

## HEALTH & SAFETY RESOURCES FOR STUDENT-ATHLETES & COACHES

### PVCC COUNSELING DEPARTMENT - FREE to students

- Whether it be choosing your major or career, discussing personal concerns or dealing with a crisis.
- <http://www.paradisevalley.edu/counseling>
- Call or walk-in for appointments (602) 787-6540
- Located on the 1st Floor of the KSC
- Open Monday-Thursday 8am - 6:30pm, Friday 8am - 4pm

### MENTAL HEALTH RESOURCES

- St. Lukes Hospital - Level of Care Evaluation
  - <http://www.stlukesbehavioralhealth.com/>
  - 1800 East Van Buren, Phoenix
  - (602)251-8535

### SUICIDE HOTLINE

- **Maricopa Crisis 24 hotline (Dispatch Mobile teams/suicide)**
  - <http://www.crisisnetwork.org/>
  - (602) 222-9444
  - 800-631-1314
- **EMPACT - Suicide Prevention Center**
  - <http://empact-spc.com/>
  - 1-800-SUICIDE (National)
  - (480) 784-1500 (Maricopa County)
  - 1-866-205-5229 (Arizona-toll free)
- **Florence Crittendon Services of AZ (Service for Women)**
  - <http://www.flocrit.org/programs.html>
  - Serve girls age 10-21
  - (602) 274-7318
- **Tumbleweed Open Hands**
  - [http://www.tumbleweed.org/open\\_hands.php](http://www.tumbleweed.org/open_hands.php)
  - (602) 271-9904

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## EMERGENCY FOOD BANKS

- [www.azfoodbanks.org](http://www.azfoodbanks.org)
- Harvest Compassion Center
  - (602) 788-2444
  - Tatum & Thunderbird - Mon-Wed 9am - 11:30am, Sat 2pm - 4:30pm
    - Walk-ins - No referral needed, valid address required: AZ ID, utility Bill or current lease
- Paradise Valley Emergency Food Bank
  - (602) 867-9228
  - 32nd St N of Shea Blvd - Mon-Fri 9am - 4pm (Call for Appointment same day)
    - Proof of residency within PVUSD boundary (mail with address within last 60 days) - Photo ID
- St. Mary's Food Bank Alliance - Knight Center
  - (602) 242-3663
  - 31st Ave & Thomas - Mon-Fri 9am - 4pm

## STATE NUTRITION ASSISTANCE (FORMERLY FOOD STAMPS)

- About Nutrition Assistance: [https://www.azdes.gov/nutrition\\_assistance/](https://www.azdes.gov/nutrition_assistance/)
- How to Apply: <https://www.healthearizonaplus.gov/>
- Online Application:  
[https://www.healthearizonaplus.gov/app/App\\_Program\\_Selection.aspx](https://www.healthearizonaplus.gov/app/App_Program_Selection.aspx)

\*The same application is used to apply for **Cash Assistance**, **AHCCCS Health Insurance** (Medical Assistance) and **Nutrition Assistance** (formerly the Food Stamp Program).

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