



Campus Health Services

Counseling Services

PO Box 6045

Flagstaff, AZ 86011

928-5213-2261

928-523-9060 fax

www.nau.edu/counseling-services

As we, and the NAU community, come to grips with the devastating events in Las Vegas over the weekend, Counseling Services wants to express to all NAU students, staff, faculty, and administration that we are committed to being responsive and supportive for those in need. Our hearts go out to those affected by this terrible tragedy and we are continuously monitoring response efforts in Flagstaff, Las Vegas, and surrounding areas. We are mindful that the distress and emotional impact of these events is not isolated to one state and may continue to resonate for individuals across our NAU community, both in Flagstaff and beyond. If you or someone you know has been impacted and could benefit from support and resources, Counseling Services provides a number of services to meet your needs.

If you are a student located at the NAU Flagstaff campus or in the Flagstaff area, you can access our services via the following methods:

1. Call the Counseling Services office at (928) 523-2261 to consult with a counselor and/or schedule an appointment.
2. If you feel you are in crisis or in need of immediate mental health support, you may utilize our walk-in appointments offered daily from 10am – 4pm. These appointments are available on a first come, first served basis.

If you are a student of an NAU community outside of Flagstaff (i.e., Prescott, Phoenix, Tri-City areas):

Please call our main office at (928) 523-2261 and request to speak to a counselor. While we do not have the capability to provide Teletherapy, and cannot provide formal therapy to individuals outside of Arizona, a counselor will make themselves available to consult and assess your specific concerns and needs and link you to the best possible providers and/or resources in your area. More information about Counseling Services including our location, staff bios, services we provide, and additional resources is available on our website: www.nau.edu/counseling-services.

If you are a Faculty, Staff, or Administrative member of the NAU community, either in Flagstaff or beyond:

Employee Assistance and Wellness

The Office of Employee Assistance and Wellness (EAW) provides counseling and consultation to benefit eligible employees on the NAU BCBSAZ plan on the Flagstaff campus. During times of crisis, the office is available to assist all employees, regardless of insurance benefits or location. The EAW staff can provide support and consultation by

telephone and assist with referrals for NAU employees working outside of Flagstaff. For more information, please call 928-523-1552 or access our website: <https://nau.edu/eaw/>.

*****For anyone feeling impacted by the shooting, please note the 24 hour hot line below:**

Crisis Response Network is offering a 24-hour hot line in response to the Las Vegas shooting. Call 800-203-CARE (2273) if you need support.

Other NAU employee resources:

*****Las Vegas Crisis Response Hot Line:**

Crisis Response Network is offering a 24-hour hot line in response to the Las Vegas shooting. Call 800-203-CARE (2273) if you need support.

[Terros Health](https://www.terroshealth.com): 877-756-4090

[The Guidance Center](https://www.guidancecenter.org): 928-527-1899

[Flagstaff Medical Center \(FMC\) Behavioral Health Services](https://www.flagstaffmedicalcenter.com): 928-213-6300

[Sacred Peaks Health Center West](https://www.sacredpeakshealthcenter.com): 928-635-7575

[Native Americans for Community Action](https://www.nativeamericansforcommunityaction.org): 928-526-2968

[Northland Family Help Center](https://www.northlandfamilyhelpcenter.org): 928-527-1700

[Victim Witness of Coconino County](https://www.victimwitnessofcoconino.com): 928-679-7770

Employee resources outside of Flagstaff area:

[Terros Health](https://www.terroshealth.com): 877-756-4090

[Victim Witness](https://www.victimwitness.com) (all AZ), Phoenix: 800-800-2570, Tucson: 888-565-0631

[Cenpatico](https://www.cenpatico.com) (all southern Arizona counties) 866-495-6735

[Mercy Maricopa](https://www.mercymaricopa.com) (Phoenix) 800- 631-1314