

# BRUSD Emotional Well-Being & Mental Health Resource Page

Young people are facing many challenges. Emotional Wellness are critical to your student's success. If you have a concern, contact a mental health professional. Every student is an important part of the Blue Ridge Community and Family. Thank you for helping us keep them safe.

## Providers:

Aly Larson	928-985-1495
Apache Behavior Health	928-338-4811
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	928-243-2908
Dennis Weston	520-795-2030
Gary Goodwin	928-362-1252
Heather Rogers	928-457-7058
Indian Health Center	928-289-6163
Leslie Keene	928-486-5472
LDS Family Services	928-536-4117
Matt Scott	928-985-1495
Navajo Nation Behavior Health	928-657-8000
Tiffany Stirling	928-368-3358
Wendy	928-325-6239
White Mountain Counseling	928-532-3238
Salvacion Powell	928-228-5655
Online Therapy: TalkSpace.Com	www.talkspace.com

## Helplines:

Bikers Against Child Abuse	877-235-7268
Crisis Text Line	741741
Domestic Violence	800-799-7233
National Suicide Prevention Lifeline	800-273-8255
Native Youth Crisis Hotline	877-209-1266
Self-Injury Outreach	sioutreach.org
Trevor Project – LGBTQ	1-866-488-7386
White Mountain Apache Tribe – Celebrating Life	928-338-5215

Are You Okay? Ask, Answer & Listen Genuinely. For Reals. Safely & Softly.

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

