



LIST OF RESOURCES

Parenting / Parent Coaches:

- **Parent Coach Institute** [Learn about their program here.](#) [Find a coach here.](#)
- **Debra Beck – Parent Coach** [click here](#)
- **Parent Coach: Traci**
www.alovingway.com/coaching
- **Counseling resources nationwide:** www.mastersincounseling.org/google-plus-community
- **Girls and Boys Town National Hotline** 1-800-448-3000
- **Parents Crisis Hotline:** 480-440-3242
- **Creative Coaching Conversations:**
www.creativecoachingconversations.com

Anxiety:

- [Guide to Anxiety and Sleep](#)

Bullying:

- [Signs Your Child is Being Bullied](#)
- bullypolice.org
- dswalker.com
- stopbullying.gov
- stopbullyingnow.com
- eductionworld.com
- PACERkidsagainstbullying.com
- [Cyber Bullying Statistics](#)
- kidshealth.org
- www.ncpc.org/resources/bullying

Cutting & Self Harm:

- <http://www.healthyplace.com/abuse/self-injury/self-injury-homepage/>

Depression:

- [Crisis Response](#)
- <http://www.healthyplace.com/depression/>
- **Girls and Boys Town National Hotline:** 1-800-448-3000

- **National Youth Crisis “Hopeline”** for depression: 1-800-442-4673
- **American Foundation for Suicide Prevention:** 1-888-333-2377
- [The Top Mental Health Challenges Facing Students](#)

Domestic Violence:

- <https://www.domesticshelters.org/>
- **National Domestic Violence Hotline:** (800) 799-SAFE (7233)
- <http://www.womenslaw.org/>
- www.charlesullman.com/nc-shelters/

Drugs & Drinking:

- [Alcohol Rehab and Recovery](#)
- [Personalized Addiction Treatment](#)
- [Removing the Stigma: How to Create Productive Dialog About Addiction](#)
- [Rehabilitation Centers Offering Specialized Treatment for Women](#)
- [Recall Report The Parent’s Guide to Opioid Education and Abuse Prevention](#)
- [Drug Dangers](#)
- [Rehab Center](#)
- [Detox Local](#)
- [Addiction Center](#)
- [Teen Challenge](#)
- **Addiction Care Options Hotline:** 1-888-243-3869
- **HOTLINE: Drug 24-Hour Hotline:** 1-800-821-HELP
- **HOTLINE: Alcoholism Help Line:** 1-800-ALCOHOL
- DrugFreeAZ.org
- www.teen-anon.com
- www.palgroup.org
- [Drug Rehab](#)
- **Teenage Drug Abuse – A Guide for Parents & Educators** [click here](#)

Eating Disorders:

- [Understanding Eating Disorders](#)
- [Eating Disorders: What Families Need to Know](#)
- <http://www.healthyplace.com/eating-disorders/>
- National Eating Disorders Association: www.nationaleatingdisorders.org
- [Teen Challenge](#)
- National Association of Anorexia Nervosa and Associated Disorders: www.anad.org
- Eating Disorders Coalition: www.eatingdisorderscoalition.org/
- Families Empowered and Supporting Treatment of Eating Disorders: www.feast-ed.org
- Eating Disorders Resource Center: www.edrcsv.org
- Body Positive: www.bodypositive.com
- HOTLINE: American Dietetic Association 1-800-877-1600
- HOTLINE: National Association of Anorexia & Associated Disorders 1-847-831-3438

Education Challenges:

- The Homework Lounge – www.thehomeworklounge.com
- You Read– www.YouRead.org

First Aid:

- <https://www.nationalcprassociation.com/parents-guide-first-aid/>

Healthy Eating:

- [Good Eating Habits](#)
- [Easy Healthy Smoothies](#)
- [Helping Teens Build a Healthy Body Image](#)
- [10 Ways to Encourage Smart Snacking](#)
- [10 Ways to Promote Healthy Eating Habits](#)
- [Foods that Help You Sleep](#)

Homeschooling:

- Arizona Families for Home Education – www.afhe.org
- Home School Legal Defense Association – www.hsllda.org

Online Safety:

- Online safety: www.technologywellnesscenter.com

Sex & Rape:

- [Crisis Response](#)
- [Teens, Sexuality, and Media](#)
- [STD Testing: What's Right for You?](#)
- Date rape: <http://www.healthyplace.com/sex/date-rape/date-or-acquaintance-rape/>
- Talking about sex: [click here](#)
- Rape, Abuse, Incest National Network Hotline: 1-800-656-4673
- National STD Hotline: 1-800-227-8922
- National Domestic Hotline: 1-800-799-7233
- Rape, Abuse & Incest National Network: 1-800-656-4673

Teen Pregnancy:

- Need words, resources and help, [click here](#)
- Teen Pregnancy (Arizona): [click here](#)
- Pregnant or Parenting Teen? [click here](#)

Suicide and Getting Through Rough Times Resources:

- [Suicide Prevention Guide](#)
- [How to Defend Yourself Against Peer Pressure](#)
- <http://www.healthyplace.com/other-info/suicide/suicide-suicidal-thoughts-and-behaviors-toc/>
- The Trevor Lifeline (866) 4-U-TREVOR <http://www.thetrevorproject.org/>
- Girls and Boys Town National Hotline: 1-800-448-3000
- Youth America Peer Counseling Hotline 877-968-8454