

Resources

Crisis:

Child Protective Services 602-542-3598

Child Abuse Hotline 1-888-767-2445

Empact 480-784-1514 - provides crisis team services, grief support groups, substance abuse treatment for adults/teens

Recovery Innovations 602-650-1212 (Substance abuse)

Maricopa Medical Center 602-470-5520 (without insurance) or Desert Vista Hospital 480-344-2000 (with insurance)

St. Luke's Behavioral Health Center 602-251-8535 (for inpatient/ intensive outpatient programs)

Banner Hospitals Helpline 602-254-4357 (for inpatient/ outpatient programs)

Magellan (Maricopa County) Crisis 1-800-631-1314;

Magellan non-crisis 1-800-564-5465 (Seriously Mentally Ill program)

Aurora Behavioral Health (Glendale) 623-344-4422

24-hr Suicide Hotlines (local) 480-784-1500 (national) 1-800-SUICIDE

Parents:

Parenting Az 602-248-0428

Parents Anonymous 602-889-3594

East Valley family resource Center (parenting classes) 480-834-9424

Child Crisis Center Easy Valley (Anger management) 480-969-2308 or childcrisis.org

Mentally ill kids in distress (MIKID) advocacy education 602-253-1240

New Leaf (free anger management classes) 480-969-6955

Other:

Comprehensive drug testing, East Valley Vaccination and Examination Center 480-833-0554

Incorrigibility information for parents of defiant teenagers call Juvenile Probation 602-506-4011

National domestic violence hotline 1-800-799-7233

Autumn House (domestic violence support groups) 480-835-5555

Alcoholic Anonymous 24 hour 480-834-9033

National drug and alcohol treatment hotline 1-800-662-4357

ASAP (Adolescent Substance Abuse Program- outpatient programs)www.asapaz.com.....602-434-0249

General: Community info and referral 602-263-8856

Poison control 602-253-3334

Mental Health Resource Center 1-800-969-NMHA

ASU Counseling Training Center 480-965-5067 (\$60/ semester for non-students)

Books

The anxiety and phobia workbook (3rd edition or later) by Edmund J Bourne

The relaxation and stress management workbook (4th edition or later) by Davis, Eshelman , and McKay

1-2-3Magic: Effective Discipline for Children 2- 12 by Thomas W. Phelan (classic book, many tips for parents)

The Explosive Child – a new approach for understanding and parenting easily frustrated, chronically inflexible children,
by Ross Greene (2nd edition or later)

The Bipolar Child (2nd ed or later) by Demitri and Janice Papolos

Driven to Distraction: Recognizing and coping with attention defiant disorder from childhood through adulthood by
Edward Hallowell

Russell Barkley: Your defiant child : Eight steps to better behavior and Taking Charge of ADHD (revised)

Raising your spirited child: a guide for parents whose child is more intense, sensitive, perceptive, persistent, energetic.
By Mary Sheedy Kurcinka

The Difficult Child. By Stanley Turecki

Your school age child by Lawrence Kutner

Building Moral Intelligence: The seven essential virtues that teach kids to do the right thing by Michele Borba

How to Behave so Your Children Will Too (basic behavioral modification) by Sal Severe.

Asperger Syndrome and Adolescence: Helping Preteens and Teens get ready for the real world- by Teresa Bolick

Joint Custody with a Jerk: raising a child with an uncooperative ex by Ross and Corcoran (despite the title, it
has some good ideas on how changing your behavior can help the co-parenting relationship)

Big Book of Parenting Solutions by Michele Borba

Freeing your child from anxiety by Tamar Chansky

The anxiety workbook for teens by Lisa Schab

The bipolar workbook for teens by Van Dijk and Guindon

Websites (**= highly recommended)

**Food and Drug Administration Home Page : www.fda.gov (information regarding drug warnings)

General Parenting:

American Academy of child and adolescent psychiatry (facts for families) : www.aacap.org

To check if any registered sex offenders are in your area : www.azsexoffender.org

Kid's Health (parenting advice) : www.kidshealth.org/parent

The Challenge of difficult children (tips on managing ADHD, discipline, and temperament and developmental issues)
www.elainegibson.net/parenting

Information on various childhood disorders: www.jamesdauntchandler.tripod.com

www.Parentsmedguide.org (by American Psychiatric Association)

Websites giving information about multiple disorders:

**National alliance for the mentally ill (NAMI – a non profit support and advocacy group); has very good information on various mental illnesses: www.nami.org local support group: www.namiaz.org

www.healthyplace.com “A community of people providing mental health information..”

www.healthyminds.org from the American Psychiatric Association

National Institute of Mental Health : www.nimh.nih.gov/

Focus Adolescent Services – Information for parents of teenagers about anger-management problems, self-injury, family relationships: www.focusas.com

National Mental Health Association (NMHA) www.nmha.org

www.helpguide.org

psychcentral.com (information, blogs, support groups)

Educational / Legal:

** Wrightslaw: Information about special education law and advocacy for children with disabilities (also very good info regarding child development and mental illness) www.wrightslaw.com

Arizona Center for Disability Law : www.acdl.com

Learning disabilities: www.ldonline.org

Sleep:

Sleep for kids (Teaching kids the importance of sleep, hints help insomnia) www.sleepforkids.org

www.sleepfoundation.org

Aspergers:

O.A.S.I.S Online asperger syndrome information and support: www.aspergersyndrome.org

Jessica Kingsley Publishers, offers many books on Aspergers , and Autism www.jkp.com

Bi-polar/ Depression:

Child and adolescent bipolar foundation: www.bpkids.org

The Educational Issues of Students with bi-polar Disorder: www.jbrf.org/edu_forums/index.html

Bi-Polar Disorder: www.nimh.nih.gov/publicat/bipolar.cfm

Depression: www.nimh.nih.gov/publicat/depression.cfm

The depressed child www.depressedchild.org

Bi-polar Child: www.bipolarchild.com

Depression and Bipolar Support Alliance: www.dbsalliance.org

Suicide Awareness : www.save.org

Families for depression Awareness: www.familyaware.org

ADHD:

Children and adult with attention deficit disorders (CHADD) www.chadd.org

Local Chapter of CHADD: 480-706-1086

ADD Resources has practical information for adults, children, and adolescents www.addresources.org

ADDitude magazine: www.additudemag.com

Life with ADHD/ inattentive kids: www.goaskmom.com

ANXIETY /OCD/ TOURETTES/ TRICH:

Tourette Syndrome: www.tourettesyndrome.net and www.tourette-syndrome.com

Obsessive Compulsive Foundation, with a section called “organized chaos” for teens and young adults
www.ocfoundation.org/

Trichotillomania Learning Center: www.trich.org

Anxiety: Anxiety Disorders association of America : www.adaa.org

www.how-to-meditate.org

www.worrywisekids.org

Help with paying for prescriptions, if you have no insurance:

www.togetherrxaccess.com

EZ Meds: 1-888-396-9211

Also, try the official website of the medication you are taking and see if there is information on a “patient assistance program”