



Northland Pioneer College

**Northland Pioneer College
CARE Team
Resource Guide**

Table of Contents

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

Academic Support at NPC

Name: Academic Advising

Website: 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
- 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

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

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

Academic Support at NPC

Name: Tech Hub

Website: 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

Name: Tutoring

Contact: Ruth Creek

ruth.creek@npc.edu

Website: NPC Tutoring

- **About:** NPC offers tutoring in many NPC academic areas and is provided **FREE** of charge to students.
 - Students can attend sessions with a NPC-based tutor.
 - www.npc.edu/tutoring has a schedule of these session. This calendar is updated every semester.

Name: Tutor.com

Website: 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

- **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

- **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

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

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

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

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

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

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

About: Food Bank, Activities, Thrift Store

Contact: (928) 536-2222

Veteran's Support

Name: US Department of Veteran Affairs

Website: 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