

ATSU Diversity Resource Guide

ATSU Mental Health Wellness Counseling

Arizona Campus

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Missouri Campus

Sarah Thomas, MSW, LCSW - Mental Health Wellness Counselor
Gutensohn Osteopathic Health and Wellness Clinic, Room 304
660.626.2424 (office)

Safe Zone for All resources

A list of additional resources (local and national) are available for LGBTQ, religion, and race/ethnicity.

NATIONAL ORGANIZATIONS

American Foundation for Suicide Prevention

Offers information, advocacy and support

GLBT National Help Center

Serving gay, bisexual, and transgender and questioning people by providing free and confidential peer-support and local resources

Mental Health America

Offers information, support, advocacy, and connection to local resources

National Alliance on Mental Illness

Offers information, support, advocacy, and connection to local resources

National Suicide Prevention Lifeline

1.800.TALK (8255)

Directs callers from all states to local suicide prevention resources

SAMHSA's National Helpline

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

Trevor Project Crisis Line

Provides crisis intervention and suicide prevention for LGBTQ youth

LOCAL ORGANIZATIONS (AZ)

[Arizona Suicide Prevention Coalition](#)

Links to statewide resources

[Empact-Suicide Prevention Center](#)

480.784.1500 in Maricopa County or 866.205.5229 in other Arizona counties

Located at La Frontera in Tempe; Suicide/crisis hotline, mobile crisis team, suicide awareness/prevention training, crisis debriefing, suicide survivor support groups, counseling, trauma healing services, and more

[National Alliance on Mental Health – Arizona](#)

5025 E. Washington St. # 112, Phoenix, AZ 85034 | 602.244.816

Fosters public education about mental illnesses and advocating for quality institutional and non-institutional care and individualized treatment for persons with mental illnesses

[Parents, Friends/Family of Lesbians & Gays \(PFLAG\)](#)

2942 N. 24th St. #114, Phoenix, AZ 85016 | 602.843.1401

PFLAG promotes the health and well-being of gay, lesbian, bisexual, and transgender persons and their families and friends through support, education, and advocacy.

[Phoenix Pride LGBT Center](#)

801 N. 2nd Ave., Phoenix, AZ 85003 | 602.712.0111

[PSA Behavioral Health Agency](#)

2255 W. Northern Ave. Ste. B100, Phoenix, AZ 85021 | 602.995.1767

PSA Behavioral Health Agency is a private, nonprofit behavioral health agency dedicated to the treatment and recovery of individuals with psychiatric illnesses who may also suffer from substance abuse, trauma, and/or other behavioral issues. Learn about the agency's Art Awakenings program, which offers instruction in visual art, poetry, music, movement, and drama to promote empowerment and recovery through creativity.

LOCAL ORGANIZATIONS (MO)

[Mark Twain Behavioral Health](#)

105 Pfeiffer Ave., Kirksville, MO 63501 | 660.665.4612 | 800.356.5395 (crisis line)

Provides a wide range of services for adults, youth, and families who are experiencing difficulties with life issues

[Preferred Family Healthcare](#)

900 E. Laharpe St., Kirksville, MO 63501 | 660.665.1962

Updated 5/22/17

Whether you are dealing with a serious mental illness or facing the challenges associated with issues such as grief, anxiety, or depression, Preferred Family Healthcare provides an array of behavioral and mental health services.

PFLAG of Kirksville/NE Missouri

705 Ash Lane, Kirksville, MO 63501 | 660.341.1871 | mapflagmom@gmail.com

Pride STL

3738 Chouteau, St. Louis, MO 63110 | 314.317.0077

Fosters an understanding of and equality for the LGBT community in the general population by raising awareness through education programs and events.