

To learn more about how you can receive help,
please contact your
Regional Behavioral Health Authority:



Northern Arizona Regional Behavioral Health
Authority

1-800-640-2123

www.narbha.org

www.narbha.networkofcare.org

Contract services are funded in part under Contract with
the State of Arizona.



Depressed, down, always angry or upset?
Using alcohol or drugs? Feeling helpless?

You are not
A L O N E



Did you know...

- One in five young people feel distress.
- In Arizona, 14% of teen girls and 4% of teen boys have experienced a major depressive episode in the past year.
- Approximately 10% of Arizona teens have an addiction to drugs or alcohol.
- Most mental health disorders and addictions begin in youth.
- The most common mental disorders among young people include depression, anxiety, attention-deficit/hyperactivity and substance use.
- Your brain is a part of your body. It can suffer from illness just like any other organ in your body.

There is help available for you...

...it's called Behavioral Health Services and may include help for depression, ADHD/ADD, bipolar disorder, mental illness, alcohol or drug use, and more:


- Counseling to help with your feelings.
- Treatment plans to help you develop and reach your goals.
- Social and life skills training.
- Transportation to and from medically necessary appointments.
- Language interpretation services, and many others.

For a complete list of programs, services, and to set your first appointment, contact Member Services on the next page or back of this pamphlet.

Crisis Lines

1-877-756-4090

1-800-248-TEEN

1-800-527-4747 

If you believe that you are in danger or that someone else is in danger, **call 911 immediately.**

Member Services

1-800-640-2123

Customer Service Representatives are available to help 24 hours a day, 7 days a week.

Language Help

If eligible, services are available in your language at no cost, including American Sign Language (ASL) and resources for persons with a visual impairment.

Road to Recovery

- The first step for recovery is to call. When you call, Customer Service will help you schedule your first appointment.
- In your first appointment you will meet a behavioral health professional who will evaluate your needs for services and eligibility.
- Feel free to bring a family member or a friend with you for support. During your recovery, you will always have the opportunity to include family members and friends to help you achieve your goals. You can also expect to be treated with respect and have all of your questions answered.
- You will always have a voice and choice in everything that affects your recovery.

You might benefit from help if you:

- Use drugs not prescribed for you
- Use drugs or alcohol to relax, feel better, or to lose weight
- Have trouble focusing or remembering things
- Feel less interested in doing things
- Have sleeping problems, feel tired or have low energy all the time
- Feel angry or sad a lot
- Feel helpless or hopeless
- Are thinking about suicide or hurting yourself or others

Friends can make a difference!

A good friend never keeps suicide a secret.

If you know someone who is thinking about suicide, get help from an adult and help your friend find help.

Some Key Facts...

Recovery will help you to:

- Achieve your own expectations
- Feel good about who you are
- Feel balanced and in control of your life
- Develop healthy relationships
- Do better in school
- Feel confident and strong
- Feel accepted
- Overcome difficult times

...you are not alone!