

Personal, Social and Emotional Resources

I have learned that people will forget what you said; people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Both individual and group counseling are available at Wickenburg High School. We also provide classroom presentations on a variety of topics. Students are encouraged to visit their counselor. We assign counselors by students last name, so students with the last names A-K are assigned to Mrs. Rachel Willis. Her contact information is 928-684-6616 and e-mail is rflannwillis@wickenburg.k12.az.us. Students with the last name L-Z are assigned to Mrs. Julie Macias. Her phone number is 928-684-6625 and e-mail is jmacias@wickenburg.k12.az.us.

If students need more in-depth or long-term therapy we will help provide the student and their family with a list of agencies, clinics, hospitals, or private therapists for their consideration.

The following links connect you with self-help resources that you might find helpful.

Crisis Hotlines-

Community Information and Referral - 1-602-263-8856- This is a hotline where you can get referrals in a variety of areas including human services, health needs, emergency food, crisis counseling, emergency housing, mental health, legal assistance, financial assistance, and support groups.

Teen Lifeline- 1-602-248-TEEN - This is a 24-hour hotline run by trained teen counselors to help teens cope with life's stressors.

Teen Link- 1-602-235-9678- This is a hotline where you can get recorded messages on alcohol, drugs, pregnancy, career information, and social concerns.

Tumbleweed Center for Youth Development- 1-602-841-5799 - Tumbleweed offers free services for homeless, runaway and at-risk youth ages 11-17. Teens can also text the word "safe" and their current location (street address, city and state) to 69866 for immediate help.

Covenant House Nineline- 1-800-999-9999- they provide crisis intervention, referral and information for youth and their families.

TIP411- Tip411 is Wickenburg High School's Silent Witness Program. If you have information and you do not want to be identified, you may text your tip anonymously. Text your tip to 847411 and in the message, you must use the key word WHSTIP and then type your message.

Websites –

www.bullybuffer.com – a site designed to help kids who are victims of cyberbullying

www.notmykid.org –A site for parents on how to talk to your kids about tough topics like drug abuse

www.bullybuffer.com – A site on bullying and how to prevent it, report it.

www.loveisrespect.org - A site to help teens who are in violent relationships

www.rainn.org – Rape, Abuse and Incest national network

www.partnerupaz.org – A great site for drug education

www.stressfree.com - A site on how to deal with stress

www.divorcesupport.com – A site designed to support families dealing with divorce

http://www.aacap.org/cs/root/facts_for_families/facts_for_families - A site by the American Academy of Child and Adolescent Psychiatry on important issues facing teens and their families