

Community and National Resources Serving People with Mental Health Needs

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**Community and National Resources Serving People with Mental Health Needs
Resource List**

Local Help Lines and Crisis Response Teams

Service Provider	Services	Other Information	Contact Information
Arizona Coalition to End Sexual and Domestic Abuse Helpline	Helpline Sexual assault and domestic violence advocacy		602-279-2980 www.acesdv.org
Central AZ Crisis and Response Team		Northern Arizona Crisis and Response Team 1-877-756-4090	602-222-9444 1-800-631-1314 1-800-327-9254 (TTY) Central AZ <u>Warm Line</u> : 602-347-1100
COVID-19 Crisis Counseling	Free crisis counseling		Call 2-1-1 www.ResilientArizona.org
NAMI (National Alliance on Mental Illness) Valley of the Sun			Crisis Support Line: 602-222-9444 Non-Crisis Warm Line: 602-347-1100 https://namivalleyofthesun.org/
La Frontera Empact Suicide Prevention Center Crisis Hotline			480-784-1500 800-273-8255
Suicide and Crisis Hotlines - Maricopa County (Mercy Care)	Available to Arizona resident regardless of health insurance coverage. Services include: <ul style="list-style-type: none"> • 24/7/365 crisis telephone lines operated by trained crisis specialists. • 24/7 mobile teams staffed by behavioral health professionals who travel to the 	More information at https://azahcccs.gov/AH/CCCS/Downloads/ACC/View_Crisis_System_FA_Qs.pdf General Info: https://azahcccs.gov/BehavioralHealth/crisis.html	1-800-631-1314 602-222-9444

	<p>individual experiencing a crisis and provide assessment, stabilization and may triage the individual to a higher level of care, as appropriate.</p> <ul style="list-style-type: none"> • Facility-based crisis stabilization centers that offer crisis stabilization and observation, including access to Medication Assisted Treatment. 		
Teen Life Line			Phone or Text: 602-248-TEEN (8336)
TERROS			602-222-9444
Veterans Crisis Line			1-800-273-8255 (press 1)
Veterans - Be Connected			1-866-4AZ-VETS (429-8387)

National Help Lines

Service Provider	Services	Other Information	Contact Information
NAMI - National Alliance on Mental Illness - HELPLINE			M-F 10 am - 10 pm ET 800-950-NAMI (6264) info@nami.org Web Chat: nami.org/help
National Crisis Text Line			Text "home" to 741741
National Depression Help			1-800-662-4357
National Domestic Violence Hotline			1-800-799-7233 1-800-787-3224 www.NDVH.org

National Sexual Assault Hotline			1-800-656-HOPE (4673) 866-205-5229 www.rainn.org
National Suicide Prevention LifeLine	24-hour hotline We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.		1-800-273-TALK (8255) En español 1-888-628-9454 https://suicidepreventionlifeline.org/ www.suicidepreventionlifeline.org/chat OR, if uncomfortable talking by phone, you can text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line
National Substance Use and Disorder Issues Referral and Treatment Hotline	24-hour hotline The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.		1-800-662-HELP (4357) https://www.samhsa.gov/
National Teen Dating Abuse Hotline			866-331-9474 Text LOVEIS to 22522 www.loveisrespect.org
Text	24-hour hotline		Text the word "HOME" to 741741
Trevor Helpline (for LGBTQ youth)			1-866-488-7386
Veterans Helpline			1-800-273-TALK

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Addiction and Recovery Services and Programs

Service Provider	Services	Other Information	Contact Information
Alcoholic Anonymous	Support for alcoholics		www.aa.org
American Addiction Centers	Drug rehab guide for addiction and mental health		866-643-9530 www.americanaddictioncenters.org
Community Bridges	Alcohol and opioid detox		560 Bellview Mesa AZ 480-834-0468 www.communitybridgesaz.org
NOAH Program	<p>A not-for-profit organization, NOAH provides services to people throughout Metro Phoenix regardless of their ability to pay - everyone from refugee families trying to adjust to a new country to individuals facing health challenges complicated by poverty. Nearly all insurance plans are accepted, including AHCCCS and private insurance.</p> <p>Noah provides accessible, affordable, quality healthcare for individuals and families who have limited or no Access To basic healthcare. As of 12/31/2019, noah has 9 locations serving diverse neighborhoods in scottsdale, glendale, and phoenix, Arizona. Noah's integrative medical, dental, and behavioral Health services are provided by an interdisciplinary healthcare team, which is supported with community Outreach programs and patient education programs. With skilled and compassionate professionals focused on promoting Health and wellness, noah provides more than 127,000 patient visits each year. 21% of our patients are best served in another language.</p>		<p>480-882-4545</p> <p>Various Locations around the valley https://noahhelps.org/</p> <p>Midtown Center: 4131 N. 24th Street, Suite B-102 Phoenix, AZ 85016</p> <p>(Added to Resource List by Lindsay Higginbotham, Nurse Navigator)</p>
S..T.A.R.Stand Together and Recovery Centers	Opioid recovery		3003 N Central Ave #675 602-231-0071 recovery@thestarcenters

			.org
Substance Abuse and Mental Health Services Administration	Resources and referrals to local treatment facilities, support groups, and community-based organizations		www.samhsa.gov 1-800-622-HELP
Substance Abuse in College			http://www.affordablecollegesonline.org/college-resource-center/substance-abuse-in-college/
Dangers of Study Drugs in College			https://www.affordablecollegesonline.org/college-resource-center/college-study-drugs/
Helpful Websites		Free Drug Treatment	www.freetreatmentcenters.com

Dental Health Services

Service Provider	Services	Other Information	Contact Information
Helpful Website		Free Dental Care	www.freedentalcare.us

Education Support

Service Provider	Services	Other Information	Contact Information
College Bound AZ, Mesa	Assists underrepresented students through mentorship, guidance and support resources to help		www.collegeboundaz.org

	them get through college.		
The Be Kind People Project, Scottsdale	Provides students with tools to thrive academically and socially		<p>THE BE KIND PEOPLE PROJECT (602) 559-9399 INFO@BKPP.ORG MAILING ADDRESS: 10869 N. Scottsdale Road, Suite 103-254 Scottsdale, AZ 85254</p> <p>www.thebekindpeopleproject.org</p>
Unlimited Potential, Phoenix	Provides literacy, health, and adult education to south Phoenix residents.		www.unlimitedpotentialaz.org

Emergency Services - Food, shelter

Service Provider	Services	Other Information	Contact Information

Financial Counseling

Service Provider	Services	Other Information	Contact Information

Food Banks/Food Services

Service Provider	Services	Other Information	Contact Information
Midwest Food Bank, Gilbert	Distributes food to those affected by poverty and natural disasters.		www.arizona.midwestfoodbank.org
Tempe Community Action Agency	Assists families, adults, and seniors with basic needs and provides access to food grown in community gardens.		www.tempeaction.org
United Food Bank, Mesa	Feeds those who are in need.		www.Unitedfoodbank.org
Helpful Websites		Food Pantry	www.foodpantries.org

General Support Services

Service Provider	Services	Other Information	Contact Information
Arizona Self Help	Help from 40 different health and human services programs		www.arizonaselfhelp.org
Catholic Charities Community Services, Phoenix	Serves veterans and their families, sex-traffic survivors, victims of domestic abuse, refugees and those experiencing homelessness.		www.catholiccharitiesaz.org
New Life Center, Goodyear	Services survivors of human trafficking, domestic violence and sexual assault.		www.newlifectr.org

Health Clinics/Services

Service Provider	Services	Other Information	Contact Information
Circle the City			

HIV Services (Services for People with HIV)

Service Provider	Services	Other Information	Contact Information
Ryan White Care Act Clinics	These clinics offer free medical care for people with HIV through Ryan White CARE Act (hospitalization not included). There is no		

	restriction on income. However, if you have private insurance, ACCHS or Medicare it will be accepted first.		
Emergency Assistance Resource Pool (EARP)-NAMI	Provides emergency assistance (such as funds for housing, utilities, medicines, ID) for eligible persons. Access through case management programs. People who do not have a case manager can seek approval for funds on a one-time basis only.		

Homeless (Services for People Experiencing Homelessness)

Service Provider	Services	Other Information	Contact Information
Catholic Charities Community Services, Phoenix	Serves veterans and their families, sex-traffic survivors, victims of domestic abuse, refugees and those experiencing homelessness.		www.catholiccharitiesaz.org
Homeless Youth Connection, Avondale	Support homeless youth		www.Hycaz.org
Paz de Cristo Community Center, Mesa	Helps those struggling with hunger, poverty and homelessness.		www.pazdescristo.org
Phoenix Dream Center	Serves the homeless		3210 Grand Avenue Phoenix, AZ 85017 602-346-8700 www.phoenixdreamcenter.org

Shoebox Ministry, Phoenix	Distributes hygiene kits to foster children, domestic violence survivors and the homeless.		www.shoeboxministry.org
Tempe Youth Resource Center for Homeless Teens			602-263-7654

Housing

Service Provider	Services	Other Information	Contact Information
Emergency Rental Assistance			Maricopa County https://www.maricopa.gov/5691/Emergency-Rental-Assistance
City of Phoenix Human Services Department Family Services Center	Emergency utility and rent financial assistance to low income households, including prioritized support for seniors, persons with disabilities, and families with young children.		www.phoenix.gov/human-services/programs/emergency
Housing and Other Community Resources			https://211arizona.org
Housing Assistance Websites		Housing Assistance Online Low Income Housing Rent Assistance Transitional Housing	www.housingassistanceonline.com www.lowincomehousing.us www.rentassistance.org www.transitionalhousing.org

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Incarcerated Services, Re-Entry Programs

Service Provider	Services	Other Information	Contact Information
Alongside Ministries	Prison ministry		www.alongsideministries.com
Arizona Courts	Arizona Supreme Court Committee on Mental Health and Justice System		www.azcourts.gov
AZ Court Care	Involuntary treatment, crisis helpline		www.azcourtcare.org
David's Hope Criminal Justice Mental Health Coalition	Advocacy about incarceration of those with mental health and substance abuse issues		1909 Ray Road #9-178 Chandler AZ 85225 602-774-4382 www.davidshopeaz.org davidshopeaz@yahoo.com
Gina's Steam	Education for those incarcerated women to become self-sufficient in Arizona's Perryville State Prison		www.ginasteam.org
Hope Lives - Vive La Esperanza	Forensic peer support for mental health court, community re-entry planning from jail/prison, and survivors of suicide		1-855-747-6522

Legal Assistance

Service Provider	Services	Other Information	Contact Information
Arizona Center for Disability Law	Law firm that assists Arizonans with disabilities; advocacy		5025 E Wahington St #202 Phoenix AZ 85034 602-274-6287 800-927-2260

Bernardo Garcia Law	Criminal defense for the mentally ill		827 N 5th Ave Phoenix AZ 85003 www.bernardogarcialaw.com
Stepping Up Initiative	This initiative is focused on reducing the number of people with mental illness in jail.		www.stepuptogether.org
Solitary Watch	Awareness of solitary confinement and torture in prisons		www.solitarywatch.org

LGBTQIA Community Services

Service Provider	Services	Other Information	Contact Information
One-n-Ten Phoenix	Provides social and service programs to promote self-expression, self-acceptance, leadership and healthy choices for LGBTQ youth and young adults.		602-400-2601 www.onenten.org

Mental Health Services - helplines, emergency response teams, therapy, on-going counseling

Service Provider	Services	Other Information	Contact Information
Crisis Support Network	Crisis specialists ready to respond 24/7/365		1275 W Washington St, Ste 210

			Tempe, AZ 85281 Crisisnetwork.org
Cerebral	<p>On-line expert help for your emotional health Regular assessments, video/phone appointments with your prescriber, medication management, and medication delivery.</p> <p>Subscription service with different plans available. EX: Medication and Therapy \$325/month Therapy \$259/month Medication and Care Counseling \$85/month (Introductory discounts available) Billed monthly, cancel anytime FSH/HSA eligible</p>		www.getcerebral.com
COPA Health	<p>Mental Health support groups in Phoenix area</p> <p>Also day programs, residential and employment services for those with special needs.</p>	Andy Arnowitz info and resource coordinator	924 N Country Club Dr Mesa AZ 85201 480-994-4407 (Andy) 480-969-3800
The JEM Foundation	Parent support group for suicide and mental health issues. Jake's Law.		www.thejemfoundation.com
La Frontera Empact	Suicide prevention, crisis hotline, and behavioral health services		618 S Madison Dr Tempe, AZ 85281 480-784-1514 info@lafontra-empact.org

			g www.lafrontera-empact.org
M.I.K.I.D.	Support for families with children with Mental Health disorders. Provides resources and training.		7816 N 19th Ave Phoenix 602-253-1240 www.mikid.org
Rally Point	Behavioral health services and resources for veterans		855-725-5948 www.rallypointaz.org
Resilient Health		Sandra Lum BS/BHT Clinical Coordinator	www.resilienthealthaz.org Sandra Lum 480-550-3193 Higley Road 3271 E Queen Creek Road, Bldg 2, Ste 101 Gilbert, AZ 85297
Understood for Learning and Attention Issues			understood.org

Shelter

Service Provider	Services	Other Information	Contact Information
AZ Homeless Shelter Directory			www.homelessshelterdirectory.org Facebook page: HomelessShelterDirectory

WorkForce Development

Service Provider	Services	Other Information	Contact Information
TigerMountain Foundation, Phoenix	Revitalizes neighborhoods through community gardens, providing job skills, support and workforce development.		www.Tigermountainfoundation.org

Youth Services

Service Provider	Services	Other Information	Contact Information
Tempe Youth Resource Center for Homeless Teens			602-263-7654

Additional Resources - Variety of Topics

Service Provider	Services	Other Information	Contact Information
Bullying			stopbullying.gov

Arizona Mental Health Advocacy and Support

Service Provider	Services	Other Information	Contact Information
Arizona Child and Family Advocacy Network	Advocacy centers in Arizona for victims of sexual abuse and family		

	violence, shelters		
Arizona Council of Human Service Providers	Legislative policy on states behavioral health system, SA, child welfare and juvenile justice		2100 N Central Ave #225 Phx AZ 85004 602-252-9363 www.azcouncil.com
Arizona Psychological Association	Advocacy, education, professional support Psychologist and groups directory		480-675-9477 www.axpa.org
Mental Health America of Arizona	Education, advocacy, and policy		5110 N 40th St #107 Phoenix AZ 85018 602-576-4828 mhaofarizona@gmail.com www.mhaarizona.org
Protecting Arizona's Family Coalition	Advocacy for vulnerable populations		2100 N Central Ave #225 Phx 602-550-1338 www.pafcoalition.org

National Mental Health Advocacy and Support

Service Provider	Services	Other Information	Contact Information
American Association of Suicidology			www.suicidology.org
American Foundation for Suicide Prevention			www.afsp.org
American Psychological Association			www.apa.org
Centers for Disease Control and Prevention- Children's Mental Health			www.cdc.gov/childrensmentalhealth

Centers for Disease Control and Suicide Prevention			www.cdc.gov/suicide/resources
Center for Parent Information and Resources			www.parentcenterhub.org
Child Mind Institute			www.childmind.org
Depression and Bipolar Support Alliance (DBSA)	DBSA offers peer-based, wellness-oriented support and empowering services and resources available when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and mental health care facilities across America.		55 E. Jackson Blvd, Suite 490 Chicago, Illinois 60604 USA Toll-free: (800) 826-3632 Fax: (312) 642-7243
Interfaith Network on Mental Illness (INMI) Mental Health Ministries	Mental health ministries Offers education and consultation on ways to understand the importance of spirituality in recovery from mental illness.		www.inmi.us www.mentalhealthministries.net
Mental Health American			www.mhanational.org
National Alliance for Mental Illness (NAMI)	A mental health educational, support and advocacy organization for people and their families dealing with serious mental illness.		National Office www.nami.org NAMI Valley of the Sun 5052 E. Washington St #112 Phoenix AZ 85034 480-994-4407 (Andy Arnowitz) Crisis Support Line: 602-222-9444 Non-Crisis Warm Line: 602-347-1100

			https://namivalleyofthesun.org/
National Center for Child Traumatic Stress (NCTSN)			www.nctsn.org
National Center for Learning Disabilities			www.nclld.org
National Council for Behavioral Health			www.thenationalcouncil.org
National Institute of Mental Health (NIMH)			www.nimh.nih.gov
National Federation of Families for Children's Mental Health			www.ffcmh.org
PACER Center	Advocate organization for children with disabilities		www.pacer.org