"Mental health is just as important as physical health" -Meggie Tran

Mental Health

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
- Centers for Disease Control and Prevention (CDC)

Contact Information
Email: opportunitiesforyouth@asu.edu

Phone: 480-727-3800

Website: oppforyouth.org

Resources

National Alliance on Mental Illness (NAMI)
- Website: https://nami.org/Home
- Contact Information:
  - Phone: (703) 524-7600

Crisis Network Inc.
- Website: https://crisis.solari-inc.org/
- Contact Information:
  - Phone: (602) 427-4600

Chicanos Por La Causa
- Website: https://cplc.org/hhs/behavioral-health.php
- Contact Information:
  - Phone: (602) 257-0700

Family Center
- Website: https://www.familyinvolvementcenter.org
- Contact Information:
  - Phone: (877) 568-8468

Teen Lifeline
- Website: https://teenlifeline.org
- Contact Information:
  - Phone: (602)248-8337
  - Email: info@teenlifeline.org

Bloom365
- Website: https://www.bloom365.org/
- Contact Information:
  - Phone: (888) 606-4673
  - Email: hello@bloom365.org

Neighborhood Ministries Programs
- Website: https://nmphx.com/programs
- Contact Information:
  - Phone: 602-252-5225

one●n●ten
- Website: https://onenten.org/
- Contact Information:
  - Phone: (602) 400-2601 Ext. 2
  - Email: info@onenten.org

Valleywise Health
- Website: https://valleywisehealth.org
- Contact Information:
  - Phone: (833) 855-9973

AAKOMA
- Website: https://aakomaproject.org
- Contact Information:
  - Phone: (571)486-3382
  - Email: contact@aakomaproject.org

"It is okay to seek help" –William

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