



Behavioral Health—Arizona: Statewide Resources

1. Crisis Hotlines:

- **Maricopa County:** 800.631.1314 or 602.222.9444
- **Cenpatco Counties:** Pinal, Pima, Gila,* Yuma, Greenlee, Graham, Santa Cruz, Cochise, and La Paz: 1.866.495.6735
- **Health Choice Counties:** Apache, Coconino, Mohave, Navajo, Yavapai, and Gila:* 1.877.756.4090
- **Teen Lifeline:** 1.800.248.TEEN (8336)
- **Poison Control:** 1.800.222.1222

2. **Arizona Community Action Association People's Guide:** This guide lists resources for the elderly, children, disabled, homeless, and those affected by domestic violence. <http://azcaa.org/wp-content/uploads/2012/11/Peoples-Information-Guide-2010-LR.pdf>
3. **Arizona Department of Economic Security:** The Department of Economic Security works with families, community organizations, advocates, and state and federal partners to realize the collective vision that every child, adult, and family in the state of Arizona will be safe and economically secure. <https://des.az.gov/>
4. **Arizona Self Help:** View this website for community members for one-stop access to see if they qualify to receive help from 40 different health and human services programs. <http://www.arizonaselfhelp.org/>
5. **2-1-1 Arizona:** This community information and referral service lists statewide resources for all populations in Arizona. <https://211arizona.org/>
6. **Judicial Branch of Arizona:** This website is a resource to find answers to legal questions such as how to find a judge, preparing court documents, finding information on Arizona state laws, and more. <http://www.superiorcourt.maricopa.gov/>
7. **Mental Health of America of Arizona:** Mental Health America of Arizona (MHA AZ) is a voice for the people of Arizona who are impacted by mental illness. Its vision is a mentally healthy Arizona free from stigma and treatment disparities. It promotes mental health through education, advocacy, and public policy. <http://www.mhaarizona.org/>
8. **People Access Community Education:** People Access Community Education (PACE) is a guide to Arizona Senior Housing. <http://www.seniorhousing.org/>
9. **National Alliance on Mental Illness, Arizona:** The Arizona Chapter of the nation's largest grassroots mental health organization, National Alliance of Mental Illness (NAMI). Find support for families and peers, including a behavioral health crisis and assistance for domestic violence, substance and alcohol abuse, suicide, veterans, and more. <http://namiaz.com/index.html>

*Gila County is covered by both Cenpatco Counties and Health Choice Counties crisis hotlines.



Behavioral Health—Arizona: Maricopa County-Specific Resources

Maricopa County Crisis Line: 800.631.1314 or 602.222.9444

Online:

- **Find Help Phoenix:** Find free and almost free services and resources in Maricopa County for all populations. <http://www.findhelpphx.org/>
- **Southwest Network Help Book:** Find community and behavioral health resources for all populations in Maricopa County. <http://www.southwestnetwork.org/nt19rg/default.htm>
- **Mercy Maricopa Community Resource Guide:** View a list of flyers, brochures, and topics which include aging and disability and information from the Arizona Department of Health Services and Arizona Behavioral Health Corporation. <https://www.mercymaricopa.org/community-guide>
- **Area Agency on Aging Region 1 Elder Resource Guide:** This guide lists Maricopa County resources to provide planning, development, and delivery of service primarily for individuals in the Phoenix Area who are 60 years of age or older. AAA also provides services to adults who have a disability and long-term care needs or adults who have a diagnosis of HIV or AIDS. <http://aaaphx.org/home/elder-resource-guide/>
- **National Alliance on Mental Illness, Valley of the Sun:** As the nation's largest grassroots mental health organization, National Alliance of Mental Illness (NAMI) Valley of the Sun is a Maricopa County affiliate of NAMI. Find support for families and peers, including a behavioral health crisis and assistance for domestic violence, substance, and alcohol abuse, suicide, veterans, and more. <http://namivalleyofthesun.org/>

Facilities with 24/7 Behavioral Health “level of care recommendation” assessment:

CALL FIRST to ask about age limitations, insurance considerations, medical or physical considerations.

Aurora Behavioral Health East:

480.345.5400
6350 S. Maple Ave., Tempe, AZ 85283
<http://www.auroraarizona.com>

Aurora Behavioral Health West:

480.345.5400
6015 W. Peoria Ave., Glendale, AZ 85302
<http://www.auroraarizona.com>

Banner Psychiatric Center (BPC):

480.941.7600
7500 E. Earll Dr., Scottsdale, AZ 85251
<https://www.bannerhealth.com/>

Community Bridges, Community Psychiatric Emergency Center (CPEC):**

877.931.9142
358 E. Javelina Ave., Mesa, AZ 85210
<https://communitybridgesaz.org>

Community Bridges (detox):

480.962.7711
560 S. Bellview, Mesa, AZ 85204
<https://communitybridgesaz.org>

Copper Springs:

480.565.3035
10550 W. McDowell Rd., Avondale, AZ 85392
<http://www.copperspringshealth.com>

Oasis Behavioral Health:

800.844.6435
2190 N. Grace Blvd., Chandler, AZ 85225
<http://www.obhhospital.com>

Quail Run Behavioral Health:

602.455.5694
2545 Quail Run Ave., Phoenix, AZ 85027
<http://www.quailrunbehavioral.com/>

Recovery Innovations, AZ (RRC):**

602.636.4605
11361 N. 99th Ave. #402, Peoria, AZ 85345
<https://riinternational.com/our-services/arizona>

St. Luke's Behavioral Health Center:

602.251.8535
1800 E. Van Buren, Phoenix, AZ 85006
<http://www.stlukesbehavioralhealth.com>

Valley Hospital:

602.952.3939
3550 E. Pinchot Ave., Phoenix, AZ 85018
<https://www.valleyhospital-phoenix.com/>

Urgent Psychiatric Center (UPC):**

602.416.7600
1201 S. 7th Ave., Phoenix, AZ 85007
<http://www.connectionsarizona.com>

**A facility where paperwork and a request for involuntary evaluation and treatment can be completed.



Behavioral Health—National Resources

Crisis Lines:

- National Suicide Hotline: 800.273.TALK (8255)
- www.suicidepreventionlifeline.org
- Teen Lifeline: 1.877.YOUTHLINE (968.8454)
- Crisis Text Line: Text “help” to 741741 for any crisis situation
- Poison Control: 1.800.222.1222

Online Resource/Benefit Guides:

1. **Aunt Bertha:** National search and referral platform for free and reduce cost social programs. www.auntbertha.com
2. **Benefits Checkup:** Online tool that searches through over 2,500 federal, state, and private benefit programs to match a person’s unique needs to benefits programs for which he or she is likely to qualify. <https://www.benefitscheckup.org>
3. **2-1-1:** This community information and referral service lists resource websites for all populations throughout every state. <http://www.211.org>
4. **Psychology Today—Find a Therapist:** Use this online tool to find mental health providers and their contact information in your area. <https://therapists.psychologytoday.com/rms/>
5. **Substance Abuse and Mental Health Services Administration:** Substance Abuse and Mental Health Services Administration (SAMSHA) offers an online treatment tool with a list of mental health facilities in a specific area, including a summary of the type of services and insurance accepted at each facility. <https://findtreatment.samhsa.gov/locator?sAddr=8>

Additional Training Opportunities/Advocacy Organizations with Educational Opportunities:

1. **Teen Mental Health First Aid (MHFA):** The teen MHFA Course teaches high school students in years 7–9 and 10–12, how to provide mental health first aid to their friends. <https://mhfa.com.au/courses/public/types/teen>
2. **Psychological First Aid (PFA) Online:** This professionally-narrated course is for individuals new to disaster response who want to learn the core goals of PFA, as well as for seasoned practitioners who want a review. <https://learn.nctsn.org/course/index.php?categoryid=11>
3. **Mental Health First Aid:** Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and provides overviews of appropriate supports. <https://www.mentalhealthfirstaid.org/cs/>
4. **National Mental Health Association/Mental Health America:** The National Mental Health Association, now known as Mental Health America (MHA), is a community-based nonprofit dedicated to addressing the needs of those living with mental illness. The website offers screening tools for several issues, including depression, anxiety, PTSD, substance abuse, and more. <http://www.mentalhealthamerica.net/>
5. **Health Services Advisory Group Behavioral Health Webinars:** A series of six community-developed webinars intended to help translate the often confusing and even foreign world of behavioral health. The target audience is anyone who wants to better understand and navigate behavioral health. <https://www.hsag.com/medicare-providers/collaborative-improve-behavioral-health-screenings-care-transitions/inpatient-psychiatric-facility-resources/webinars/>
6. **American Psychiatric Association:** Learn about common mental disorders, their symptoms, risk factors, and treatment options. <https://www.psychiatry.org/patients-families>
7. **ASIST:** Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. <https://www.livingworks.net/programs/asist/>
8. **National Hospice and Palliative Care Organization:** This program of the National Hospice and Palliative Care Organization, Caring Info, provides free resources to help people make decisions about end-of-life care and services before a crisis. <http://www.caringinfo.org/>