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:


Depression:

- Crisis Response
- http://www.healthylace.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
- 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:


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

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
- 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

Homeschooling:

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