

PENSAR ACADEMY

6135 NORTH BLACK CANYON HWY., PHOENIX, ARIZONA 85015 602.383.4013 www.pensaracademy.org



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Pensar Academy is committed to not only providing our students with essential skills like communication, collaboration, creativity, and critical thinking throughout the academic day, but also with nurturing the well-being of our students, their families, and our community. Below are a few resources for support with the various stresses that we encounter throughout our daily lives.

Mental Health Resources

- **24 Hour Crisis Line:** 602.222.9444
- **24 Hour Suicide Prevention Lifeline:** 800.273.8255
- **24 Hour Teen Lifeline:** 800.273.TALK or 602.248.8336
- **ASAP (Adolescent Substance Abuse Program):** 602.434.0249
- **EMPACT:** 866.205.5229
- **Find Help Phoenix:** <https://findhelpphx.org/>
- **Mercy Maricopa 24 Hour Hotline:** 800.631.1314
- **Pathways Substance Abuse Program:** 480.921.4050
- **State Treatment Hotline:** 800.662.4357
- **Terros:** 602.685.6000
- **Trevor Project 24 Hour Hotline (LGBTQ):** 866.488.7386

Counseling & Behavioral Health Services

- **Community Info & Referral:** <https://211arizona.org/> or 877.211.8661
 - Food, Clothing, Help Paying Bills, Housing/Shelter, Domestic Violence, Human Trafficking, Health & Dental, Disability Related Services, Veteran & Military Services, Employment Services, Mental Health & Support Groups, Substance Abuse, Government & Tribal Services, Individual & Family Services
- **Counselor Referral Service:** <https://www.psychologytoday.com/us>
- **Family Service Agency:** <https://fsaphoenix.org/> or 602.264.9891
 - Outpatient Services, Counseling Services, Medication Management, Substance Abuse

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Inpatient Behavioral Health Treatment Facilities

- **Aurora Behavioral Health Treatment Facilities:**
<https://www.auroraarizona.com/> or 480.345.5400
- **Banner Behavioral Health:**
<https://www.bannerhealth.com/locations/scottsdale/banner-behavioral-health-hospital> or 480.448.7565
 - Assessments & Evaluation, Inpatient Psychiatric Care, Addiction & Detoxification, Brain Stimulation ECT & TMS, Adolescent Services, Young Adult Services, Outpatient Treatment, Banner Academy
- **Oasis Behavioral Health Facility:** <https://www.obhhospital.com/> or 480.281.5055
 - Cognitive Behavioral Therapy, Recreational Therapy, Living in Balance
- **Quail Run Behavioral Health Facility:** <https://quailrunbehavioral.com/> or 602.455.5694

Psychiatry

- **Child & Family Support Services:** <https://www.cfss.com/> or 480.635.9944
- **Crisis Prevention & Recovery:** <https://www.crisispreandrecovery.com/> or 480.804.0326
- **Desert Horizon Integrative Medicine:**
<https://www.deserthorizonintegrativemedicine.org/> or 602.470.5520
 - Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Eye Movement Desensitization & Reprocessing, Individual/Family/Marriage Counseling, Infant/Toddler Therapy, Medication Management, Play Therapy, Psychiatric Evaluations for Adults/Children/Adolescents
- **Psychiatrist Referral Service:** <https://www.psychologytoday.com/us>
- **Redemption Psychiatry:** <https://redemptionpsychiatry.com/> or 480.471.8560
 - Psychiatric Evaluation, Medication Management, Genetic Testing for Drug Effectiveness, Tele-Psychiatry, ADHD Testing

Grief Resources

- **Tips for Supporting the Grieving Teen:**
https://www.dougy.org/docs/TDC_Grieving_Teen_Tip_Sheet_2015.pdf
- **When A Child's Friend Dies by Suicide:** http://www.sptsusa.org/wp-content/uploads/2015/05/When_a_Child_Friend_Dies_By_Suicide.pdf

