



# Mental Health Resources

Below is a quick guide of strategies and resources meant to support the social- emotional and mental health needs of students.

## [Student Assistance Guidebook](#)

### Staff supports

Self-care sites:

- [Second Step](#)
- [AZ Educator](#)
- [Yale Center for Emotional Intelligence](#)

### Safe, Supportive & Consistent Environments

- [Mental health awareness and suicide prevention training](#)
- [Positive Behavior Supports](#)
- [Trauma Sensitive Practices](#)
- [School Climate Strategies](#)
- [Social Emotional Learning, Program Guide](#)
- [Referral to a school counselor, social worker, or psychologist](#)

### Basic Functional Behavior Assessment (FBA) to Behavior Support Plans (BSP) Training-

The Basic Functional Behavior Assessment (FBA) to Behavior Support Plans (BSP) training consists of 7 online modules created by Portland State University. The modules should be completed in order with time in between each module to complete the homework assignment for hands-on application of the skills learned in each module before moving on to the next module. A pace of about one module per week is recommended, though in some cases more time may be needed to complete the homework tasks assigned in a module.

[Read More>>](#)

## Opportunities for Students



Elevating student voice is critical to quality schoolwide SEL implementation and fostering equitable learning environments.

Learn more about Bring Change to Mind:

[Read More>>](#)

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## Mental Health Resources

Need Help Now?

If this is a mental health emergency or crisis, please call 988. Tell the operator this is a mental health crisis. You are not alone, and there is a network of professionals throughout the state ready to help.

Suicide Prevention Trainings

<https://www.azed.gov/wellness/suicide-prevention>

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### Arizona Crisis Hotlines

- **Resilient Arizona Crisis Counseling Program** (English and español) - Call 211 now to connect to an Arizona crisis counselor
- **Crisis Response Network**
  - Central AZ: 602-222-9444 or 1-800-631-1314
  - Northern AZ: 1-877-756-4090
  - Southern AZ: If you live in Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma Counties or on the San Carlos Apache Reservation, you call 1-866-495-6735
  - Tohono O'Odham Nation Crisis Line: 1-844-423-8759

### National and Regional Crisis Hotlines

- Crisis Text Line: Text CONNECT to 741741
- Teen LifeLine: Phone or Text 602-248-TEEN (8336) Monday-Friday 3 – 9 PM
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Sexual Assault Hotline-Free. Confidential. 24/7: 800-656-HOPE (4673)
  - Chat on their app or at <https://www.rainn.org/get-help>



## Mental Health Resources Continued



- **1 in 6: 800-656-HOPE (4673) or chat (see below)**
  - Support for men and boys experiencing sexual abuse or assault. Offers information, resources, 24/7 chat, online support groups, trauma-informed training, and webinars. [www.1in6.org](http://www.1in6.org)
- **National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-HELP (4357)**
- **National Human Trafficking Hotline 24/7: 1-888-373-7888**
  - If you or someone you know needs help, call the National Human Trafficking Hotline toll-free hotline, 24 hours a day, 7 days a week to speak with a specially trained Anti-Trafficking Hotline Advocate. Support is provided in more than 200 languages. They are here to listen and connect you with the help you need to stay safe. Callers can dial 711 to access the Hotline using TTY. You can also email at [help@humantraffickinghotline.org](mailto:help@humantraffickinghotline.org). All communication with the hotline is strictly confidential. Download and print FREE materials at <https://humantraffickinghotline.org/get-involved/downloadable-resources>

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### LGBTQUIA+ and Two Spirit Crisis Hotlines

- **The Trevor Project (LGBTQ+ Hotline): Phone: 1-866-488-7386 or Text: START to 678-678**
- **Trans Lifeline: 1-877-565-8860**
- **Strong Hearts Native Helpline: 1-844-7NATIVE (762-8483)**
  - Strong Hearts Native Helpline advocates are knowledgeable in serving the unique needs of LGBTQ2S+ peoples. Help is available 24/7 by texting or calling or via online chat at [strongheartshelpline.org](http://strongheartshelpline.org)

