

COVID-19 Mental Health Resources- Phoenix area

Hotlines:

Maricopa County Crisis Line: 602-222-9444

Pinal County Crisis Line: 1-866-495-6735

Gila River/Ak-Chin Crisis Line: 1-800-259-3449

Salt River Pima Maricopa Crisis Line: 1-855-331-6432

DCS Child Abuse Hotline: 1-888-767-2445

Birth to Five Helpline: 1-877-705-5437

Local Teen Hotline: 602-248-8336

Crisis Response Warm Line: 602-347-1100

SMI Determination for adults: 602-845-3594

National Suicide Prevention Lifeline: 1-800-273-8255

-Text HOME to 741741

La Frontera Empact Suicide Prevention Center (local):

Crisis Line: 480-784-1500

Sexual Assault Hotline: 480-736-4949

Veterans and Military Crisis Hotline: 855-725-5948

National Substance Use/Disorder Treatment/Referral:

1-800-662-4357

SAMHSA Disaster Distress Hotline: 1-800-985-5990

National Domestic Violence Hotline: 1-800-799-7233

Psychiatric/Medication Services:

- Contact your provider to ensure that you have a sufficient supply of medication
- Many providers should be able to provide telehealth services
- Find out if you can get a 90 day supply or a 30 day supply with 2 refills
- Contact your provider and pharmacy several days in advance of when you need a refill
- Drive through the pharmacy to pick up your refill rather than going inside
- Contact your pharmacy to see if you can get your prescription delivered
- If you are in urgent need of a refill and unable to contact your provider, contact ConnectionsAZ Urgent Psychiatric Care: 602-416-7600

DDD/AZEIP:

DDD: 1-844-770-9500

AZEIP: 602-532-9960

- Maintain regular contact with your DDD coordinator and all service providers
- Find out if services can be provided via telehealth

AHCCCS Service Providers:

Mercy Care Member Services: call 1-800-564-5465

AZ Youth and Family Services: Telehealth for ages 0-18, no referral needed. 602-277-4833

Southwest Human Development-Good Fit Counseling Center: Accepting referrals age 0-3, currently providing telehealth only services. Call 602-200-0434

Online Therapy Services:

<https://www.talkspace.com/>

<https://www.betterhelp.com/>

Low Cost Therapy Services:

-Contact first to find out if they are able to provide telehealth services

-If you have health insurance, go through your health insurance website first to find a provider

Open Path Collective: <https://openpathcollective.org/>

Franciscan Renewal Center:

<https://thecasa.org/healing/one-on-one-counseling/>

Phoenix Area Therapists:

<https://docs.google.com/spreadsheets/d/1ghe421s-4kdMpfGXip8ZuHbTIbyO7jeJmFJJNPf98k/edit?usp=sharing&fb>

[clid=IwAR3MozhgUw3wPFtcepzh8oW6XhnXRlpyO4qZLCqG8hEPGP3kkkvdoSDI2b8](https://www.youtube.com/watch?v=clid=IwAR3MozhgUw3wPFtcepzh8oW6XhnXRlpyO4qZLCqG8hEPGP3kkkvdoSDI2b8)

Coping Skills and Self Care:

- Find something that works best for you!
- Stick to your normal routine even while working from home, but also allow flexibility
- Identify what emotions you are feeling, where you feel those emotions in your body, and how you respond to or express those emotions
 - Example: feeling of anxiety
 - might feel heart pounding, indigestion, nausea, muscle aches/tension/pain
 - might be hypervigilant, extremely sensitive, feel numb, have difficulty sleeping, overthinking, difficulty eating/loss of appetite, trouble concentrating/focusing, might “zone out”
- Write about your feelings
- Reach out to loved ones and be in contact regularly via social media, video chat (Facetime, Google Hangouts, Skype, whatever works for you)
- Focus on what you can control
- Physical activities can help if you are able to do them: yoga, stretching, weight lifting, go for a walk or run, bike ride, swim
- Go for a drive
- Watch the sunset or sunrise
- Activities for emotion regulation:
 - Butterfly Hug: <https://www.youtube.com/watch?v=eOarGok-pK4>
 - Body scan: notice areas of pain/discomfort in your body
 - Use of weighted blanket/vest
 - 4 7 8 breathing: breathe in for a count of 4, hold your breath for a count of 7, breathe out for a count of 8
 - Examples of grounding techniques:
<https://www.healthline.com/health/grounding-techniques>
 - Visualize a safe place: <https://www.youtube.com/watch?v=Isw37iCwMCg>
 - Mindfulness activities:
<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

-Activities for young children:

<https://www.zerotothree.org/resources/3264-at-home-activity-guide>

-Examples of activities for children:

Log rolling. Invite your child to lay on the floor for a log rolling. Ask child to pretend to be a soft noodle or a stiff log. Request permission before touching and rolling. Encouraged her to resist or relax as you roll her back and forth. This activity offers a child an opportunity to notice their body and how their parent is responds in a safe way. I think it is also important for children to verbally hear from the parent is noticing their strong body and resistance. For full enjoyment, a child needs to have their parent help with the rolling. Rolling alone is no fun.

Push and pull hands. This is an activity to helps children safely expressing big feelings. The activity uses a parent's resistance and strength to help a child get out big feelings while keeping the exchange safe. Sit on the floor with back support (sofa or wall) so you can be steady. Ask your child to push your hands with theirs, palm to palm. Have the child push back and forth, left side to right side. It is almost like a bicycle motion. Parent offers resistance and demonstrates they are strong enough. I discourage hitting hands as it can get dangerous and less focused. You can invite your child to yell and growl. The parent notices how big the expression, names the feeling and notice the child's ability to share. You can do something similar with the large rehab sized ball. A large ball is sometimes easier to manage and keep the space safe.

Hide and seek feelings plastic eggs. I have not yet met a child who does not want to find/hide eggs. This is similar to toddlers engaging in peek-a-boo. If the parent fill the eggs with slips of paper the game is extended and fun. Slips can be little snack coupons or affirmations about what the parent-child relationship "I like when we _____". For older children (6-10) charade cards or quirky questions.

Scribble Scrabble confetti throw. Express feelings on paper in bright colors. Encourage your child to get out the full range of feelings. Everyone creates their own paper and then rips them up. Child offers the count to throw. 1-2-3-throw. Everyone cleans up.

-Creativity is great! Color, draw, paint, sew, do crafting activities

-Free printable mandalas:

<http://www.supercoloring.com/coloring-pages/arts-culture/mandala>

-Make a sun jar: <https://www.instructables.com/id/Fast-Easy-Sun-Jar/>

-Play, even as an adult: Play Doh, water beads, slime, spend time in play with your children if you have them

-DIY Play Doh: <https://www.youtube.com/watch?v=oAIAm6BF0fs>

-DIY slime: <https://www.youtube.com/watch?v=eaALjlyKDZI>

-Don't feel the need to constantly be productive. If you need to rest, do that and don't beat yourself up about it. Put your physical and mental health first.

-Laughter and humor are important, watch funny videos

-Take breaks from reading the news and social media

-Listen to your favorite music, make playlists

- Spend time with your pet if you have one, take your dog for walks
- Read a book you enjoy
- Try new recipes. Cook healthy food as well as food that you enjoy that may not be so healthy.
- Free apps: <https://www.psycom.net/25-best-mental-health-apps>
- Worksheets and activities: <https://www.therapistaid.com/>