

Crisis Resources

*If you are in an emergency situation: **call 911, call 988, or go to your local hospital emergency room.**

*For a list of additional resources from **Crisis Response Network:**

visit- <https://www.crisisnetwork.org/find-help/resources/>

- **Adolescent Substance Abuse Program:** visit- <https://www.asapaz.com/>
- **AHCCCS KidsCare:** visit- azahcccs.gov ,Behavioral Health call- 602-364-4558 or 1-800-867-5808
- **American Foundation for Suicide Prevention:** visit- <https://afsp.org/>
- **Arizona Youth and Family Services:** visit- <http://www.azyfs.org/> call- 602-277-4833
- **Be Connected (For Veterans):** 1-866-4AZ-VETS (429-8387)
- **Boys Town:** visit- <https://www.boystown.org/parenting/Pages/default.aspx>
- **Crisis Text Line:** visit- crisistextline.org or text HOME to 741-741
- **Erica's Lighthouse:** A Beacon of Hope for Adolescent Depression: visit- erikaslighthouse.org/blog
- **Find Help Phoenix:** visit- <https://www.findhelpphx.org/> or EncuentraAyudaPhx.org
- **Help Yourself. Help Others.:** visit- <https://www.helpyourselfhelpothers.org/>
- **Jewish Family & Children Services:** call- 602-256-0528 visit- www.jfcsaz.org
- **List of International Suicide Hotlines:** visit- suicide.org/international-suicide-hotlines.html
- **Love is Respect:** visit- loveisrespect.org ,text LOVEIS to 22522, or call- 1-866-331-9474
- **Magellan Complete Care of Arizona:** visit- <https://www.magellanhealth.com/> or call- 1-800-424-5891
- **Mercy Care RBHA:** call- 1-800-564-5465 24/7 Crisis Line 602-222-9444 or 1-800-631-1314 visit- mercycaresaz.org
- **Mind 24/7:** text- 844-646-3247 or visit- <https://www.mind24-7.com/>
- **National Alliance on Mental Illness (NAMI):** visit- nami.org or call- 1-800-950-6264
- **National Eating Disorders Association:** visit- nationaleatingdisorders.org or call- 1-800-931-2237
- **National Hopeline Network:** call- 1-800-784-2433

- **National Institute of Mental Health:**
visit- <https://www.nimh.nih.gov/index.shtml>
- **National Substance Use and Disorder Issues Referral and Treatment Hotline:** call-1-800-662-HELP (4357)
- **National Suicide Prevention Lifeline:** visit- suicidepreventionlifeline.org or call- 1-800-273-8255
- **National Safe Place:** visit- nationalsafeplace.org or text 44357
- **Not My Kid:** visit- <https://notmykid.org/>
- **Resilient Arizona:** Call- 2-1-1 for free COVID-19 crisis counseling
visit- www.ResilientArizona.org
- **Society for Adolescent Health and Medicine (SAHM):**
visit- adolescenthealth.org
- **Southwest Behavioral Health:** call- 602-265-8338 visit- sbhservices.org
- **Suicide Prevention Resource Center:** visit- <http://www.sprc.org/>
- **The Gay & Lesbian Alliance Against Defamation:**
visit- <https://www.glaad.org/youth>
- **The Gay, Lesbian, and Straight Education Network:** visit- glsen.org
- **Teens Against Bullying:** visit- pacerteensagainstabullying.org
- **Touchstone Behavioral Health:** call-1-866-207-3882 visit- touchstonehs.org
- **Valle del Sol:** call- 602-258-6797 visit: valledelsol.com/
- **Veterans Crisis Line:** 1-800-273-8255 (press 1)

Peer-operated Warm Line

The Peer Warm line is staffed by trained peers (members with lived experience overcoming mental illness) who provide a friendly voice, support and help to alleviate loneliness and isolation. **1-844-733-9912.**

Tribal Warm Line

Need someone to talk to? Need help? Feeling down? Help is available. Confidential American Indian Support Service.
1-855-728-8630.