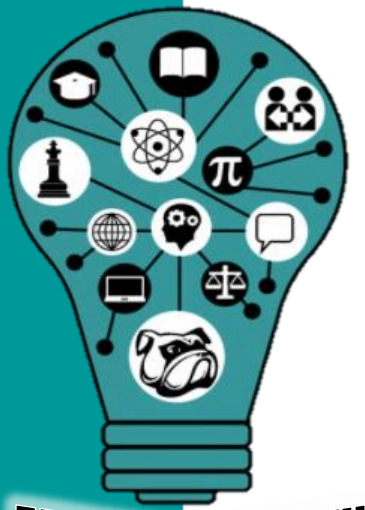


PENSAR ACADEMY

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



PENSAR ACADEMY

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.crisisprepandrecovery.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