



Rotary International District 5495 Mental Health Initiatives Rotary Action Group

District 5495 has launched a Chapter of the newly formed Mental Health Initiatives Rotary Action Group. Our vision is to create and support opportunities for all to improve their mental health and wellness for healthy, happy, and productive lives. Our mission is to:

- 1) Provide resources to de-stigmatize conversation around mental health and emotional well-being; 2) Raise awareness on mental health needs in our communities;
- 3) Increase access and capacity resources for prevention and intervention. We currently have 21 members from our district. New members are welcome to join us. Contact Dr. Phil Ladd, Chair of Mental Health Initiatives RAG, at <mailto:drphilladd@icloud.com>.

Mental Health Resources in Arizona

1. NAMI (National Alliance on Mental Health): This is a very respected organization that can provide speakers on many different mental health topics. NAMI Arizona.org (480) 994-4907 - all of Arizona
2. American Counseling Association: Another well respected organization. Info@azca.org (480) 525-7415. - all of Arizona
3. Steve Murphy, Executive Director Boys to Men of Greater Phoenix. Stevemurphy@boystomenphoenix.org (480) 206-0696 - greater Phoenix area
4. Crystal Brown, Luca Wellness (member of our Action Group) luca@lucawellness.com (480) 582-2871. She also sent you some videos. Queen Creek area

5. Dr. Phillip Ladd: I can do various topics such as DEI From a Clinical Perspective ; Being Healthy in a Stressful World; LGBTQ+ From a Clinical Perspective: Grief Tasks . rotarydrphilladd@yahoo.com (309) 678-8445. - greater Phoenix area
6. Lindsay Hope, The Hope Institute. lindsay.taylor@thehopeinstitutenet. (480) 770-1773. Topic: Suicide Prevention Chandler and Phoenix area
7. Nick Lowery - Lowery Youth Foundation. Admin@loweryspeaks.com : This group deals the homeless and mental health Scottsdale and Phoenix area
8. Center For Behavior Health - deals with Addictions and Recovery issues (602) 253- 6553 (Phoenix and Tempe)
9. Christy Macey, MC, Coach, Consultant. From Mesa. Topics: Life Coach, Personal Development. (480) 600-3003 max method.com. Mesa and Phoenix area
10. American Psychological Association: admin@azpa.org (480)675-9477

All of Arizona

11. Southwest Behavior Health Services in Flagstaff. (855) 209-1575
- 12 Sequel Care of Arizona Eagle Ridge: serves Flagstaff (866) 979-9407
13. Native Americans for Community Action Family Health Center in Flagstaff (888) 368-5513.
14. Arizonas ChidrenAssociation, Flaggstaff (866) 979-9407
15. West Yavapai Guidance Clinic, Prescott (928)445-5212