

Resources for Parents, Teachers & Caregivers

General Support	Links to a wide range of government programs: https://arizonatogether.org
	Referrals to programs available during COVID-19 and beyond: 211arizona.org
	Sliding Fee Schedule Health Clinics: Sliding Fee Schedule Clinic Locations
Financial & Job Assistance	Unemployment benefits have been expanded during COVID-19. Comprehensive information here: Unemployment Insurance Benefit Guide
	To apply for unemployment visit www.azui.com or call 1-877-600-2711
	For Cash and other Assistance, visit https://des.az.gov/services/coronavirus
	Helps people find jobs no matter where they're at in life. https://sjwjobs.org/
Food & Nutrition	To find foodbanks near you visit: http://www.azfoodbanks.org
	For Nutrition Assistance for Pregnant Women, new Mothers and Children under 5 contact Arizona WIC Program: https://azdhs.gov/prevention/azwic
	To find School Meal Sites near you: https://www.azhealthzone.org/summerfood
	FNS: https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
	AZHZ Recipes: https://www.azhealthzone.org/recipes
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	AZHZ Recipes: https://www.azhealthzone.org/recipes
	https://www.fueluptoplay60.com/
Housing	For Foreclosure or Eviction Prevention Assistance visit: https://housing.az.gov
	For families experiencing homelessness contact Family Housing Hub (Maricopa): 602-595-8700 or 211arizona.org
	For Housing Counseling visit: https://cplc.org/housing/counseling.php
Mental Health & Crisis Support	To connect to a Crisis Counselor: Text HOME to 741741 or call the National Suicide Prevention Lifeline at 1-800-273-8255
	Youth call or text Teen Life Line at 602-248-8336 to talk to a peer
	For Domestic Violence support 24/7 call 1-800-799-7233 or visit https://acesdv.org
	Get support for new mothers at: Postpartum Support International: 1-888-434-6667
	Resilient Arizona Crisis Counseling (a component of 211 Arizona) https://resilientarizona.org/
	School Trauma Informed - Southwest Behavioral Health Services www.sbhservices.org
Substance Use	For Referrals for Substance Abuse Treatment at https://goyff.az.gov/content/substance-abuse-prevention or https://www.azdhs.gov/oarline
	For Substance Abuse Prevention Resources visit: https://goyff.az.gov/content/substance-abuse-prevention-grants
	Southwest Behavioral Health Services www.sbhservices.org
Child Care, Parenting, Home Visitation	To find child care programs visit https://www.azccrr.com
	For parent resources that support children five and under visit https://www.firstthingsfirst.org/resources
	For home visiting support contact https://strongfamiliesaz.com
	For parenting support call the Birth to Five Helpline: 877-705-KIDS (5437) or visit http://www.raisingpecialkids.org

	For support around Pregnancy and Breastfeeding call: 1-800-833-4642
	Evidence based parenting training for English & Spanish - "Active Parenting" - Southwest Behavioral Health Services www.sbhservices.org
Education	The Arizona Department of Education provides general guidance at COVID-19: Guidance to Schools and Families guidance related to special education at Special Education Guidance for COVID-19.
	Nutrition education resources are available for schools and families. https://arizonamilk.org/for-schools/virtual-learning-resources/
	Accessing behavioral health services in schools: https://www.azahcccs.gov/AHCCCS/Initiatives/BehavioralHealthServices/
	Video series on what simple homeschooling could look like during the pandemic told by a 9-yr-old: https://ParentLedAcademy.org/videos
	Parent and Caregiver Toolkit for Distance Learning https://www.azed.gov/covid-19/arizona-parent-caretaker-toolkit-distance-learning
	Helps teens/youth find jobs and prepares them with everything they need to succeed. https://sjwjobs.org/
	CDC Healthy Schools Partner Toolkits: https://orau.gov/HSC/SHB/healthy-schools-toolkit/index.html
	WhyTry Parent's Guide to Resilience: https://whytry.org/guide/
	How Right Now: https://whytry.org/guide/
	CASEL Cares Initiative: https://casel.org/resources-covid/
	Emotional Intelligence Apps and Games Guide: https://www.common sense.org/education/top-picks/emotional-intelligence-apps-and-games
	Arizona Together: https://arizonatogether.org/
	211 Arizona: https://211arizona.org/
	Resilient Arizona- Crisis Counseling Program: https://resilientarizona.org/
	Arizona Parent & Caretaker Toolkit for Distance Learning: https://www.azed.gov/covid-19/arizona-parent-caretaker-toolkit-distance-learning
	Healthier school communities. https://genyouthnow.org/our-work/genyouth-insights/
SEL (Social-Emotional Learning)	ParentLedAcademy.org equips parents, teachers and students with the social-emotional skills you need to better respond to life's challenges.
	CASEL supports state, districts and schools nationwide to ensure SEL is a priority in every school nationwide.
	ACES in Education is a group to share ideas on mitigating the effects of adverse childhood experiences in the K12 environment.
	Arizona SEL Competencies for K-12 to Adulthood and webpage of resources + Arizona Early Childhood SEL Standards
COVID-19	AZ Department of Economic Security: https://des.az.gov/services/coronavirus
	Arizona Department of Child Safety: https://dcs.az.gov/covid19
	AZ Department of Health Services: https://azdhs.gov
Foster Care Support	Resources for Current or Former Foster Youth: FosteringAdvocatesArizona.org
	Arizona Friends of Foster Care www.affcf.org
Suicide Prevention	Free Training in Suicide Prevention [these trainings meet the legislative mandate ARS 15-120/Mitch Warnock Act for school staff and are also available to families and the community
	https://www.azahcccs.gov/suicideprevention
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