

Dear Parents, Guardians, Community and Staff,

This past year presented so many different challenges and obstacles that tested our strength and resiliency. The pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result. As we enter summer intercession, there are still community tools and resources available that can support your well-being.

### **Crisis Hotlines 24/7, FREE, Confidential**

- Maricopa Crisis Line (602) 222-9444
- Crisis Text Line 741-741
- Teen Lifeline (602) 248-8336
- Trevor Lifeline for LGBTQ youth 1-866-488-7386
- Domestic Violence 800-799-7233 or Text "LOVEIS" to 22522

If you are interested in locating mental health/counseling services for you or a loved one, below are some helpful places to start:

### **Insurance Provider**

- Your insurance company can assist in locating mental health providers covered in your plan. Check out the insurance website for search tools of local agencies that accept your insurance plan.

### **Psychology Today**

- Psychology Today provides a database of local therapists, psychiatrists, treatment centers, and support groups. Use the search tool for insurance, zip code, specialty, etc. to locate the best provider to fit your family's needs.
- <https://www.psychologytoday.com/us>

### **notMYkid**

- notMYkid is a non-profit organization and licensed outpatient mental health treatment center providing individual, family and group therapy, peer support and group coaching. For more information or to schedule a consult, fill out the pre-screening tool available on their website:
- <https://notmykid.org/behavioral-health/>

### **211 Arizona Information and Referral Service**

- 2-1-1 Arizona operators assist individuals and families in locating resources to improve and save lives such as:
  - Supplemental Food and Nutrition Programs
  - Shelter and Housing Options
  - Utilities Assistance
  
  - Employment and Education Opportunities
  - Services for Veterans
  - Support groups for individuals with mental illnesses or special needs
  
  - Healthcare, vaccination, and health epidemic information
  - Addiction Prevention and Rehabilitation Programs
  - A safe, confidential path out of physical and/or emotional domestic violence
- <https://www.211.org/>

## Chandler Care Center

- For resources, food boxes, community referrals, parenting programs, immunizations, or health and wellness reach out the Chandler Care Center for additional assistance.
- Chandler Care Center  
777 E. Galveston St. Chandler, AZ 85225  
480-812-7900  
[www.chandlerCAREcenter.com](http://www.chandlerCAREcenter.com)

## Not OK

- Not OK app is a free pre-crisis app that takes the guesswork out of asking for help. This app allows users to send a text and their location to trusted contacts, guided breathing support, and crisis hotlines all at the touch of a button.
- <https://www.notokapp.com/>

---

**For Chandler Unified employees**, EAP preferred offers 24-hour telephone access to confidential counseling services to support a variety of issues and challenges. Coverage includes up to 6 one on one counseling sessions at no cost to you. EAP preferred is the CUSD provider until June 30th, 2021.

- **EAPpreferred**  
(602) 264-4600  
<http://eappreferred.com/>

**Effective July 1<sup>st</sup>**, the employee assistance program provider will be changing to ComPsych. Reach out to their 24/7 line for additional information.

- **ComPsych**  
(833) 955-3386 24/7  
<https://www.compsych.com/>

We look forward to our return for the 21-22 school year and continuing to care for our students and community!

Kindly,

Brenda Vargas  
Director of Counseling & Social Services  
Chandler Unified School District  
(480)224-3708