



BRUSD Mental Wellness Resource Page

This resource page is informational, not comprehensive, and is to be used at the discretion of the parent/guardian. BRUSD does not endorse any of the providers, clinics, helplines and/or resources listed.

For Immediate Concerns:

Lifeline Call/Text	988
Emergencies/Medical/Overdose	911
AZ 24-Hour Mental Health Crisis	844-534-4673
Crisis Text Line	741741

White Mountain Providers and Clinics:

Ally Cove Counseling	928-251-1200
Alyssa Ironside	928-205-1798
Andrew Rousseau	928-532-1200
Apache Behavior Health	928-338-4811
Balance Health and Wellness	928-286-7229
Bradley Head	928-537-1029
Brian Merrill	888-220-4103
Change Point	928-537-2951
Copa Health	928-725-5100
Daniel Christiano	480-577-6367
Darwin West	928-24305558
Devin Pinchard	928-468-3161
Erick Rask	928-532-1498
Gary Goodwin	928-362-1252
Heather Rogers	928-457-7058
Helping Life Connect	928-421-4377
Kirsten Hendershot	928-537-2951
Marigold Counseling	928-224-8318
Northland Therapy Services	928-532-1532
Richard Lauritzen	928-537-9743
Tiffany Stirling	928-368-3358
White Mountain Counseling	928-532-3238

Online Counseling Providers:

- [Balance Health and Wellness Flagstaff](#)
- [Better Help Online Therapy](#)
- [Charlie Health Intensive Online Therapy](#)
- [Stephanie Schurkens Counseling Show Low](#)
- [Talk Space Online Therapy](#)
- [Teri's Health Services Online Arizona](#)

Website Resource Links:

- [Addiction Support Podcast](#)
- [Alcohol Help](#)
- [Apache Behavioral Health](#)
- [Arizona Resources & Referral System](#)
- [Arizona Complete Health](#)
- [Bikers Against Child Abuse](#)
- [Celebrating Life Indigenous Health](#)
- [Domestic Violence Support](#)
- [National Alliance on Mental Illness](#)
- [Navajo County Family Advocacy](#)
- [Nexus Coalition Community Support](#)
- [Online Courses Tony Overbay](#)
- [Living Hope Pregnancy Support](#)
- [Lost Sparrow Trauma & Vulnerable Children](#)
- [RE:Center White Mtn Resources](#)
- [Self-Injury Outreach and Support](#)
- [Suicide Crisis Online Chat](#)
- [Trevor Project Suicide Prevention](#)

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

*Strength in Diversity
Strength in Belonging
You Matter! You Belong*