

White Mountain Support Groups

- Family Support Group

- **Purpose:** Supporting family members, 18 years and older, with a loved one who is having symptoms of a mental health condition.
- **When:** 2nd and 4th Tuesdays of each month.
- **Time:** 1:00-2:30pm
- **Where:** United Methodist Church
- **Address:** 261 N. 5th Street, Show Low, AZ 85901 (across from the Police Station)
- **Contact:** 928-298-1914, namiwhitemountains@gmail.com
- **Additional Information:** www.namiwmaz.org

- Grief Support Group

- **Purpose:** Supporting those, 18 years and older, impacted by the death of a loved one.
- **When:** Wednesdays
- **Time:** 3:00-4:30pm
- **Where:** Grace Church
- **Address:** 700 S 19th Ave, Show Low, AZ 85901
- **Contact:** Sharon Case 520-840-3922
- **Additional Information:** www.griefshare.org

- Alateen

- **Purpose:** Supporting young people ages 10-18 who are close to someone with a drinking problem
- **When:** Thursdays
- **Time:** 7pm
- **Where:** United Methodist church
- **Address:** 261 N. 5th Street, Show Low, AZ 85901 (across from the Police Station)
- **Contact:** Adult Sponsors in attendance at all times
- **Additional Information:** <https://al-anon.org/newcomers/teen-corner-alateen/>

- Helplines:

- Arizona Crisis Line 211
- 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 866-488-7386
- White Mountain Apache Tribe – Celebrating Life 928-338-5215

Are You Okay? Ask, Answer and Listen Genuinely.

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

Emergency situations should call 911.

