



YUMA COUNTY **ANTI-DRUG** COALITION | YUMA COUNTY **MENTAL HEALTH** COALITION

YCADC.ORG | YCMHC.ORG

Here are several **local resources in Yuma County, Arizona**, offering support across mental health, substance use, grief, and seasonal challenges like SAD:

Crisis Hotlines & Immediate Support

- **988 — National Suicide & Crisis Lifeline**
- **(844) 534-4673 (HOPE) — Arizona Crisis Line**
- **211 — General Crisis Resource Line**
- **TEXT “HOME” to 741-741 — Crisis Text Line**

These are accessible 24/7 and offer confidential help for urgent mental health needs. [Yuma County Anti Drug Coalition](#)

Mental Health & Behavioral Health Services [Cloudinary](#)

- **Arizona Counseling & Treatment Services (ACTS)** (also known as Community Partners Integrated Healthcare)
Offers counseling, case management, substance abuse screening, and medication services. mysunsethealth.org/Yuma, AZ
- **Onvida Health Behavioral Health**
Located at 7200/7201 E. 31st Place in Yuma; provides outpatient and inpatient

psychiatry and counseling for a range of conditions including depression, anxiety, ADHD, PTSD, OCD, and more. [Onvida Health](#)

- **Clarvida (formerly Pathways of Arizona)**
Offers therapy for substance misuse, behavioral intervention, youth & family services, medication management, and group support, including for adolescents and adults. <https://www.clarvida.com/>
- **Desert Counseling & Recovery Services, PLLC**
Offers assessments for alcohol/drug abuse, DUI cases, family therapy, and parenting support. <https://mydesertcounseling.com/>
- **Hope, Inc. Yuma**
Provides recovery-based peer support, therapy, and behavioral coaching for teens. <https://hopearizona.org/>
- **Horizon Health and Wellness**
Adult & children's services including outpatient individual and group counseling, drug and alcohol groups, and inpatient services. <https://www.hhwaz.org/>
- **MIKID (Mentally Ill Kids in Distress)**
Offers education, resources, and support for youth diagnosed with mental illness and their families. www.mikid.org

Grief Support Options

- **Hospice of Yuma**
Offers bereavement and community services with monthly grief support meetings (e.g., first Wednesday monthly at 2:00 pm) and offers specialized groups like for loss of spouse, child, or parent. <https://www.hospiceofyuma.com/>
- **Local Therapists specializing in Grief (via Psychology Today)**
Notable providers include:
 - **Liz Lopez, LCSW** – grief-informed therapy, trauma-focused CBT, EMDR, mindfulness. [Psychology Today](#)
 - **Cordell Cheret, LCSW** – solutions-oriented support for grief, depression, anxiety, addictive behaviors. [Psychology Today](#)

Support for Seasonal Affective Disorder (SAD)

- **Theravive listings** for depression and SAD therapy in Yuma—featuring counselors like Mark Odland (LMFT) and Kirk Tjallas (PMHNP-BC) offering CBT, mindfulness, and mood disorder treatment. theravive.com
 - **Zencare platform** listing up to 9 vetted therapists in Yuma County specializing in SAD, ADHD, depression, addiction, PTSD, trauma, and more. [Therapists & Psychiatrists Near You](#)
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Community-wide Resource Directory

- **Yuma County Anti-Drug Coalition (YCADC) Resource Hub**
Includes a curated list of hotlines, mental health platforms like CredibleMind, and national help lines such as SAMHSA. [Yuma County Anti Drug Coalition](#)
 - **Sunset Health Community Resources**
Features local access points for:
 - **988 Lifeline (Chat/Text)**
 - **Arizona Counseling & Treatment (ACTS)**
 - **Catholic Community Services** (health and human services)
 - **Crossroads Mission** (case management, meals, clothing, GED help)
 - **Easter Seals Blake Foundation** (early childhood services)
 - **The Salvation Army, Adult Literacy Plus, SMILE, Arizona @ Work, WACOG,** and more. mysunsethealth.org
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Quick Reference Table

Need / Issue	Resource(s)
Crisis/Mental Health Help Now	988, HOPE, 211, Text “HOME”
General Behavioral Health Support	ACTS, Onvida Health, Pathways AZ, Horizon Health, Hope Inc. Yuma
Youth & Families	MIKID, Hope Inc., Horizon Health
Grief Support	Hospice of Yuma, Liz Lopez (LCSW), Cordell Cheret (LCSW)
SAD / Depression	Theravive-listed providers, Zencare SAD specialists
Community Wraparound Aid	YCADC resource portal, Sunset Health directory (Crossroads, Catholic Services, etc.)