, and more.

- **Contact:** See website for details

# Mental Health Resources

**Name: Northland Therapy Services**

**Website:** <https://northlandtherapy.com/>

**About:** Local organization that provides counseling, disability, and child developmental services in Show Low area.

**Contact: (928) 532-1532**

**Name: One Mind PsyberGuide**

**Website:** <https://onemindpsyberguide.org/>

**About:** Nonprofit program which provides information about and reviews of apps for mental health

**Contact: 949-824-3850**

**Name: Psychology Today Directory**

**Website:** <https://www.psychologytoday.com/us/therapists>

**About:** Directory that contains detailed listings for local therapists, psychiatrists, support groups, and treatment centers. Includes information about type of therapy practiced, issues treated, provider background, prices and insurance acceptance, and more.

- **Contact: See website for details**

**Name: Red Cross Virtual Family Assistance Center**

**Website:** <https://www.redcross.org/virtual-family-assistance-center.html>

**About:** Service created by the Red Cross (a national nonprofit organization) to support families. Includes toll-free numbers to call for help, information about physical and mental health services, psychological services, first aid online courses (free with registration code), and more.

**Contact: 833-492-0094**

# Mental Health Resources

**Name: Solari Crisis Response Network**

**Website:** <https://crisis.solari-inc.org/>

**About:** Nonprofit service based in Arizona which provides help with crisis situations and mental health or substance use problems, including free, confidential, 24/7 hotlines and dispatch services / help with transportation.

**Contact:**

**1-844-534-4673** (Arizona Statewide)

**602-347-1100** (24/7 warm line to talk with peer support specialist)

**Name: Substance Abuse and Mental Health Services Administration**

**Website:** <https://www.samhsa.gov/>

**About:** Government agency that provides information about / help finding resources for substance abuse and mental health issues, as well as a free, 24/7 hotline.

**Contact: 1-800-662-HELP (4357)** (for treatment referrals and information)

To find local providers: <https://findtreatment.samhsa.gov/locator>

**Name: Teen Lifeline**

**Website:** <https://teenlifeline.org/>

**About:** Nonprofit organization which provides information about teen mental health and a free, 24/7 hotline with trained counselors

**Contact: 602-248-TEEN (8336), [Media@teenlifeline.org](mailto:Media@teenlifeline.org)**

**Name: White Mountain Counseling**

**Website:** <http://www.whitemountaincounseling.org/home.html>

**About:** Local nonprofit that provides counseling services in Show Low.

**Contact: (928) 532-3238**

# Mental Health Resources

**Name:** Child Mind Institute

**Website:** <https://childmind.org/>

**About:** Assistance for children and families struggling with mental health and learning disorders by giving them the help they need.

**Contact:** 650.931.6565



# **PARENTING SUPPORT**

**Name:** Arizona Child Care Resource and Referral

**Website:** <https://www.azccrr.com/>

**About:** Provides information about child care and financial assistance for children.

**Contact:** 1-800-308-9000

**Name:** Arizona Department of Child Safety

**Website:** <https://dcs.az.gov>

**About:** State agency that provides information about parenting, family services, fostering, adoption, etc.

**Contact:**

For issues or concerns with a DCS case: 1-877-527-0765

For interest in fostering or adoption: 877-KIDS-NEED-U (1-877-543-7633)

Help for current foster parents and kinship caregivers: call 1-877-543-7633 and select option 3

**Name:** Head Start

**Website:** [Head Start Navajo County](#)

**About:** Free federal program that provides educational, social, and medical support to children (up to age 5) from low income families

**Contact:** website for local centers

# **PARENTING SUPPORT**

**Name: Living Hope Centers**

**Website: <https://livinghopecenters.org/>**

**About:** Nonprofit religious organization providing free pregnancy testing, classes on parenting and other topics, and help with housing pregnant women in need

**Contact: (928) 537-9032**

**Name: National Parent Helpline**

**Website: <https://www.nationalparenthelpline.org/>**

**About:** Provides free, confidential emotional support and guidance to parents and other caregivers

**Contact: 1-855-427-2736**

# SENIOR SUPPORT

**Name: Alzheimer's Association**

**Website:** <https://www.alz.org/>

**About:** Provides information and resources for Alzheimer's disease and other dementia

**Contact:** 1-800-272-3900 (Helpline)

**Name: Elder Abuse Resources Northern Arizona Council of Governments**

**Website:** <https://nacog.org/elder-abuse-resources/>

**About:** Resource to find help for Elder Abuse

**Contact:** (928) 774-1895

**Name: Arizona Attorney General Resources for Seniors**

**Website:** <https://www.azag.gov/seniors/resources-for-seniors>

**About:** Government department which provides information about care facilities, legal services, government programs, and more for seniors

**Contact:** 1-800-352-8431

**Name: Arizona Commodity Senior Food Program**

**Website:** <https://des.az.gov/services/basic-needs/food-assistance/az-commodity-senior-food-program>

**About:** Government program providing food assistance for adults aged 60+

**Contact:** 1-855-432-7587

**Contact:** See website for details.

Subheading

# **SENIOR SUPPORT**

**Name:** AARP Foundation

**Website:** <https://www.aarp.org/aarp-foundation/>

**About:** Nonprofit charity which helps seniors (50+) with food, housing, medical care, and other issues

**Contact:** 1-800-775-6776

**Name:** Northern Arizona Council of Governments Area Agency on Aging

**Website:** <https://nacog.org/aaa/>

**About:** Provides help for seniors (60+) and their caregivers with attendant care, food, utility bills, Medicare, and more

**Contact:** 1-877-521-3500

**Name:** Silver Creek Senior Center

**Website:** [https://www.facebook.com/p/Silver-Creek-Senior-Center-Food-Bank-and-Thrift-Store-100091571242117/?\\_rdr](https://www.facebook.com/p/Silver-Creek-Senior-Center-Food-Bank-and-Thrift-Store-100091571242117/?_rdr)

**About:** Food Bank, Activities, Thrift Store

**Contact:** (928) 536-2222

# Veteran's Support

**Name:** US Department of Veteran Affairs

**Website:** [www.va.org](http://www.va.org)

**About:** Provides a lot of helpful information concerning education, healthcare, employment, housing, and other benefit services to veterans. Through this website you can access and manage your benefits and health care.

**Contact:** 1-800-698-2411

**Name:** Veterans Crisis Line

**Website:** <https://www.veteranscrisisline.net/>

**About:** The Veteran Crisis hotline serves Veterans, their families and their friends and helps you recognize signs of a crisis so that you can reach out for support or help someone get the support they need. They provide free, confidential, 24/7 emotional support via phone or chat with trained crisis counselors.

**Contact:** Call 988 and press 1 at prompt,

**Text chat:** text 838255

**Online chat:** <https://www.veteranscrisisline.net/get-help/chat>

**Name:** Make the Connection

**Website:** <https://www.maketheconnection.net/>

**About:** Provides an array of information about common issues faced by veterans, such as a death in the family to retirement and aging. Watch, read or listen to veterans share their stories and learn of ways to show your support to other veterans in need.

**Contact:** <https://www.maketheconnection.net/resources/>  
(finding local resources)

# Veteran's Support

**Name: NPC Veteran Services**

**Website:** <https://www.npc.edu/veteran-services>

**About:** Learn about veteran benefits NPC students can receive while taking classes and earning a degree. You will find support and information for NPC students who are veterans and their dependents.

**Contact: (928) 524-7469**

**Name: VetJobs**

**Website:** <https://www.vetjobs.org>

**About:** Organization that helps current and former members of the military find jobs and receive employment training

**Contact: askus@vetjobs.org, 877-696-7226**

**Name: Hopi Veterans Services**

**Website:** <https://www.hopi-nsn.gov/tribal-services/hopi-veterans-services/>

**About:** Tribal agency provides assistance to Hopi & Tewa current and former military members and their families for healthcare and benefits. They are dedicated to helping their veterans improve their health and their quality of life.

**Contact: (928) 734-3461**