

**Personal Counseling Options for CACREP students
2019-2021**

CACREP Standard 1.H: The institution provides information to students in the program about personal counseling services provided by professionals other than counselor education program faculty and students.

Pages 1-8: Flagstaff campus AND NAU-wide resources for personal counseling and support

Page 9: Phoenix campus resources for personal counseling and support

Tucson 10-12: Tucson campus resources for personal counseling and support

Flagstaff-area options for Personal Counseling (beyond Practicum Lab)

1. All active NAU students may access:

- a. NAU Mountain Campus – Campus Health Services
 - i. See pages 2-5
- b. NAU-Counseling Services : <https://in.nau.edu/campus-health-services/nau-counseling-services/>

2. Private options:

- a. Check your own health insurance plan's providers – you may have access to counseling via your insurance plan

3. Flagstaff Counseling agencies

- a. The Guidance Center:
 - i. <http://tgcaz.org>
- b. Southwest Behavioral Health:
 - i. <https://www.sbhservices.org/locations-contact-info>
- c. Northland:
 - i. <http://northlandfamily.org>
- d. North Country Health care:
 - i. <https://northcountryhealthcare.org>
- e. Arizona Behavioral Health Associates:
 - i. <https://psychotherapy.com>

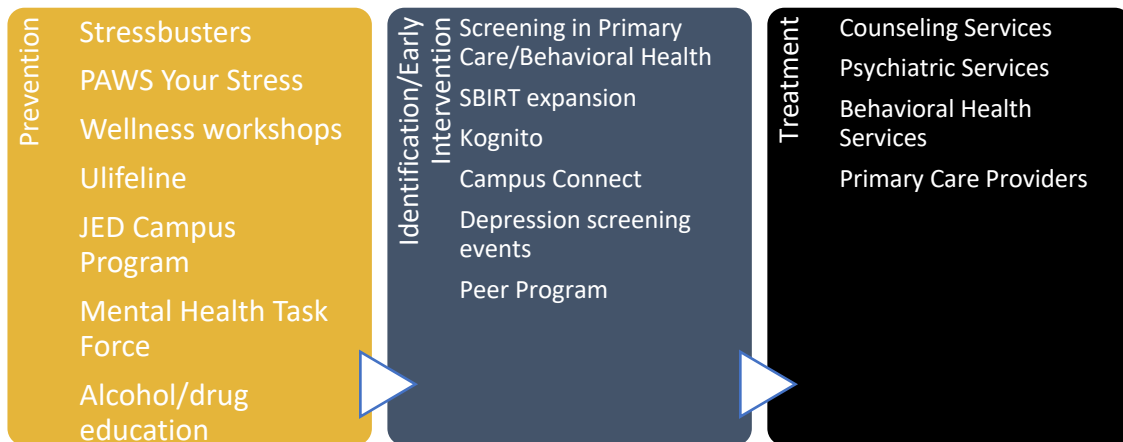
4. Flagstaff Counselors/Psychologists

- a. See pages 5-on
 - i. List of local BH providers from: https://www.healthchoiceaz.com/wp-content/uploads/mdocs/Hc-AZ_ProviderDirectory_Specialty_2020_April.pdf
- b. <https://www.psychologytoday.com/us/therapists/az/flagstaff>

5. Great list of Local apps and MH resources

- a. <https://onlineteenhelp.com>

**NAU-Mountain Campus – Campus Health Services
2019-2020
Comprehensive Approach to Mental Health Support**



Prevention: Supporting well students

Strategy	Desired Outcomes	Target Population	Provider
<i>Stressbusters:</i> Primary Prevention	<ul style="list-style-type: none"> • Immediate stress relief • Increase knowledge of stress and wellness resources on campus 	All students	Health Promotion
<i>PAWS Your Stress:</i> Primary Prevention	<ul style="list-style-type: none"> • Immediate stress relief • Increase knowledge of relaxation strategies • Increased knowledge of stress management resources 	All students	Health Promotion
<i>Wellness Workshops:</i> Primary and Secondary Prevention	<ul style="list-style-type: none"> • Increase resilience • Improve coping skills • Improve interpersonal skills • Improve mood management 	All students	Health Promotion
<i>U Lifeline online mental health self- assessment:</i> primary/secondary prevention	<ul style="list-style-type: none"> • Increase knowledge of personal risk for mental health • Increase knowledge of mental health resources • Increase help seeking 	All students	Health Promotion/Counseling Services
<i>JED Campus:</i>	<ul style="list-style-type: none"> • Improved institutional support for student mental health 	All students	Mental Health Task Force

Mental Health Task Force: Environmental strategy	<ul style="list-style-type: none"> • Coordinate and collaborate on mental health efforts • Disseminate information 	Campus	Counseling/Health Promotion/campus stakeholders
Alcohol and Drug Education	<ul style="list-style-type: none"> • Harm reduction 	All students	Health Promotion
Media Campaigns: Primary Prevention	<ul style="list-style-type: none"> • Increase knowledge of resources 	All students	Health Promotion
Resilience Training:	<ul style="list-style-type: none"> • Improved resilience and coping strategies 	TBD	Health Promotion
Everfi:	<ul style="list-style-type: none"> • Improved self-care • Increased knowledge of helping strategies 	TBD	Health Promotion

Early Intervention

Supporting at-risk students and students in distress

Strategy	Desired Outcomes	Target Population	Provider
Mental Health Screening in Primary Care	<ul style="list-style-type: none"> • Early identification of mental health concerns 	All patients seen in Medical Services	Medical and Behavioral Health Services
SBIRT Expansion	<ul style="list-style-type: none"> • Early identified and referral of substance misuse 	All students accessing campus services	Campus stakeholders
Kognito Gatekeeper Training: secondary and tertiary prevention	<ul style="list-style-type: none"> • Improve ability to identify and refer students in distress 	All students <ul style="list-style-type: none"> • SA student leaders/employees All faculty	Health Promotion/Academic Transition Programs Faculty Senate
Campus Connect: Secondary and tertiary prevention	<ul style="list-style-type: none"> • Improve ability to identify and refer students in distress • Increase knowledge of mental health issues on campus • Improve skills for expressing empathy and asking about suicide • Increase ability to identify and refer students in distress 	All students Student leaders/RA's Staff/faculty	Counseling Services/Health Promotion
Depression Screening Events: Early intervention	<ul style="list-style-type: none"> • Increase help seeking • Increase awareness of resources 	At risk students	Health Promotion/Counseling Services
Peer Program	<ul style="list-style-type: none"> • Create campus culture of compassion • Create network of students who can 	All students	Counseling Services

	assist peers with mental health issues		
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Treatment

Supporting students with mental health concerns

Strategy	Desired Outcomes	Target Population	Provider
<i>Counseling Services:</i> Treatment	<ul style="list-style-type: none"> • Improve student mental health through individual, group, and couples counseling • Refer to community providers, as needed 	Students seeking help with mental health issues	Counseling Services
<i>Psychiatric Services:</i> Treatment	<ul style="list-style-type: none"> • Improve patient mental health through psychiatric medication management 	Patients with mental health concerns desiring medication as a treatment option	Medical Services
<i>Behavioral Health Services:</i> Early Intervention	<ul style="list-style-type: none"> • Increase early identification and intervention with mental health issues in medical appointments 	At risk students At risk employees	Campus Health Services
<i>Primary Care:</i>	<ul style="list-style-type: none"> • Assist with management and coordination of patient mental health concerns • Assist with psychiatric medication management for lower-level mental health concerns 	All patients who present with mental health concerns	Medical Services

APACHE**BEHAVIORAL HEALTH HOME
LITTLE COLORADO BEHAVIORAL
HEALTH**

470 WEST CLEVELAND
SAINT JOHNS, AZ 85936
(928) 337-4301
Fax: (928) 337-2269

**LITTLE COLORADO BEHAVIORAL
HEALTH**

50 NORTH HOPI STREET
SPRINGVILLE, AZ 85938
(928) 333-2683
Fax: (928) 333-5595

**LICENSED PROFESSIONAL
COUNSELOR**

UNRAST, ANN M LPC
SUMMIT HEALTHCARE MEDICAL
ASSOCIATION
606 NORTH MAIN STREET
EAGAR, AZ 85925
(928) 333-5333
Fax: (928) 333-5100

OTTO, PAUL D LMFT
LITTLE COLORADO BEHAVIORAL
HEALTH
470 WEST CLEVELAND
SAINT JOHNS, AZ 85936
(928) 337-4301
Fax: (928) 337-2269

PINKARD, DEVIN M LPC
LITTLE COLORADO BEHAVIORAL
HEALTH
470 WEST CLEVELAND
SAINT JOHNS, AZ 85936
(928) 337-4301
Fax: (928) 337-2269

POCHE, RODNEY S LMFT
LITTLE COLORADO BEHAVIORAL
HEALTH
470 WEST CLEVELAND
SAINT JOHNS, AZ 85936
(928) 337-4301
Fax: (928) 337-2269

OTTO, PAUL D LMFT
LITTLE COLORADO BEHAVIORAL
HEALTH
50 NORTH HOPI STREET
SPRINGVILLE, AZ 85938
(928) 333-2683
Fax: (928) 333-5595

POCHE, RODNEY S LMFT
LITTLE COLORADO BEHAVIORAL
HEALTH
50 NORTH HOPI STREET
SPRINGVILLE, AZ 85938
(928) 333-2683
Fax: (928) 333-5595

PSYCHIATRY

BERTSCH, TERESA D MD
NORTH COUNTRY HEALTHCARE
488 SOUTH MOUNTAIN AVENUE
SPRINGVILLE, AZ 85938
(928) 333-0127
Fax: (928) 333-4799

PSYCHIATRY & NEUROLOGY

GIBSON, SARA F MD
LITTLE COLORADO BEHAVIORAL
HEALTH
470 WEST CLEVELAND
SAINT JOHNS, AZ 85936
(928) 333-2683
Fax: (928) 337-2269

GIBSON, SARA F MD
LITTLE COLORADO BEHAVIORAL
HEALTH
50 NORTH HOPI STREET
SPRINGVILLE, AZ 85938
(928) 333-2683
Fax: (928) 333-5595

COCHISE**CLINIC**

BENSON IC
500 SOUTH HIGHWAY 80 SUITE A
BENSON, AZ 85602
(520) 720-0290
Fax: (520) 586-4644

SEABHS INC BENSON
611 WEST UNION STREET
BENSON, AZ 85602
(520) 586-0800

RESILIENT HEALTH
541 EAST 10TH STREET
DOUGLAS, AZ 85607
(520) 805-0049
Fax: (520) 805-4443

COMMUNITY MEDICAL SERVICES
302 EL CAMINO REAL
SIERRA VISTA, AZ 85635
(520) 894-6300
Fax: (520) 263-4594

**COMMUNITY PARTNERS
INTEGRATED**
2273 EAST WILCOX DRIVE
SIERRA VISTA, AZ 85635
(520) 226-0560
Fax: (520) 226-0568

SEABHS SIERRA VISTA
4755 CAMPUS DRIVE
SIERRA VISTA, AZ 85635
(520) 458-3932

PSYCHIATRY

SULLIVAN II, WILLIAM R MD
SOUTHEASTERN AZ BHS
590 SOUTH OCOTILLO AVENUE
BENSON, AZ 85602
(520) 586-7080

COCONINO**BEHAVIORAL HEALTH HOME**

THE GUIDANCE CENTER
2695 EAST INDUSTRIAL DRIVE
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 714-6480

THE GUIDANCE CENTER
220 WEST GRANT AVENUE
WILLIAMS, AZ 86046
(928) 527-1899
Fax: (928) 714-6480

CLINIC

THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 714-6480

COUNSELOR

MCCOY, BETHEL J LSAC
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

MCCOY, BETHEL J LSAC
THE GUIDANCE CENTER
2695 EAST INDUSTRIAL DRIVE
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

**LICENSED INDEPENDENT
SUBSTANCE ABUSE
COUNSELOR**

POTTER, ROBERT LSAC
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

POTTER, ROBERT LSAC
THE GUIDANCE CENTER
2695 INDUSTRIAL DRIVE
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

**LICENSED PROFESSIONAL
COUNSELOR**

BENITEZ, JOSE J LPC
NORTH COUNTRY HEALTHCARE
2920 NORTH 4TH STREET
FLAGSTAFF, AZ 86004
(928) 522-9400
Fax: (928) 774-4808

COATE, HEATHER A LPC
SOUTHWEST BEHAVIORAL HEALTH
SERVICES
1515 EAST CEDAR AVENUE SUITE B4
FLAGSTAFF, AZ 86004
(928) 779-4550
Fax: (928) 779-4493

LICENSED PROFESSIONAL COUNSELOR

DEVILLIERS, HEATHER L LPC
SOUTHWEST BEHAVIORAL HEALTH SERVICES
1515 EAST CEDAR AVENUE
B2 B3 B4 E1 E2
FLAGSTAFF, AZ 86004
(928) 779-4550
Fax: (928) 779-4493

SHEWEY, DEBRA LPC
SOUTHWEST BEHAVIORAL HEALTH SERVICES
1515 EAST CEDAR AVENUE
SUITE B2 B3 B4 E1 E2
FLAGSTAFF, AZ 86004
(928) 779-4550
Fax: (928) 779-4493

COFFMAN, EVE LPC
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 714-6480

DIAZ, MARIA C LPC
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

DIAZ, MARIA C LPC
THE GUIDANCE CENTER
2695 INDUSTRIAL DRIVE
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

MOYER, JAMES KIP W LMFT
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

MOYER, JAMES KIP W LMFT
THE GUIDANCE CENTER
2695 INDUSTRIAL DRIVE
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

VANSANFORD, DIANNA LPC
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

VANSANFORD, DIANNA LPC
THE GUIDANCE CENTER
2695 INDUSTRIAL DRIVE
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

TRUDELL, CATHERINE P LPC
ENCOMPASS HEALTH SERVICES
170 NORTH MAIN STREET
FREDONIA, AZ 86022
(928) 643-7230
Fax: (928) 643-7988

TRUDELL, WILLIAM J LPC
ENCOMPASS HEALTH SERVICES
170 NORTH MAIN STREET
FREDONIA, AZ 86022
(928) 643-7230
Fax: (928) 648-7988

REHMA, KAE LPC
ENCOMPASS HEALTH SERVICES
463 SOUTH LAKE POWELL BLVD
PAGE, AZ 86040
(928) 645-0945
Fax: (928) 645-2364

TRUDELL, CATHERINE P LPC
ENCOMPASS HEALTH SERVICES
463 SOUTH LAKE POWELL BLVD
PAGE, AZ 86040
(928) 645-5113
Fax: (928) 645-3254

TRUDELL, WILLIAM J LPC
ENCOMPASS HEALTH SERVICES
463 SOUTH LAKE POWELL BLVD
PAGE, AZ 86040
(928) 645-5113
Fax: (928) 645-3254

MCNABB, MARILYN LPC
NORTH COUNTRY HEALTHCARE
301 SOUTH 7TH STREET
WILLIAMS, AZ 86046
(928) 635-4441
Fax: (928) 635-4403

PSYCHIATRY
COLLIER, JAY H MD
NORTHERN ARIZONA HEALTHCARE
107 EAST OAK AVENUE
FLAGSTAFF, AZ 86001
(928) 213-6415
Fax: (928) 213-3409

HENDERSON, JOHNNY B MD
NORTHERN ARIZONA HEALTHCARE
107 EAST OAK AVENUE
FLAGSTAFF, AZ 86001
(928) 213-6415
Fax: (928) 213-6409

BERTSCH, TERESA D MD
NORTH COUNTRY HEALTHCARE
2187 NORTH VICKEY STREET SUITE 2
FLAGSTAFF, AZ 86004
(928) 714-5322
Fax: (928) 626-9503

BERTSCH, TERESA D MD
NORTH COUNTRY HEALTHCARE
2920 NORTH 4TH STREET
FLAGSTAFF, AZ 86004
(928) 522-9400
Fax: (928) 774-4808

GAROFALO, JOHN G MD
SOUTHWEST BEHAVIORAL HEALTH SERVICES
1515 EAST CEDAR AVENUE
SUITE B2 B3 B4 E1 E2
FLAGSTAFF, AZ 86004
(928) 779-4550
Fax: (928) 779-4493
Languages: French, Spanish

STIEGLER, TRAVIS C DO
SOUTHWEST BEHAVIORAL HEALTH SERVICES
1515 EAST CEDAR AVENUE
SUITE B2 B3 B4 E1 E2
FLAGSTAFF, AZ 86004
(928) 779-4550
Fax: (928) 779-4493

ADIB, NAZILA MD
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

HRECZNYJ, BOHDAN N MD
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

HRECZNYJ, BOHDAN N MD
THE GUIDANCE CENTER
2695 INDUSTRIAL DRIVE
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

KECKICH, COURTNEY M MD
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

LINSKEY, CHRISTOPHER MD
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET SUITE A
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

NAGEL, JOHN K MD
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 714-5305
Fax: (928) 714-6480

WILLIS, BARBARA F MD
THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 714-6480

BERTSCH, TERESA D MD
NORTH COUNTRY HEALTHCARE
1 CLINIC ROAD
GRAND CANYON, AZ 86023
(928) 638-2551
Fax: (928) 638-2598

PSYCHIATRY**SRIVATHSAL, YAZHINI MD**

BANNER HOSPITAL BASED
PHYSICIANS
501 NORTH NAVAJO
PAGE, AZ 86040
(928) 645-2424
Fax: (928) 645-3549

LINSKEY, CHRISTOPHER MD

ENCOMPASS HEALTH SERVICES
463 SOUTH LAKE POWELL BLVD
PAGE, AZ 86040
(928) 645-5113
Fax: (928) 645-3254
Languages: Spanish

BERTSCH, TERESA D MD

NORTH COUNTRY HEALTHCARE
301 SOUTH 7TH STREET
WILLIAMS, AZ 86046
(928) 635-4441
Fax: (928) 635-4403

PSYCHIATRY & NEUROLOGY**GRAFF, ADAM T MD**

NORTHERN ARIZONA HEALTHCARE
107 EAST OAK AVENUE
FLAGSTAFF, AZ 86001
(928) 213-6415
Fax: (928) 213-6409

PSYCHOLOGY**DONOHUE, KELLY C PSY**

BEHAVIORAL CONSULTATION
SERVICES
345 SOUTH RIVER RUN SUITE 200
FLAGSTAFF, AZ 86001
(928) 522-3780
Fax: (520) 721-0069

MARTIN, JOHN B PSY

NORTHERN ARIZONA HEALTHCARE
1050 NORTH SAN FRANCISCO STREET
FLAGSTAFF, AZ 86001
(928) 214-2800
Fax: (928) 214-2932

MARTIN, JOHN B PSY

NORTHERN ARIZONA HEALTHCARE
107 EAST OAK AVENUE SUITE 201
FLAGSTAFF, AZ 86001
(928) 913-8800
Fax: (928) 913-8801

MARTIN, JOHN B PSY

NORTHERN ARIZONA HEALTHCARE
1215 NORTH BEAVER STREET
FLAGSTAFF, AZ 86001
(928) 773-2249
Fax: (928) 214-3833

RUGGIERO, SHERRI PSY *

NORTHERN ARIZONA HEALTHCARE
107 EAST OAK AVENUE
FLAGSTAFF, AZ 86001
(928) 213-6235

RUGGIERO, SHERRI PSY *

NORTHERN ARIZONA HEALTHCARE
1215 NORTH BEAVER STREET
FLAGSTAFF, AZ 86001
(928) 213-6235

BOYD, RIELLY C PSY

SOUTHWEST BEHAVIORAL HEALTH
SERVICES
1515 EAST CEDAR AVENUE
B 2 B 3 B 5 EAST 1 EAST 2
FLAGSTAFF, AZ 86004
(928) 779-4550
Fax: (928) 779-4493

WILLCOXON, RONALD PSY

SOUTHWEST BEHAVIORAL HEALTH
SERVICES
1515 EAST CEDAR AVENUE
SUITE B2 B3 B4 E1 E2
FLAGSTAFF, AZ 86004
(928) 779-4550
Fax: (928) 779-4493

BAILEY, STEPHEN D PHD

THE GUIDANCE CENTER
2187 NORTH VICKEY STREET
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

BAILEY, STEPHEN D PHD

THE GUIDANCE CENTER
2695 INDUSTRIAL DRIVE
FLAGSTAFF, AZ 86004
(928) 527-1899
Fax: (928) 527-0028

MACDOWELL, GRACE PSY

ENCOMPASS HEALTH SERVICES
170 NORTH MAIN STREET
FREDONIA, AZ 86022
(928) 643-7230
Fax: (928) 643-7988

TAYLOR, PEGGY S PSY

ENCOMPASS HEALTH SERVICES
170 NORTH MAIN STREET
FREDONIA, AZ 86022
(928) 643-7230
Fax: (928) 643-7988

SANTELLI, REGINA PSY

ENCOMPASS HEALTH SERVICES
463 SOUTH LAKE POWELL BLVD
PAGE, AZ 86040
(928) 645-5113
Fax: (928) 645-3254
Languages: Spanish

TAYLOR, PEGGY S PSY

ENCOMPASS HEALTH SERVICES
463 SOUTH LAKE POWELL BLVD
PAGE, AZ 86040
(928) 645-5113
Fax: (928) 645-3254

SANTELLI, REGINA PHD

LAKE POWELL MEDICAL CENTER
467 VISTA AVENUE
PAGE, AZ 86040
(928) 645-8123
Fax: (928) 645-3862
Languages: Spanish

SOCIAL WORKER**WALL, SUSAN D LCSW**

NORTHERN ARIZONA HEALTHCARE
1215 NORTH BEAVER STREET
FLAGSTAFF, AZ 86001
(928) 773-2249
Fax: (928) 214-3981

WALL, SUSAN D LCSW

NORTHERN ARIZONA HEALTHCARE
77 WEST FOREST AVENUE
FLAGSTAFF, AZ 86001
(928) 773-2249
Fax: (928) 214-2932

MCRAE, JANALENE C LCSW

SOUTHWEST BEHAVIORAL HEALTH
SERVICES
1515 EAST CEDAR AVENUE
SUITE B2 B3 B4 E1 E2
FLAGSTAFF, AZ 86004
(928) 779-4550
Fax: (928) 779-4493

BOYCE, RONALD L LCSW

CANYONLANDS COMMUNITY
HEALTHCARE
440 NORTH NAVAJO DRIVE
PAGE, AZ 86040
(928) 645-1700
Fax: (928) 645-1701

BOYCE, RONALD L LCSW

CANYONLANDS COMMUNITY
HEALTHCARE
467 VISTA AVENUE
PAGE, AZ 86040
(928) 645-8123
Fax: (928) 645-3862

GUILFOYLE, MAUREEN V LCSW

CANYONLANDS COMMUNITY
HEALTHCARE
467 VISTA AVENUE
PAGE, AZ 86040
(928) 645-8123
Fax: (928) 645-3862

GILA**CLINIC****COBRE VALLEY FAMILY PRACTICE**

5994 SOUTH HOSPITAL DRIVE
GLOBE, AZ 85501
(928) 425-7108
Fax: (928) 425-7925

CV SURGICAL SERVICES

5880 SOUTH HOSPITAL DRIVE
GLOBE, AZ 85501
(928) 425-3246
Fax: (928) 425-3859

GLOBE OUTPATIENT SERVICE CENTER

5734 HOPE LANE SUITE 2
GLOBE, AZ 85501
(928) 425-2415
Fax: (928) 425-2391

HORIZON HEALTH AND WELLNESS

415 WEST BASELINE SPUR SOUTH
GLOBE, AZ 85501
(520) 836-1688
Fax: (520) 421-2708

CRISIS INSTRUCTIONS

Provided at NAU Flagstaff Practicum Lab

Please keep the following instructions and telephone number(s) handy, as you may need them in the middle of a counseling session.

In case of a **life threatening situation** (i.e., heart attack, seizure, or someone with a gun):

1. Call 911
2. Describe the situation and location: NAU Practicum Lab, Room 169 in the Education Building #27

In case of a **crisis situation** (i.e., suicidal, threatening to hurt someone, or involved in child or elder abuse) ask the client to wait in the counseling room while the therapist steps out to contact their supervisor for advice.

1. Call supervising instructor or look for them in their office
2. If unable to contact immediate supervisor, attempt to contact another counseling faculty
3. If unable to contact any faculty, call NAU Counseling Service (928) 523-2261 for NAU students, and ask to speak with a psychologist.
4. If there is no psychologist available, contact: NAU Police for NAU students, 523-3000
or NAU Police for Flagstaff clients

Please keep the following instructions and telephone number(s) handy, as you may need them in the middle of a counseling session:

Dr. Feather: (928) 523-5295

Dr. Kalas: (928) 699-4721

Dr. Garcia: (602) 568-9119

Dr. Kolodinsky: (928) 523-8495

Dr. Persinger: (928) 523-6556

Dr. Bohan: (928) 523-0362

Additional community support:

Terros Health Mobile Crisis: 1-877-756-4090

Suicide Hotline: 1-800-273-8255

The Guidance Center: (928) 527-1899
4310

Northland Family Help Center: (928) 233-

NAU Counseling: (928) 523-2261

NAU Police: (928) 523-3000

Southwest Behavioral Health Services: (928) 779-4550

Victim/Witness services: Call 24/7 (928)-523-

4182, Text Business Hours only (928) -525-4182

Phoenix-area options for Personal Counseling (beyond Practicum Lab)
2019-2021

*CACREP Standard 1.H: The institution provides information to students in the program **about personal counseling services** provided by professionals other than counselor education program faculty and students.*

1. All active NAU students may access:

- a. [ASU Counseling Services](#)

2. Private options:

- a. Check your own health insurance plan's providers – you may have access to counseling via your insurance plan

3. Local Counseling agencies

- a. [The Franciscan Renewal Center](#) – Donation
- b. [Southwest Behavioral and Health Services](#)
- c. [Terros Health](#)
- d. [Catholic Charities](#) – Sliding scale
- e. [La Frontera Arizona](#)

4. Local Counselors/Psychologists

- a. List of local BH providers from: [Health Choice Arizona](#)
- b. List of providers from: [Psychology Today](#)

5. Crisis Line/Crisis Care

- a. Cal 602-222-9444
- b. [Crisis Response Network](#)

Tucson-area options for Personal Counseling (beyond Practicum Lab)

CACREP Standard 1.H: The institution provides information to students in the program about personal counseling services provided by professionals other than counselor education program faculty and students.

2019-2021

Tucson 10: Tucson campus resources for personal counseling and support

1. **All active NAU students may access:**

a. NAU Mountain Campus – Campus Health Services

1.a.i. See pages 2-5

b. NAU-Counseling Services : <https://in.nau.edu/campus-health-services/nau-counseling-services/>

c. Warm Line (Pima County) 520 770-9909

2. **Private options:**

a. Check your own health insurance plan's providers – you may have access to counseling via your insurance plan

3. **Tucson-area Counselors/Psychologists**

<https://www.psychologytoday.com/us/therapists/az/pima-county>

4. **Tucson Counselors/Psychologists**

a. See pages 5-on

4.a.i. List of local BH providers from: https://www.healthchoiceaz.com/wp-content/uploads/mdocs/HC-AZ_ProviderDirectory_Specialty_2020_April.pdf

b. <https://www.psychologytoday.com/us/therapists/az/pima-county>

5. **Great list of Local apps and MH resources**

a. <https://onlineteenhelp.com>

NAU-Mountain Campus – Campus Health Services 2019-2020

Comprehensive Approach to Mental Health Support

Prevention: Supporting well students

Strategy	Desired Outcomes	Target Population	Provider
<i>U Lifeline online mental health self- assessment:</i> primary/secondary prevention	<ul style="list-style-type: none"> • Increase knowledge of personal risk for mental health • Increase knowledge of mental health resources • Increase help seeking 	All students	Health Promotion/Counseling Services

CRISIS INSTRUCTIONS
Provided at NAU Tucson Practicum Lab

Please keep the following instructions and telephone number(s) handy, as you may need them in the middle of a counseling session.

In case of a **life threatening situation** (i.e., heart attack, seizure, or someone with a gun):

1. Call 911
2. Describe the situation and location: NAU Practicum Lab, Room in the Santa Rita Building , #A234

In case of a **crisis situation** (i.e., suicidal, threatening to hurt someone, or involved in child or elder abuse) ask the client to wait in the counseling room while the therapist steps out to contact their supervisor for advice.

1. Contact supervising instructor and inform of crisis situation
2. Contact: Pima Community College Police 520 206-2700

Please keep the following instructions and telephone number(s) handy, as you may need them in the middle of a counseling session:

Dr. Arora 979.587.9150
Dr. DeVoss 520 237-6225 or 748-7024

Additional community support:

Pima Community College Police Dispatch 520 206-2700

Tucson-area options for Personal Counseling (beyond Practicum Lab)
2019-2020

*CACREP Standard 1.H: The institution provides information to students in the program **about personal counseling services** provided by professionals other than counselor education program faculty and students.*

1. **All active NAU students may access:**

- a. U of A, Campus Health Counseling and Psychological Services 520 621-3334

2. **Private options:**

- a. Check your own health insurance plan's providers – you may have access to counseling via your insurance plan

3. **Local Counseling agencies**

- a. University of Arizona, Campus Health, Counseling and Psychological Services
- b. El Rio Health Centers
- c. Community Partners of Arizona
- d. Jewish Family and Children's Services
- e. Cathexis
- f. La Frontera Arizona

4. **Local Counselors/Psychologists**

- a. List of local BH providers from: Health Choice Arizona
- b. List of providers from: Psychology Today
<https://www.psychologytoday.com/us/therapists/az/pima-county>

5. **Crisis Line/Crisis Care**

- a. Community Crisis Hotline 866 495-6735 or 520 622-6000
- b. Crisis Response Center (Walk-in) 2802 East District St., Tucson, Az 85714
- c. National Suicide hotline 800 273-8255
- d. Tucson Police Mental Health Support Team 520 791-4444