

Free and Confidential **CRISIS HOTLINES** Calling and Texting :

- **Dial 988.** This has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.
- Text HOME to 741741 to reach a volunteer Crisis Counselor.

You should always call 9-1-1 in life-threatening situations.

Social Emotional Wellness

At Tempe Preparatory Academy we understand that our students are developing adolescents. As they navigate through the stages of development they are also dealing with the pressures of responsibilities such as academics, family, friendship, and their own social-emotional wellness.

We strive to teach our students what is true, beautiful, and good to help them develop the skills necessary to face those challenges by working with their peers, educators, families, and others as resources in their development. The goal is that our students become lifelong learners of kindness and empathy and know their individual strength, which will allow them to be successful in their lives.

Students: If you or someone you know is struggling please contact one of the resources provided. It is also important that you let an adult you trust know what is happening and ask for help. You can come by the student center at school and talk with anyone on the Student Support Team. If you want to remain anonymous, you can fill out a form for us to know who to check on. They are located in room 101 (Student Center). There is also an online form under the “Students” tab [counseling request](#).

Parents: If you are concerned with the social and emotional health of your child please contact one of the resources listed below. You can also contact the school and information will be provided to help you navigate the needs of your child. The information below is not a comprehensive list of resources, but guidance in finding a support system that fits your child’s needs. When seeking assistance for outside resources we encourage families to check with their insurance and health care coverage.

Return to school for the 2022-2023 school year:

Students will have the opportunity to meet with a staff member or faculty member to discuss social emotional learning topics every Tuesday during Middle school Paideia and High school Paideia. Each week will be a different topic such as goal setting, trying something new, working through a growth mindset, building friendships, bullying, self-awareness, time management, and

responsible decision making. We want to make sure that you feel supported, so please speak with an adult on campus if you are in need of social or emotional help.

Free and Confidential CRISIS HOTLINES:

- Empact Crisis Hotline: (480) 784-1500; [LaFrontera-Empact Crisis Hotline](#)
- Mercy Maricopa Crisis Hotline: (602) 222-9444; [Mercy Maricopa Crisis Hotline](#)
- Teen Lifeline Hotline: (602) 248-8336; [Teen Lifeline](#)
- National Suicide Prevention Lifeline: (800) 273-8255 (TALK); [National Institute of Mental Health](#)
- City of Tempe Care 7 Crisis Response Unit: (480) 350-8004; [City of Tempe Care 7](#)

Free and Confidential CRISIS HOTLINES Texting:

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Social and Emotional Wellness Resources

Throughout the 2022 – 2023 school year, we will share social and emotional resources with parents as we all work together to support students in school. Tempe Preparatory Academy (TPA) makes no claims, promises, or guarantees about the accuracy, completeness or adequacy of the services that may be provided by any organization listed on this site. Reference on this site to any specific service or organization does not constitute an endorsement, recommendation, or favoring by TPA. No warranty of any kind, implied, expressed, or statutory is provided by TPA to any person that chooses to engage these organizations.

Social Emotional Support Groups

Every Tuesday and Thursday in room 509 (Student Union Computer Lab) during the 2022 2023 school year students will be offered a Social Emotional Learning curriculum to increase self-awareness and help reduce stress and anxiety. The goal is for students to learn the importance of self accountability, positive social interactions with their peers, faculty and staff and to reduce stress and anxiety when approached with a difficult task. 6th-8th grade students will work with their teachers/school counselor and administration using the **Second Step** curriculum to help them work through the 4 target areas.

Every Tuesday and Thursday in room 509 (Student Union Computer Lab) during the 2022 – 2023 High school students 9th-12th grade will work with a school counselor and administration using the **Heartfulness Curriculum for Schools** to help them work through reducing stressors and anxiety for high school teens. They will focus on a positive perspective through journaling, self awareness, meditation and gratitude—the 4 target areas.

Places to Find Help

- [ArizonaTogether.org](https://www.arizonatogether.org)
- [**Online Treatment Locator**](#): Find quality treatment options close to home using [**Substance Abuse and Mental Health Service Administration's \(SAMHSA\) confidential and anonymous online treatment locator**](#).
- 1-800-662-HELP (4357) SAMHSA's National Helpline | Call for 24/7, free and confidential information for individuals and family members facing substance abuse and mental health issues.
- [Psychologytoday.com](https://www.psychologytoday.com): Find detailed listings for mental health professionals
- [**Southwest Human Development - Birth to Five Helpline**](#) 877-705-KIDS (5437)

*Note: If you have private insurance, your insurance provider will have a list of in network providers.

Suicide & Depression Prevention, Awareness, & Resources

Free Mobile Crisis Teams:

- [**Crisis Response Network**](#) 1-602-222-9444 | When life is overwhelming, if someone is worried about a loved one, or if someone just needs a caring person to listen, Crisis Response Network provides immediate and confidential help.
- [**City of Tempe Care 7 Crisis Response Unit**](#) (Tempe Residents) (480) 350-8004

Free Hotline Support:

- [**American Foundation for Suicide Prevention**](#) 1-888-333-2377 | If you are in crisis, please call the [**National Suicide Prevention Lifeline**](#) at 1-800-273-TALK (8255) or contact the [**Crisis Text Line**](#) by texting TALK to 741741.
- AZ Teen Crisis Solutions 1-623-879-9600 | For parents of struggling and troubled teens. 24-hour hotline.
- [**EMPACT Suicide Prevention Hotline**](#) 1-800-273-8255 | La Frontera Arizona / EMPACT – Suicide Prevention Center offers comprehensive crisis and community behavioral health services to children, adults, and families. Services are provided in the

home or at one of our offices located in metro Phoenix, San Tan Valley, and the City of Maricopa.

- **Teen Lifeline** (602) 248-8336 | To prevent teen suicide in Arizona through enhancing resiliency in youth and fostering supportive communities.
- **Trevor Project** 1-866-488-7386 | National organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25. Text/info available at <https://www.thetrevorproject.org/>

Helpful Handouts:

- [Arizona Together- Mental Health](#)
- [Preventing Youth Suicide resources](#)
- **Tips for Parents - English**
- **Consejos para Padres y Educadores - en español**
- **Tips for Teens - English**
- **Consejos para Adolescentes - en español**

Grief, Loss, and Crisis Response Resources

CDC:

- **Caring for Children in a Disaster**

Healthy Children:

- **Talking to Children about News Events**
- **Teen Grief Booklet**
- **Hospice of the Valley (Teens)**
- **Helping Children with Grief Caregiver Resources – nctsn.org**

Describes how school-age children may feel when struggling with the death of someone close and offers tips on what caregivers can do to help.

Helpful Handouts:

- **Helping Children with Trauma - English and Spanish**
- **Disaster and Trauma Responses in Children**
- **Helping Children with Loss and Grief - English**
- **Ayudar a los Niños con Pérdida y Dolor - en español**
- **Helping Children with Violence - English**
- **Ayudar a los Niños con Violencia - en español**
- **Care for the Caregiver - English**

- [**Cuidado del Cuidador - en español**](#)
- [**Finding the Positive After a Loss**](#)
- [**Owning Your Feelings**](#)

COVID-19

The [**City of Tempe CARE 7**](#) crisis response program is offering free stress management counseling for the community through a new effort called COVID Care. Tempe residents can receive up to three sessions from licensed counselors and social workers as well as counseling interns from Arizona State University who work under the guidance of licensed staff. Residents can **call CARE 7 at 480-350-8044** to request counseling and undergo a brief screening. The sessions are being provided using computers and phone calls, and will focus on three areas: understanding stress, developing coping skills and finding hopeful solutions to manage life in the time of coronavirus. Sessions are open to people age 18 and older.

Information/Handouts:

- [**Talking With Children About the Coronavirus**](#)
- [**Helping Children Cope with COVID-19 - English**](#)
- [**Ayudar a los Niños a Cope con COVID-19 - en español**](#)
- [**COVID-19: Managing Stress During this Anxious Time**](#)
- [**Parent Caregiver Guide to Helping Families Cope with COVID-19**](#)
- [**Mountain Park Health COVID-19 Resources**](#)