

Staff Assistance & HelpLines

This information is offered to DISD staff as a resource for personal or family assistance.

The Staff Assistance Program

For information on the DISD Staff Assistance Program and community counseling resources, please click on the following link: <http://www.dentonisd.org/Page/352>

Confidential

District Resources

Staff Counseling and Support Services

The DISD Department of Human Resources provides information and referral resources for mental health and substance abuse concerns. Contact **Larry Mankoff** directly at 369-0039 or email him at lmankoff@dentonisd.org.

Local

Support Contacts

- **Alcoholics Anonymous** (940) 383-8252
- **Alanon** (for family members of alcoholics or other substance abusers) (940) 387-7237
- **American Cancer Society** 1-800-227-2345 (for general information to include local support groups)
- **Ann's Haven VNA** 349-5900 Support groups for those who have lost a loved one. Full service home health hospice service for terminally ill patients.
- **CHADD (Children & Adult's ADD)** www.CHADD.org for national information and local chapters 24/7
- **Counseling Center of Denton (CCD) Programs / FAMILY TREE PROGRAM** Provides 6 free counseling sessions, 6 free parent skill classes/groups, free life skills groups. Available to families of youths ages 0-17. Contact: Cynthia Easley or Melissa Beard at (940) 387-7517 or (888) 837-0666 or www.ccd.counseling.com/FamilyTree AND **Divorce Sanity**: <http://ccd.counseling.com/DivorceSanity.html>

Local

Support Contacts

- **Chrysalis Intensive Group Treatment** Outpatient treatment for eating disorders (940) 382-5688
- **Domestic Violence** Friends of the Family (940) 382-7273
- **Denton County Health Department** 349-2900 Children's Health, Maternity, Primary Care, Immunizations, Dental Services 306 North Loop 288, Suite 183 1-800-227-2345 (for general information to include local support groups)
- **Eating Disorders** (940) 382-5688
- **MHMR Emergency Hotline** 1-800-762-0157 or **Denton County Hotline** 387-5555
- **National Teen Dating Abuse Hotline**
www.loveisrespect.org or 866-331-9474
- **Parents of Gays and Lesbians – PFLAG**
(940) 382-8596
- **Rape Hotline** 1-800-656-4673

Local

Support Contacts

- Su Familia A National Hispanic Family Hotline 1-866-783-2645
- TWU Counseling and Family Development Clinic 898-2600 \$10.00 Sessions for children, parents, and families of the Denton ISD
- UNT Child and Family Resource Clinic 565-2066 Fax: 565-2330

Psychiatric Hospitals

- University Behavioral Health (940) 320-8100
- Millwood Hospital (817) 261-3121
- Glenn Oaks Hospital 800-443-1109 Greenville, TX www.glenoakshospital.com

Website

Helplines

- **Suicide:** The National Suicide Prevention Lifeline is a national 24-hour toll-free suicide prevention service available to those in suicidal crisis. Individuals who are seeking help can dial 1-800-273-TALK (8255). <http://www.suicidepreventionlifeline.org>
- **ADHD Helpline:** www.addhelpline.org
- **Alcoholism Symptoms quick test:** www.Camral.com
- **Anxiety Disorders:** <http://www.adaa.org> and <http://www.algy.com/anxiety>
- **Depression** can be a serious medical illness; it's not something that you have made up in your head. It can be more than just feeling "down in the dumps" or "blue" for a few days. It's feeling "down" and "low" and "hopeless" for weeks at a time. <http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- **Drug Abuse:** <http://www.drughelp.org>
- **Social Phobia, or Social Anxiety Disorder,** is an anxiety disorder characterized by overwhelming anxiety and excessive self-consciousness in everyday social situations. Social phobia can be limited to only one type of situation — such as a fear of speaking in formal or informal situations, or eating or drinking in front of others — or, in its most severe form, may be so broad that a person experiences symptoms almost anytime they are around other people. <http://www.nimh.nih.gov/health/topics/social-phobia/index.shtml>
- **Bipolar Disorder,** also known as manic-depressive illness, is a serious medical illness that causes shifts in a person's mood, energy, and ability to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder are severe. <http://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>
- **Eating disorders** are marked by extremes. It is present when a person experiences severe disturbances in eating behavior, such as extreme reduction of food intake or extreme overeating, or feelings of extreme distress or concern about body weight or shape. <http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml> or <http://www.nationaleatingdisorders.org>
- **Obsessive-Compulsive Disorder, OCD,** is an anxiety disorder and is characterized by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions). Repetitive behaviors such as hand washing, counting, checking, or cleaning are often performed with the hope of preventing obsessive thoughts or making them go away. Performing these so-called "rituals," however, provides only temporary relief, and not performing them markedly increases anxiety. <http://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml>
- **Self Abuse / Cutting SAFE (Self-Abuse Finally Ends)** <http://www.selfinjury.com/>
- **Sexual Assault** Live, secure, anonymous crisis support for victims of sexual assault and their families over RAINN's website. <http://www.rainn.org>
- **Suicide** <http://suicidehotlines.com/>

The following subject matter can be found at the American Psychological Association websites or by right clicking the link to open online <http://www.apa.org/>

- Anxiety Disorders: The Role of Psychotherapy in effective Treatment
- Change Your Mind about mental health
- Controlling Anger – Before It Controls You
- Coping with the Death of a Coworker
- Getting Ready for Retirement
- Managing Your Boss
- Middle School Malaise
- Mind/Body Health: Did You Know?
- Mind/Body Health: Job Stress
- Overwhelmed by Workplace Stress? You're not alone.
- Painful Shyness
- Parenting: The Teen Years
- Preparing for Retirement: More Than Money in the Bank
- Resilience for Teens
- Resilience Guide
- Sexual Orientation and Homosexuality
- Sport Psychology Off the Field
- Sports Lift Esteem in Young Athletes
- Strategies for Controlling Your Anger
- Stress Tip Sheet
- Stress: Six Myths About Stress
- Stress: Stress in the Workplace
- Stress: When and How to Get Help
- Understanding Alcohol Use Disorders and Their Treatment
- What Makes Kids Care?: Teaching Gentleness in a Violent World

National Hotlines

- **Alcohol/Drug Abuse Hotline** (800) 662-HELP or The Nationwide Crisis Hotline (alcohol and drug abuse) (800) 333-4444 or (800) 252-6465
- **Child Support Enforcement Hotline** (877) 696-6775
- **Cocaine Help Line** (800) COCAINE (800) 262-2463 and **24 Hour Cocaine Hotline** (800) 992-9239
- **Debt Relief Hotline** (800) 453-1738
- **Domestic Violence Hotline** (800) 548-2722
- **Eating Disorders Center** (888) 236-1188
- **Eating Disorders Awareness and Prevention (EDAP)** For answers to your questions, information, and nationwide referrals. (800) 931-2237
- **Family Violence Prevention Center** (800) 313-1310
- **Food Addiction** (800) 841-1515

National

Hotlines

- Gay & Lesbian National Hotline (888)-THE-GLNH (888) 843-4564
- Healing Woman Foundation (Abuse)
(800) 477-4111
- ID Theft Recovery Hotline (877) 283-8576
- Marijuana Anonymous (800)-766-6779
- Mortgage Payment Assistance (800) 750-8956
- National STD Hotline (800) 227-8922
- Panic Disorder Information Hotline
(800) 647-2642
- Suicide Hotlines (National)
National Hopeline Network for suicide prevention and emotional crisis toll free nationwide:
(800) 784-2433 and or

*IF YOU ARE IN CRISIS AND NEED
IMMEDIATE HELP, please call
(800) 273-TALK (800) 273-8255
or
THE MOST URGENT HELP – CALL 911*

Urgent Helpful WEBSITES

SUICIDE: <http://www.suicidepreventionlifeline.org>
or call: (800) 273-8255

ANXIETY: <http://www.adaa.org>

DEPRESSION: <http://www.nimh.nih.gov/health/topicsdepression/index.shtml>

SEXUAL ASSAULT: <http://www.rainn.org>

*In cases of
MEDICAL, FIRE or CRIME EMERGENCIES*

Dial 911

Non-Emergency Police: 349-8181

Hospitals

Presbyterian Hospital . . . (940) 898-7000
Denton Regional Hospital . . . (949) 384-3535