

HELP IS AVAILABLE

There are a number of organizations in and around the Tucson Arizona area designed to help individuals and families with psychosocial needs.

SAMHC No cost help 24 hours a day 7 days a week. 2502 N. Dodge Blvd suite 190 (Enter on Flower St.) Tucson, AZ. 85716 (520) 622-6000 or (800) 796-6762.

<http://www.samhc.com/>

La Frontera 7 am-6 pm English spoken, 8 am-5 pm Spanish spoken 502 W. 29th St. Tucson, AZ. 85713 (520) 838-3804

<http://www.lafrontera.org/contact2.htm>

CODAC 127 S. 5th Ave. Tucson, AZ. 85701 (520) 327-4505 TTY (520) 202-1850



Local Resources: Continued

Community Food Bank 3003 S. Country Club RD. Tucson, AZ. 85713(520) 622-0525

* TEFAP Food Assistance Program

* Infant Food Box (520) 243-7777

* Food Stamps (520) 628-6810

* Value Foods Store Tuesday-Friday 9:00am - 4:30pm Saturday 9:00am - 1:30pm

<http://communityfoodbank.com/>

AHCCCS Member info, eligibility questions, income, resources, and program rules. 1-800-654-8713

<http://www.azahcccs.gov/Site/>



THE UNIVERSITY OF ARIZONA
PEDIATRIC PULMONARY CENTER

1501 N. Campbell Ave.
Tucson Arizona 85724-5073

Phone: 520-626-2962

PSYCHOSOCIAL NEEDS OF INDIVIDUALS WITH CHRONIC ILLNESS AND THEIR FAMILIES



A HELPING HAND IN
TIMES OF NEED

Psychosocial Issues

When a member of the family (especially a young child) is diagnosed with a chronic illness, it has a considerable impact on everyone involved.



STRESSORS

- * New parent concerns
- * Insurance and finances
- * Postpartum depression
- * Lack of knowledge about the medical condition
- * Challenges of daily treatments
- * Potential loss of dreams
- * Guilt
- * General fear

The new diagnosis presents a wide range of challenges and requires a number of adjustments. In the Beginning, the vast majority of people have no idea what to do or where to turn for help.



SUPPORT FOR PARENTS

- * Informational lectures
- * Family and individual counseling
- * Parent support group
- * Multidisciplinary team (doctors & social workers)
- * Medications

“There are two big forces at work, external and internal. We have very little control over external forces such as tornados, earthquakes, floods, disasters, illness and pain. What really matters is the internal force. How do I respond to those disasters. Over that I have complete control.”

Leo Buscaglia



1924-1998
