

# MENTAL HEALTH RESOURCES

*This list is provided for informational purposes only, to assist individuals in independently making personal decisions based upon their needs. The Diocese of Phoenix does not license, endorse, or recommend any particular provider, nor does the Diocese make any judgment about the quality of care given by any provider. Individuals should interview a provider, check his/her references carefully, and perform all necessary due diligence before seeking care from any provider.*

## CITY OF BUCKEYE

- **Terry Galler, MA, LPC**  
(602) 909-0042  
[terry@terrygaller.com](mailto:terry@terrygaller.com)  
[www.terrygaller.com](http://www.terrygaller.com)  
Areas of service: Adults, Adolescents (16+), Individuals, Couple and Family therapy, Depression, Anxiety, Marriage, Trauma, Past abuse issues, Divorce Recovery, Grief Counseling  
*Catholic*

## CITY OF CAMP VERDE

- **Spectrum Healthcare**  
452 Finnie Flat Rd  
Camp Verde, AZ 86322  
(877) 634-7333  
Hearing impaired (800) 367-8939  
[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com/>  
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD  
*Se habla español*

## CITY OF CHANDLER

- **Concentric Counseling**  
**Crowell, Michelle (LCSW)**  
3200 N Dobson Rd. Bldg. C,  
Chandler, AZ 85224  
(480) 897-7307  
[www.concentriccounseling.com](http://www.concentriccounseling.com)  
Areas of service: Adult, Marriage, Family, Eating disorders, Trauma, PTSD
- **Michael Hutt**  
6909 W. Ray Road Suite 15  
Chandler, AZ 85226  
(480) 815-4351  
[info@huttcounseling.com](mailto:info@huttcounseling.com)  
[www.huttcounseling.com](http://www.huttcounseling.com)  
Areas of service: Adults, Couples, Domestic violence, general men's issues (anger, porn, etc)  
*Catholic*
- **Totus Tuus Therapy Clinic**  
**Michelle Lorenzana**  
(602) 464-3289  
[mlorenzana@totustuustherapyclinic.com](mailto:mlorenzana@totustuustherapyclinic.com)  
[www.totustuustherapyclinic.com](http://www.totustuustherapyclinic.com)  
Areas of service: Adults, Marriage and Family, Communication concerns, Relational Conflict, Premarital Preparation, Anxiety, Depression and Grief/Loss  
*Catholic*

## CITY OF COTTONWOOD

- **Juniper Campbell LPC**  
1756 E. Villa Drive Suite B2  
Cottonwood, AZ 86326  
(928) 254-0113  
[junipercampbellcounselor@gmail.com](mailto:junipercampbellcounselor@gmail.com)  
[www.junipercampbell.com](http://www.junipercampbell.com)  
Areas of service: Adult and Adolescent 13 + Couples, Family, Individuals, EMDR, Trauma, Sexual Trauma, CBT, Bipolar Disorder, ADHD, Equine Assisted Therapy
- **Spectrum Healthcare**  
8E Cottonwood St.  
Cottonwood, AZ 86326  
(877) 634-7333  
Hearing impaired (800) 367-8939  
[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com>  
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD  
*Se habla español*
- **Spectrum Healthcare**  
651 W. Mingus Ave.  
Cottonwood, AZ 86326  
(877) 634-7333  
Hearing impaired (800) 367-8939  
[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com>  
Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD  
*Se habla español*

## CITY OF GILBERT

- **Ave Maria Counseling Services**  
**Claudia Lopez**  
1176 E. Warner Rd. Suite 203  
Gilbert, AZ 85296  
(480) 572-6393  
[claudialopezcounseling@gmail.com](mailto:claudialopezcounseling@gmail.com)  
<https://www.avemariacounselingservices.com>  
Areas of service: Adults, Teens (12+), Depression, Anxiety, Trauma, Sand Tray Therapy  
*Se habla español*  
*Catholic*
- **Fleur de Lis Counseling**  
**Diana Hernandez**  
1206 E. Warner Rd. Suite 220  
Gilbert, AZ 85296  
(480) 710-6822  
[diana@fdlcounseling.com](mailto:diana@fdlcounseling.com)  
[www.fdlcounseling.com](http://www.fdlcounseling.com)  
Areas of service: Teens, Adults, EMDR (trauma, PTSD), addiction, and struggles with sexual identity. Teens – identity concerns, self-esteem. General population – Anxiety, Depression, Domestic Violence, other forms of trauma  
*Catholic*
- **Immaculate Heart Counseling**  
**Robbie Griffin**  
1176 E. Warner Rd. Suite 203  
Gilbert, AZ 85296  
(480) 270-4464  
[Robbie.griffin@immaculateheartcounseling.com](mailto:Robbie.griffin@immaculateheartcounseling.com)  
[www.immaculateheartcounseling.com](http://www.immaculateheartcounseling.com)  
Areas of service: Adults, Adolescents, Children (6+), Trauma, depression, anxiety, sexual and behavioral addictions for adults, adolescents and children.  
*Catholic*

- **Rising Light Counseling**  
**Bethsy Amador**  
1166 E. Warner Rd  
Gilbert, AZ 85296  
(480) 339-7124  
[info@risinglightcounseling.com](mailto:info@risinglightcounseling.com)  
[www.risinglightcounseling.com](http://www.risinglightcounseling.com)  
Areas of Service: 3 years and older  
Autism (ASD), ADHD, Anxiety, Depression, Relationships,  
Trauma, Grief and Loss  
*Se habla español*
- **Saint Raphael Counseling**  
**Michelle Goodwill**  
1176 E. Warner Rd Suite 203  
Gilbert, AZ 85296  
(623) 866-7602  
[michellergoodwill@gmail.com](mailto:michellergoodwill@gmail.com)  
[www.saintraphaelcounseling.com](http://www.saintraphaelcounseling.com)  
Areas of service: Late teens, Adults, Emotionally focused  
Couples therapy, EMDR Therapy, Depression, Anxiety,  
Trauma  
*Catholic*
- **St. Cupertino Counseling**  
**Ingrid Mota de Alcantara**  
1176 E. Warner Rd. Suite 203  
Gilbert, AZ 85296  
(480) 561-7920  
[Ingrid@stcupertinocounseling.com](mailto:Ingrid@stcupertinocounseling.com)  
[www.stcuperstinocounseling.com](http://www.stcuperstinocounseling.com)  
Areas of Service: 16+, Depression, Anxiety, Life transitions,  
PTSD, Post-abortion healing, Trauma  
*Español & Portugues*  
*Catholic*

- **St. Joseph Counseling**  
**David Edwards**  
1176 E. Warner Rd. Suite 203  
Gilbert, AZ 85296  
(480) 466-0756  
[David@stjosephcounseling.com](mailto:David@stjosephcounseling.com)  
[www.stjosephcounseling.com](http://www.stjosephcounseling.com)  
Areas of service: Adolescents, Adults, Men's Issues, Priests,  
treatment for pornography addictions  
*Catholic*

**CITY OF GLENDALE**

- **Spectrum Healthcare**  
4494 W. Peoria Ave Suite 115A  
Glendale, AZ 85302  
(877) 634-7333  
Hearing impaired (800) 367-8939  
[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com>  
Areas of Service: Children, Adults, Family, Individuals,  
Substance Abuse, Trauma, Depression, PTSD  
*Se habla español*

**CITY OF GOODYEAR**

- **Imagine Therapy**  
15655 W. Roosevelt St. Ste 105  
Goodyear, AZ 85338  
(623) 337-2275  
[admin@imaginetherapyaz.com](mailto:admin@imaginetherapyaz.com)

- **Journey to Peace Counseling Service**

**Sonia Cano**

250 N. Litchfield Road

Goodyear, AZ 85338

(623) 439-2177

[soniac@jtpcs.com](mailto:soniac@jtpcs.com)

[www.jtpcs.org](http://www.jtpcs.org)

Areas of Service: Adults and children ages 8 and up, DBT, EMDR, CBT, Trauma, PTSD, individual, couples, and family therapy and have worked with people who experience an array of behavioral and mental health issues including ADHD, anxiety, mood disorders, trauma, personality disorders, self-harm, grief, and relational issues.

*Catholic*

*Spanish*

- **Terry Galler, MA, LPC**

(602) 909-0042

Goodyear + Litchfield Park

[terry@terrygaller.com](mailto:terry@terrygaller.com)

[www.terrygaller.com](http://www.terrygaller.com)

Areas of service: Adults, Adolescents (16+), Individuals, Couple and Family therapy, Depression, Anxiety, Marriage, Trauma, Past abuse issues, Divorce Recovery, Grief Counseling

*Catholic*

### **CITY OF LAKE HAVASU**

- **Harborlight Family Therapy**

**Fielder (M.A), Christine**

1951 Mesquite Ave, Ste J,

Lake Havasu City, AZ 86403

(928) 453-1328

[Harborlight@frontiernet.net](mailto:Harborlight@frontiernet.net); [cfielder@frontiernet.net](mailto:cfielder@frontiernet.net)

[www.harborlightfamilytherapy.com](http://www.harborlightfamilytherapy.com)

Areas of service: Children (5+), Adult, Family, Marriage, Substance Abuse

*Other Language: German*

### **CITY OF MESA**

- **Catholic Charities**

**Holy Cross Parish**

Sarah Camacho

(602) 749-4405

[scamacho@cc-az.org](mailto:scamacho@cc-az.org)

[CatholicCharitiesAZ.org](http://CatholicCharitiesAZ.org)

Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents, Abuse: Emotional, physical, sexual, and verbal, Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse

*Se habla español*

- **Journey to Peace Counseling Services**

**Donna Schmidt**

1819 S. Dobson Rd. Suite 115

Mesa, AZ 85202

(480) 787-1955

[donnas@jtpcs.org](mailto:donnas@jtpcs.org)

[www.jtpcs.org](http://www.jtpcs.org)

Adults, Addiction, Mood Disorders, Anger Management, Co-occurring Disorders, Trauma issues, Spiritual issues

*Catholic*

- **Journey to Peace Counseling Services**  
**Emily Speck**  
 1819 S. Dobson Rd. Suite 115  
 Mesa, AZ 85202  
 (480) 787-1955  
[emily@jtpcs.org](mailto:emily@jtpcs.org)  
[www.jtpcs.org](http://www.jtpcs.org)  
 Areas of service: Postpartum Support, Perinatal Mood Disorders  
*Catholic*
- **Journey to Peace Counseling Services**  
**Nate Verschaetse, Psy.D**  
 1819 S. Dobson Rd. Suite 115  
 Mesa, AZ 85202  
 (480) 428-4550 or (480) 787-1955  
[nathanv@jtpcs.org](mailto:nathanv@jtpcs.org)  
[www.jtpcs.org](http://www.jtpcs.org)  
 Areas of service: Children, Adults, Couples, Trauma, OCD, ADHD, Questions of Spiritual Affliction, EFT for couples, Child-Centered Play Therapy  
*Catholic*
- **Judith Rand (PhD)**  
 1845 S Dobson Rd, Ste 106,  
 Mesa, AZ 85202  
 (480) 466-7010  
[Jrandphd@gmail.com](mailto:Jrandphd@gmail.com)  
[www.judithrandphd.com](http://www.judithrandphd.com)  
 Areas of service: Adult, Children, Family, Marriage, Geriatric Psychological services, Individual, Couple
- **SureStep Psychology Services**  
**Lopez PhD, Ignacio**  
**Guille Morales**  
 1220 S. Alma School Rd. Ste. 210  
 Mesa, AZ 85210  
 (480) 246-8998  
[ignaciolopez@gmail.com](mailto:ignaciolopez@gmail.com)  
[www.suresteponline.org](http://www.suresteponline.org)  
 Areas of service: Children, Adults, Family, Parenting, Domestic violence offender treatment  
*Se habla español*  
*Catholic*
- **Teri Krull (LCSW, LLC)**  
 Registered Play Therapist  
 2345 S Alma School Rd, Ste 110,  
 Mesa, AZ 85210  
 (480) 917-7792  
[terikrull@playtherapy.tv](mailto:terikrull@playtherapy.tv)  
[www.playtherapy.tv](http://www.playtherapy.tv)  
 Areas of service: Adult, Children (8+), Family, Marriage, Parent Coaching
- **Tikvah Counseling, PLLC**  
**Castellanos, Pamela**  
 (480) 447-6474  
[Tikvahcounselor@gmail.com](mailto:Tikvahcounselor@gmail.com)  
 Areas of service: Adults, Trauma  
*Catholic*

- **Valor Counseling**  
**Sheana Kupitz**  
Mesa, AZ  
(480) 296-6412  
[sheana.valorcounselingaz@gmail.com](mailto:sheana.valorcounselingaz@gmail.com)  
[www.valorcounselingaz.com](http://www.valorcounselingaz.com)  
Areas of service: Children 3+, adolescents and adults,  
Individuals, families, couples, relationship, marriage,  
parenting, abuse, trauma, adoption issues  
*Catholic*

### **CITY OF PEORIA**

- **Prism Counseling & Coaching**  
9299 W Olive, Ste. 212,  
Peoria, AZ 85345  
(480) 525-7284  
[www.arizonachristiancounseling.com](http://www.arizonachristiancounseling.com)  
Areas of service: Parenting, Children (10+) Teens, Anxiety,  
Anger, Grief, Self-Esteem, Trauma, Relationships, Premarital,  
Sexual Addiction, Wellness, Faith

### **CITY OF PHOENIX**

- **Ana Gomez (MC, LPC)**  
1300 E Missouri, Ste 120,  
Phoenix, AZ 85014  
(602) 803-4601  
(602) 803-1797  
[info@anagomez.org](mailto:info@anagomez.org)  
[www.anagomeztherapy.com](http://www.anagomeztherapy.com)  
Areas of service: Adult, Children, Family, Marriage, Trauma  
*Se habla español*

- **Catholic Charities**  
Sarah Camacho  
(602) 749-4405  
[scamacho@cc-az.org](mailto:scamacho@cc-az.org)  
[CatholicCharitiesAZ.org](http://CatholicCharitiesAZ.org)  
Areas of Service: Counseling for Individuals, families, couples,  
children (5+) and adolescents.  
Abuse: Emotional, physical, sexual and verbal,  
Anger management, Anxiety/ Depression, Divorce/Marriage,  
Grief and loss, Parenting, Stress management, Substance  
Abuse  
*Se habla español*

- **Childhelp U.S.A.**  
2120 N. Central Ave Suite 130  
Phoenix, AZ 85004  
(602) 271-4500  
[ch-therapyreferralsaz@childhelp.org](mailto:ch-therapyreferralsaz@childhelp.org)  
[www.childhelp.org](http://www.childhelp.org)  
Areas of service: Child, Trauma, Abuse  
*Se habla español*

- **Christian Family Care Center**  
2346 N. Central Ave.  
Phoenix, AZ 85004  
(602) 234-1935  
[www.cfcare.org](http://www.cfcare.org)  
Areas of service: Children, Adults, Trauma

- **Community Connections LLC**  
**Simpson, Vanessa**  
4025 W. Bell Rd. Ste 6  
Phoenix, AZ 85053  
(623) 242-8460  
[info@communityconnectionsaz.org](mailto:info@communityconnectionsaz.org)  
[www.communityconnectionsaz.org](http://www.communityconnectionsaz.org)  
Areas of service: eating disorders in Adolescents & Adults.

- **Community Partners Integrated Healthcare**  
 1515 E. Osborn Rd.  
 Phoenix, AZ 85014  
 (602) 604-0000  
[www.communitypartnersinc.org](http://www.communitypartnersinc.org)  
 Areas of service: Adult  
*Se habla español*
- **Coral Valley Psychological Services, PLLC**  
**Taveras, Lauren PSY.D**  
 5010 E. Warner Rd Suite 108  
 Phoenix, Arizona 85044  
 (480) 382-4416  
[dr.taveras@coralvalley.org](mailto:dr.taveras@coralvalley.org)  
<https://www.coralvalley.org>  
 Areas of Service: Adolescents, Adults, Couples,  
 PTSD, depression, anxiety, insomnia, anger management,  
 relationship challenges; Psychological testing including  
 immigration-related evaluations (extreme hardship, VAWA  
 petitions, U-Visas, etc), and psychoeducational assessments  
 (giftedness & learning differences)  
*Se habla español*  
*Catholic*
- **Dymphna Counseling**  
**Donna Turner**  
 4425 E. Agave Rd. Suite 140  
 Phoenix, AZ 85044  
 (602) 908-4988  
[dymphnacounseling@gmail.com](mailto:dymphnacounseling@gmail.com)  
 Areas of service: Adults, Trauma, Addictions, Sexual  
 Addictions, Marriage  
*Catholic*
- **John Stapert (PhD)**  
 6232 N 7th St Suite 206B  
 Phoenix AZ 85014  
 (602) 279-8920  
[jstapert@ix.netcom.com](mailto:jstapert@ix.netcom.com)  
 Areas of service: Adults (16+), Depression, Anxiety
- **Lisa Fischer PhD**  
 7111 N. 7th St  
 Phoenix, AZ  
 (602) 448-9755 (TEXT ONLY)  
[lisafischer@cox.net](mailto:lisafischer@cox.net)  
[www.drlisafischer.com](http://www.drlisafischer.com)  
 Areas of service: Older adolescents, Adults, anxiety,  
 depression, and relationship problems, including sexual  
 dysfunctions.  
*Catholic*
- **Little Flower Ministries**  
**PLLC Westby (LPC), Nikki**  
 2312 E Campbell Ave,  
 Phoenix, AZ 85016  
 (602) 954-9089 ext. 1114  
[zestywestby@yahoo.com](mailto:zestywestby@yahoo.com)  
 Areas of service: Adult, Couples, Anxiety, Depression,  
 Relationship Issues, Domestic Violence, Post Abortion Healing  
*Catholic*
- **Navarro Counseling and Consulting**  
**Dr. Maria Navarro**  
 3800 N Central Ave, 1010  
 Phoenix, AZ 85012  
 (602) 552-4488  
[info@navarrocounseling.com](mailto:info@navarrocounseling.com)  
<https://navarrocounseling.com>  
 Areas of Service: Children, Adults, Trauma (sexual, physical,  
 verbal) Attachment, Grief Recovery, EMDR, IFS, Story play,  
 Se habla español  
*Catholic*

- **Phoenix Psychological Services**  
**Rosemarie Ludwig PhD**  
 2432 W Peoria Ave, Ste 1002 Building# 3  
 Phoenix, AZ 85071  
 (602) 997-1550  
[rstussy@cox.net](mailto:rstussy@cox.net)  
 Areas of service: Adult, Children (6+), Family, Marriage,  
 Sexually abused children  
*Other Languages: German*  
*Byzantine Catholic*
- **Prism Counseling & Coaching**  
 7901 N. Central Ave  
 Phoenix, AZ 85020  
 (480) 525-7284  
[www.arizonachristiancounseling.com](http://www.arizonachristiancounseling.com)  
 Areas of service: Parenting, Children (10+) Teens, Anxiety,  
 Anger, Grief, Self-Esteem, Trauma, Relationships, Premarital,  
 Sexual Addiction, Wellness, Faith
- **Rebecca Kasper PhD**  
 7227 N. 16th St Suite 209  
 Phoenix, AZ 85201  
 (602) 630-2639  
[reccaannkasper@gmail.com](mailto:reccaannkasper@gmail.com)  
[www.drrebeccakasperpllc.com](http://www.drrebeccakasperpllc.com)  
 Areas of service: Children (5+), Adult, Individual,  
 (Occasionally family therapy), Creative arts Therapies,  
 Trauma, and Health Psychology  
*Catholic*
- **Totus Tuus Therapy Clinic**  
**Michelle Lorenzana**  
 2942 N. 24<sup>th</sup> St. Suite #108  
 Phoenix, AZ 85016  
 (602) 464-3289  
[mlorenzana@totustuustherapyclinic.com](mailto:mlorenzana@totustuustherapyclinic.com)  
[www.totustuustherapyclinic.com](http://www.totustuustherapyclinic.com)  
 Areas of service: Adults, Marriage and Family,  
 Communication concerns, Relational Conflict, Premarital  
 Preparation, Anxiety, Depression and Grief/Loss  
*Catholic*
- **Witness to Love Family Counseling**  
**Aryn Sylvester**  
 3606 N. 24<sup>th</sup> Street  
 Phoenix, AZ 85016  
 (602) 980-1557  
[info@witnessstolovefcs.com](mailto:info@witnessstolovefcs.com)  
[www.witnessstolovefcs.com](http://www.witnessstolovefcs.com)  
 Areas of service: Negative reoccurring thoughts, images, and  
 flashbacks, negatives cycles of living, emotional irrational  
 responses, dissociative episodes, inability to connect on a deep  
 level with others, healing from symptoms of Post-Traumatic  
 Stress and other traumatic experiences.  
*Catholic*
- **Witness to Love Family Counseling**  
**Stephanie Galeziewski**  
 3606 N. 24<sup>th</sup> Street  
 Phoenix, AZ 85016  
 (602) 980-1557  
[info@witnessstolovefcs.com](mailto:info@witnessstolovefcs.com)  
[www.witnessstolovefcs.com](http://www.witnessstolovefcs.com)  
 Areas of service: Adolescents and adults, Child-Centered Play  
 Therapy, helping navigate depression, anxiety, life transitions,  
 and addictions. Helps foster positive self-talk, healthy coping  
 skills, and good boundaries.  
*Catholic*



- **Witness to Love Family Counseling**  
**Marianne Dunaway**  
3606 N. 24<sup>th</sup> Street  
Phoenix, AZ 85016  
(602) 980-1557  
[info@witnessstolovefcs.com](mailto:info@witnessstolovefcs.com)  
[www.witnessstolovefcs.com](http://www.witnessstolovefcs.com)  
Areas of service: Adult, Children, Family, Marriage  
*Catholic*
- **Witness to Love Family Counseling**  
**Samuel P. Bryant**  
3606 N. 24<sup>th</sup> Street  
Phoenix, AZ 85016  
(602) 980-1557  
[info@witnessstolovefcs.com](mailto:info@witnessstolovefcs.com)  
[www.witnessstolovefcs.com](http://www.witnessstolovefcs.com)  
Areas of service: Marriage, Couples and Family Therapy,  
Affairs and Trauma, Men's Issues, Workplace Relationships,  
Parenting, Spirituality and Faith Crisis', Teen Issues, Senior  
Issues, Life Transitions.  
*Catholic*

### **CITY OF PRESCOTT**

- **Christian Family Care Center**  
3611 Crossings Drive, Suite A  
Prescott, AZ 86305  
(928) 443-1150  
[www.cfcare.org](http://www.cfcare.org)  
Areas of service: Children, Adults, Family, Trauma

- **Maria Rose Counseling**  
**Kate Hald LPC**  
300 E. Willis St. Suite 300-D  
Prescott, AZ 86301  
(928) 710-0198  
[Kate@MariaRoseCounseling.com](mailto:Kate@MariaRoseCounseling.com)  
<http://www.mariarosecounseling.com>  
Areas of Service: Adults, EMDR Therapy, abuse (emotional,  
physical and sexual)
- **Spectrum Healthcare**  
3633 Crossings Dr  
Prescott, AZ 86305  
(877) 634-7333  
Hearing impaired (800) 367-8939  
[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com>  
Areas of Service: Children, Adults, Family, Individuals,  
Substance Abuse, Trauma, Depression, PTSD  
*Se habla español*
- **Spectrum Healthcare**  
990 Willow Creek  
Prescott, AZ 86301  
(877) 634-7333  
Hearing impaired (800) 367-8939  
[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com>  
Areas of Service: Children, Adults, Family, Individuals,  
Substance Abuse, Trauma, Depression, PTSD  
*Se habla español*

## CITY OF SCOTTSDALE

- **Catholic Charities**  
**Our Lady of Perpetual Help Parish**  
Sarah Camacho  
(602) 749-4405  
[scamacho@cc-az.org](mailto:scamacho@cc-az.org)  
[CatholicCharitiesAZ.org](http://CatholicCharitiesAZ.org)  
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents. Abuse: Emotional, physical, sexual and verbal anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse  
*Se habla español*  
*Catholic*
- **Catholic Charities**  
**St. Patrick's Parish**  
Sarah Camacho  
(602) 749-4405  
[scamacho@cc-az.org](mailto:scamacho@cc-az.org)  
[CatholicCharitiesAZ.org](http://CatholicCharitiesAZ.org)  
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents.  
Abuse: Emotional, physical, sexual and verbal, Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse  
*Se habla español*  
*Catholic*
- **Diana Vigil (MA, LPC, RPT)**  
7500 E McDonald Drive, Ste 400A,  
Scottsdale AZ 85250  
(480) 946-0801  
[www.childtherapyaz.com](http://www.childtherapyaz.com)  
Areas of service: Adult, Children, Child Maltreatment, Sexual Abuse, Sexual Behavioral problems, Divorcing Families, Parental Alienation  
*Catholic*
- **Dr. Gabrielle Lawrence**  
10245 E. Via Linda Blvd Suite 105  
Scottsdale, AZ 85258  
(480) 607-5030  
[gabrL1@cox.net](mailto:gabrL1@cox.net)  
[www.health4relationships.com](http://www.health4relationships.com)  
Areas of service: Adult, Children, DBT, Grief  
*Catholic*
- **Joan Polansky, Ph.D.**  
3295 N. Drinkwater Blvd Suite 1  
Scottsdale, AZ 85253  
(602) 621-0468  
[www.arcadiapsychology.com](http://www.arcadiapsychology.com)  
Areas of service: College students, Medical issues, difficult pregnancies, or premature and difficult birthing experiences
- **Pamela Chambers (M.Ed, LPC, NCC)**  
15446 N. Greenway Hayden Loop  
Scottsdale, AZ 85260  
(480) 703-0606  
[pamela@pamelachambers.com](mailto:pamela@pamelachambers.com)  
[www.pamelachambers.com](http://www.pamelachambers.com)  
Areas of service: Adult, Children, Family, Marriage, Pre-Marital counseling, Couples counseling, EMDR for Trauma
- **Spring Returns Counseling**  
**Jill McMahon**  
8170 N. 86<sup>th</sup> Place Suite 206  
Scottsdale, AZ 85258  
(480) 675-4634  
[jill@jillmcmahoncounseling.com](mailto:jill@jillmcmahoncounseling.com)  
[www.jillmcmahoncounseling.com](http://www.jillmcmahoncounseling.com)  
Areas of service: Grief, Suicide, Individual Therapy

## CITY OF SUN CITY

- **Arrowhead Behavioral Health**  
9865 W. Bell Rd,  
Sun City, AZ 85351  
(623) 876-1246

## CITY OF SURPRISE

- **Avenir Behavioral Center**  
16561 N. Parkview Place  
Surprise, AZ 85374  
(623) 522-4525  
[Intake@AvenirBehavioralCenter.com](mailto:Intake@AvenirBehavioralCenter.com)  
[www.AvenirBehavioralCenter.com](http://www.AvenirBehavioralCenter.com)  
Areas of Service: 18+, depression, anxiety, borderline personality disorder, PTSD, ADHD, bipolar disorder, psychosis, and schizophrenia, alcohol and drug addiction.
- **Terry Galler, MA, LPC**  
(602) 909-0042  
[terry@terrygaller.com](mailto:terry@terrygaller.com)  
[www.terrygaller.com](http://www.terrygaller.com)  
Areas of service: Adults, Adolescents (16+), Individuals, Couple and Family therapy, Depression, Anxiety, Marriage, Trauma, Past abuse issues, Divorce Recovery, Grief, Counseling  
*Catholic*

## CITY OF TEMPE

- **Catholic Charities  
Holy Spirit Parish**  
Sarah Camacho  
(602) 749-4405  
[scamacho@cc-az.org](mailto:scamacho@cc-az.org)  
[CatholicCharitiesAZ.org](http://CatholicCharitiesAZ.org)

Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents, Abuse, Emotional, physical, sexual and verbal, Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse  
*Se habla español*

- **Christian Living Center  
Stadheim (Ph.D. LPC), Robert L.**  
2111 E. Baseline Rd, Ste #C-8  
Tempe, AZ 85283  
(480) 831-1212  
[myrna@stadheim.org](mailto:myrna@stadheim.org)  
<https://www.christiancounselingarizona.com>  
Areas of service: Abuse, Addiction, Eating Disorders, Family & Individual Therapy
- **Crisis Response Network**  
1275 W. Washington St. Ste.108  
Tempe, AZ 85281  
(602) 427-4600  
[www.crisisnetwork.org](http://www.crisisnetwork.org)
- **Journeys  
Christina McShane PsyD**  
6515 S. Rural Rd Suite 101  
Tempe, AZ 85283  
(480) 656-0500 Ext. 18  
[christina@journeycounselingaz.com](mailto:christina@journeycounselingaz.com)  
[www.journeycounselingaz.com](http://www.journeycounselingaz.com)  
Areas of service: Adolescent, Adult, Child,  
*Catholic*
- **Spectrum Healthcare**  
1845 E. Broadway Rd. Suite 116  
Tempe, AZ 85282

(877) 634-7333  
Hearing impaired (800) 367-8939  
[info@spectrumhealthcare-group.org](mailto:info@spectrumhealthcare-group.org)  
<http://spectrumhealthcare-group.com>  
Areas of Service: Children, Adults, Family, Individuals,  
Substance Abuse, Trauma, Depression, PTSD  
*Se habla español*

### CITY OF TUSCON

- **Christian Family Care Center**  
3275 W. Ina Road, Suite 155  
Tucson, AZ 85741  
(520) 296-8255  
<https://cfcare.org/>  
Areas of service: Children, Adults, Trauma

### CITY OF WICKENBURG

- **Breaking Free Christian Counseling**  
**Kari Froelicher**  
315 Apache Street  
Wickenburg, AZ 85390  
(928) 232-9280  
[Kari@godlycounseling.com](mailto:Kari@godlycounseling.com)  
[www.godlycounseling.com](http://www.godlycounseling.com)  
Areas of service: Adults, Teens, Marriage, Family, PTSD,  
sexual abuse (and other types of abuse), Trauma, Anxiety  
and Depression, Codependency, SSA, Schizophrenia and  
Psychotic disorders, Eating disorders, HSP  
*Catholic*

### RESOURCES, PROGRAMS AND HOTLINE NUMBERS:

- **Adult Protective Services**

1-877-767-2385

- **AHCCCS (State Health Care)**  
(602) 417-4000
- **Arizona Coalition Against Domestic Violence**  
Phone (602) 279-2900  
Toll-free 1 (800) 782-6400  
AZ Relay Service 711  
[www.acesdv.org](http://www.acesdv.org)
- **Arizona Department of Health Services**  
150 North 18<sup>th</sup> Ave.  
Phoenix, AZ 85007  
Adult Abuse Hotline: (877) SOS-ADULT (767-2385)  
Child Abuse Hotline: (888) SOS-CHILD (767-2445)  
Children's Information Hotline: (800) 232-1676  
Phone: (602) 542-1000  
Fax: (602) 543-0883  
[www.azdhs.gov](http://www.azdhs.gov)
- **Arizona Humane Society Project Safe House**  
1521 W. Dobbins Road  
Phoenix, AZ 85041  
Phone: (602) 997-7585 Ext 2156  
Phone: (602) 997-7586  
[alternativeplacement@azhumane.org](mailto:alternativeplacement@azhumane.org)
- **AZ Department of Child Safety**  
1-888-767-2445
- **Banner Health System 24 Hours**  
(602) 254-4357 (HELP)  
(800) 254- HELP
- **Boys Town National Hotline**  
Accredited by the American Association of Suicidology  
(AAS), Boys Town National Hotline is a 24/7 crisis, resource  
and referral number for KIDS and PARENTS.  
Spanish-speaking counselors and translation services for more

than 100 languages also are available 24 hours a day.  
The speech- and hearing-impaired can contact us at our email  
address: [hotline@boystown.org](mailto:hotline@boystown.org)  
800-448-3000  
[www.boystown.org/hotline/Pages/default.aspx](http://www.boystown.org/hotline/Pages/default.aspx)

- **Brother, You're on My Mind**

The website offers a free Tool Kit, crisis resources sheet, and other educational materials to promote mental health among African American men.  
<https://oppf.org/>

- **Calvary Healing Center**

720 E. Montebello Ave  
Phoenix, AZ 85014  
(602) 459-9686  
or  
10451 W. Palmeras Dr  
Suncity, AZ 85373  
(602) 459-9686  
or  
1730 E. McNair Drive  
Tempe, AZ Montebello Ave  
(602) 459-9686

- **Central Arizona Crisis Line (Local)**

(602) 222-9444  
1-800-631-1314  
1-800-327-9254 (TTY)

- **Child Help USA**

1-800-422-4453

- **Community Bridges Medical Detox**

(602) 273-9999

- **Community Resources, Info and Referrals**

(602) 263-8856  
[211arizona.org](http://211arizona.org)

- **Copper Springs Mental Health and Addiction Treatment for Adults**

[Copperspringsinfo@spsph.com](mailto:Copperspringsinfo@spsph.com)  
<https://coppersprings.com>  
10550 W. McDowell Rd  
Avondale, AZ 85392  
(602) 638-3528  
or  
3755 S. Rome St.  
Gilbert, AZ 85297  
(602) 428-8668

- **Crisis text Line**

Text HOME to 741741

- **Cyber Tip line (Internet exploitation)**

1-800-843-5678

- **Emmaus Ministry for Grieving parents**

The mission of The Emmaus Ministry for Grieving Parents is to, in the Catholic Franciscan tradition of "All are Welcome," serve the spiritual needs of grieving parents whose children, of any age, have died by any cause. It is also to help interested parents, as well as Clergy, Religious, Diocesan Staff, and/or Spiritual Directors bring this ministry to their own parishes or regions.

Marianne Gouveia  
(602) 594-8932  
(800) 919-9332  
<https://www.emfgp.org/>  
[Marianne@ericshouse.org](mailto:Marianne@ericshouse.org)

- **Empact Suicide Prevention Center**

Crisis Hotline: (480) 784-1500

Maricopa County: 1 (866) 205-5229

[www.empactsos.org](http://www.empactsos.org)

- **Eric's House**

Healing after Suicide, Substance or Sudden loss.

A community for help, hope and healing after sudden loss

Marianne Gouveia

1-855-894-5658

[info@ericshouse.org](mailto:info@ericshouse.org)

[Marianne@ericshouse.org](mailto:Marianne@ericshouse.org)

[www.ericshouse.org](http://www.ericshouse.org)

- **Grief to Grace**

Restore dignity is licensed by Grief to Grace and the Living Scripture Institute to provide Grief to Grace healing retreats in English and Spanish for anyone who has suffered abuse, neglect, or traumatic events.

(480) 215-6762

[Phoenix@griefftoGrace.org](mailto:Phoenix@griefftoGrace.org)

[www.restoreDignity.org/grief-to-grace-retreat/](http://www.restoreDignity.org/grief-to-grace-retreat/)

- **HelpMe**

A mobile app powered by STOPit Solutions, aims to improve mental health and suicide prevention efforts in your school community and can provide you with more effective support and resources for the mental health and wellness of your K-12 students. It includes a crisis text line staffed by volunteers, trained by professional crisis intervention professionals.

<https://www.stopitsolutions.com>

- **IM ALIVE**

College students in crisis can chat online with volunteers certified in crisis intervention, and colleges can host on-campus

events to raise awareness of mental health and suicide prevention.

<https://www.imalive.org/how-we-help/college-campus/>

- **Mary Ruth Hackett**

Parenting Blog: Interweaving child development and the Catholic faith

(480) 221-0786

[mhackettaz@gmail.com](mailto:mhackettaz@gmail.com)

[Peer-review-parenting.blogspot.com](http://Peer-review-parenting.blogspot.com)

- **Mental Health America**

Refers callers to local mental health services or support programs.

800-969-NMHA (6642)

<https://www.mhanational.org/>

- **My Catholic Doctor**

My Catholic Doctor is a nationwide medical practice that brings a team of faithful medical professionals to patients through video-based health consultation

[www.mycatholicdoctor.com](http://www.mycatholicdoctor.com)

- **NAMI HelpLine (National Alliance on Mental Illness)**

Get information and support from NAMI's Helpline (10am-10pm ET)

1-800-950-NAMI (6264),

Text "HelpLine" to **62640**

Email: [helpline@nami.org](mailto:helpline@nami.org)

Online chat: [nami.org/help](http://nami.org/help)

<https://nami.org/home>

- **National Domestic Violence Hotline**

1 (800) 799-7233

TTD: 1 (800) 787-3224

- **National Hotline of Missing and Exploited Children**  
1-800-THE LOST
- **National Parent Hotline:**  
1-855-427-2736  
Provides emotional support for parents and caregivers from a trained advocate
- **National Runaway Hotline**  
1-800-RUN-AWAY
- **National Suicide Prevention Lifeline**  
**DIAL 988**  
(800) 273-TALK is still a functioning number
- **Northern Arizona Crisis Line**  
1-877-756-4090
- **Recovery Innovations of Arizona – Urgent Care**  
(602) 636-4607
- **Sacred Hearts Psychiatry & Addiction Medicine**  
Kelli A Lavery-Maurer MSN NP-BC PMHNP  
Psychiatric Mental Health Family Nurse Practitioner  
(480) 392-1729  
[Kellipmhnp@sacredheartspychiatry.com](mailto:Kellipmhnp@sacredheartspychiatry.com)  
[www.sacredheartspychiatry.com](http://www.sacredheartspychiatry.com)
- **SAMHSA Behavioral Health Treatment Services Locator:**  
Search for treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.  
SAMSHA (Substance Abuse and Mental Health Services Administration) is also a resource that helps districts design and implement wellness and suicide prevention programs.  
<https://www.samhsa.gov/>
- **Scottsdale Banner Behavioral Health & Mental Health**

7575 E. Earl Dr. Scottsdale, AZ 85251  
(833) 252-5535

- **Senior Helpline**  
(602) 264-4357  
(888) 264-2258
- **Shelters-Domestic Violence & Homeless**  
(602) 263-8900  
(800) 799-7739
- **State of Arizona Crime Victims Support**  
Division of Public Safety  
2222 W. Encanto Blvd.  
Phoenix, AZ 85009  
(602) 223-2000  
[www.azdps.gov](http://www.azdps.gov)
- **STOPit**  
Create a 24hr anonymous reporting tipline within your school, workplace or organization by integrating STOP it.  
With STOP it you can:
  - Report concerns
  - Receive support and resources
  - Instantly alert, inform and request help from staff or 911
  - Scan, monitor and filter devices, networks and internet activity for violent, unsafe or harmful behaviors and alert school officials.
  - Offer and receive training and guidance for threat assessments.<https://www.stopitsolutions.com/>
- **Suicide Crisis Hotline**  
**DIAL 988**  
24-hour National Suicide Crisis Hotline  
Call 1-800-SUICIDE  
<https://988lifeline.org/>

- **Suicide Prevention Campaign Toolkit**  
The American Association of Pediatrics offers factsheets, infographics, videos, and other materials for parents, schools, clinicians, and the community.  
<https://www.aap.org/en/news-room/campaigns-and-toolkits/suicide-prevention/>
- **Teen Lifeline (Peer Counseling 3pm-9pm daily)**  
Call 24/7/365 or Text 12-9pm  
(602) 248-TEEN  
(1-800) 248-TEEN
- **The Meadows  
Intensive Outpatient Program**  
19120 N. Pima Dr. Ste 125  
Scottsdale, AZ 85255  
(866) 681-3457
- **Triple R Warm Line (5pm-10pm)**  
(602) 347-1100
- **Victims of Sexual Assault or Domestic Violence**  
(480) 736-4949  
1-866-205-5229  
1-800-656-HOPE (4673)



