

## 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

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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

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