Behavioral Health:

- **Arizona Behavioral Health Corporation: Provides quality, affordable housing and supportive services for people with behavioral health needs or others with housing challenges.**
- **Arizona Center for Disability Law - Mental Health: Advocates for the legal rights of people with disabilities to get access to services and move toward independence.**
- **Arizona Department of Health Services: Provides info and resources for opioid prevention.**
- **Arizona's Office of Individual and Family Affairs (OIFA): Promotes recovery, resiliency, and wellness for people with mental health and substance use challenges.**
- **Arizona Rehabilitation Services Administration (RSA): Helps people who have disabilities get access to employment and more economic independence.**
- **Arizona Suicide Prevention Coalition: Promotes awareness, intervention and action to help change conditions that result in suicide.**
- **CHEEERS Recover Center: Provides resources that help people affected by behavioral health conditions to live a healthy and meaningful life.**
- **Copa Health: Provides info and resources to anyone living with a mental illness, their family members, friends and providers.**
- **Depression and Bipolar Support Alliance: Provides hope, help, support and education to improve the lives of people who have mood disorders.**
- **Medication-assisted treatment (MAT): Uses approved medicine and behavioral therapies, like counseling to treat substance use disorders (SUDs).**
- **Mental Health America of Arizona: Promotes the mental health and well-being of all Arizonans through education, advocacy and public policy.**
- **Mentally Ill Kids in Distress (MIKID): Helps improve the behavioral health and wellness of children and youth through a family-centered approach.**
- **NAMI Arizona (National Alliance on Mental Illness): Serves people affected by mental illness to improve their quality of life and achieve recovery.**

- **Partnership to End Addiction: Helps people with addiction prevention, treatment and recovery.**
- **Substance Abuse and Mental Health Services Administration: Federal department that works to reduce the impact of substance abuse and mental illness on communities.**
- **Substance Abuse Coalition Leaders of Arizona: Helps communities address and prevent youth substance abuse.**

Learn more about substance use disorders. You can also learn about suicide prevention or how to make a safety plan.

Crisis lines and Help Lines: Life-and-death emergencies

Call 911 if your life, or someone else's life, is in danger.

Arizona behavioral health crisis line

- **Call 1-844-534-4673 or 1-844-534-HOPE**
- **Text HOPE to 4HOPE (44673)**

Other crisis lines

Arizona lines

- **Gila River and Ak-Chin Indian Community: 1-800-259-3449**
- **Salt River Pima Maricopa Indian Community: 1-855-331-6432**
- **San Carlos Apache Reservation: 1-866-495-6735**
- **Fort McDowell Yavapai Nation: 480-461-8888**
- **San Lucy District of the Tohono O'odham Nation: 480-461-8888**
- **Tohono O'odham Nation: 1-844-423-8759**
- **Pascua Yaqui Tribe: Tucson 520-591-7206; Guadalupe 480-736-4943**
- **White Mountain Apache Tribe: 928-338-4811**
- **Navajo Nation: 928-551-0508**
- **Teen Lifeline phone or text: 602-248-TEEN (8336)**

National lines

- **National suicide prevention hotline: Dial 988 or 1-800-273-8255**
- **National crisis text line: Text HOME to 741741**
- **Veterans Crisis Line: 1-800-273-8255, press 1**

Learn more about help for a behavioral health crisis. Or learn how to make a safety plan.

2-1-1

2-1-1 Arizona is an info and referral service that links people and their families to state services. The line is open every day, 8 a.m. to 8 p.m. When you call 2-1-1 or visit 2-1-1 online, you can get help with:

- **Food**
- **Rent**
- **Utilities: help from SRP and APS**
- **Other things**

You can also visit the state of Arizona website for agencies, services and more.

Housing:

- 211 Community Information and Referral Services
- Arizona Behavioral Health Corporation (AHCCCS Housing Program AHP)
- Arizona Housing Coalition
- Chicanos Por La Causa
- City of Chandler Housing Authority
- City of Glendale Housing Authority
- City of Mesa Housing Authority
- City of Peoria Housing Authority
- City of Phoenix Housing Authority
- City of Scottsdale Housing Authority

- City of Tempe Housing Authority
- Community Bridges
- COPA Health
- Federally-funded HUD programs
- Housing Authority of Maricopa County
- Lifewell Behavioral Wellness
- Maricopa Association of Governments
- Native American Connections
- Rental Assistance and Eviction Prevention Programs
- Resilient Health
- Senior Housing-City of Phoenix
- Shelters (includes some halfway houses)
- Southwest Behavioral & Health Services

Employment:

- Arizona@work: A statewide workforce development network
- Arizona Department of Economic Security: All kinds of employment resources
- AZ Disability Benefits 101 (DB 101): Learn how work and benefits go together
- Arizona Rehabilitation Services Administration (RSA) and RSA programs **1-800-563-1221**
- Maricopa County.gov

Language:

Check these resources for help with language:

- AZ Commission for the Deaf and Hard of Hearing
- Office of Refugee Health
- National Standards of Practice for Interpreters in Health Care (PDF)

- National Code of Ethics for Interpreters in Health Care (PDF)
- NAD-RID Code of Professional Conduct (PDF)

Suicide prevention

The Arizona Health Care Cost Containment System (AHCCCS) has resources for suicide prevention, as well as help for specific groups:

- LGBTQ: Call **1-866-488-7386** or text START to **678678**
- Age 65 and older: Area Agency on Aging has an ElderVention® Program®, including a 24-hour senior help line: **602-264-4357**
- Military/veterans: Call **1-800-273-8255** (press 1) or text **838255**
- Teens: Call or text **602-248-8336** in Maricopa County or **1-800-248-8336** outside Maricopa County
- American Indians and Alaska Natives: Text NATIVE or INDIGENOUS to **741741**
- Public safety and first responders: Call **206-459-3020**

You can also learn about support after a suicide happens.

Here are more links to info about suicide prevention:

- Crisis text line: Text HOME to **741741**
- National Suicide Prevention Lifeline: **1-800-273-8255** or **988**
- Zero suicide (PDF)

Support Groups:

Families

- **Family Involvement Center (FIC)**
- **Raising Special Kids**

Peers

- **Hope Lives - Vive La Esperanza**
- **Peer support groups (no charge)**

- **Recovery Empowerment Network (REN)**
- **Stand Together And Recover (STAR)**

Refugees

- **Refugee & Asylee Mentorship Program (RAMP)**

Tribal Relations and American Indians:

AHCCCCS tribal relations

American Indian Health Program

Native Americans for Community Action

Office of Tribal Relations resources

Phoenix Indian Medical Center

Tucson Indian Center

Veterans:

Rally Point Military Navigator Program - Arizona 24/7 Hotline: **1-855-725-5948**

- Helps returning veterans figure out health care system.
- Ensures veterans' physical and behavioral health needs are met. La Frontera-EMPACT offers Rally Point Arizona Military Navigator services.
- Provides service members, veterans, and their family members with crisis prevention, intervention, and peer-based support and resources.
- Has a Crisis Mobile Team with veterans and bachelor- or master-level clinicians on the team of behavioral health providers. During a crisis, the team can go out into the community. This "vet-to-vet" approach is invaluable, with peer support services from a veteran who has shared lived experiences. It's a vital part of working with veterans in acute crisis situations.
- Can help veterans experiencing homelessness find affordable housing and provide support with:
    - Lease processing

    - Managing their relationship with their landlord
    - Getting basic household goods
    - Peer support when they're moving into permanent housing

The goal is to help the veterans keep their homes and support them on their path to recovery and health and wellness. Rally Point's navigator program has served more than 1,000 vets. The U.S. Department of Veteran's Affairs (VA) should coordinate all veterans' services, such as housing.

More resources for veterans

- Arizona behavioral health crisis line: **1-844-534-4673** or **1-844-534 HOPE**.
- Arizona Coalition for Military Families: Provides the right resources at the right time for Arizona's service members, veterans and their families.
- Arizona Department of Veteran Services: Helps connect veterans with their VA benefits.
- Arizona Department of Veteran Services Veterans Court: Helps rehabilitate and restore veterans as active, contributing members of their community.
- Arizona vet center locations: Provides sites for VA benefits and health care.
- Be Connected: Offers support and resources for members, veterans and their family members in Arizona. Support line: **1-866-4AZ-VETS.**
- Maricopa County AZ Veteran Resource Portal: Provides info on programs, services and resources.
- Mesa Vets Connect: Provides info on programs, services and resources for Mesa residents.
- National Resource Directory: Connects wounded, ill and injured service members and veterans as well as their families and caregivers, to programs and services that support them.
- National Veterans Crisis Line: **1-800-273-8255**, option **1**.
- Phoenix VA Health Care System: Serves veterans in central Arizona at the Carl T. Hayden VA Medical Center and 10 community-based outpatient VA clinics.
- Supportive Services for Veteran Families (SSVF Program): Connects veterans with the Social Security Administration.

- The Veterans Directory: Created by veterans, for veterans and supporters to provide a list of services.
- U.S. Department of Veteran Affairs: Allows people to access and manage their VA benefits and health care.
- U.S. Department of Veteran Affairs, My Health-e-Vet: Provides tips and tools to help veterans partner with their health care team for better health.
- U.S. Vets: Provides services to homeless and at-risk veterans.