



# Arizona Community Resource Guide

Connecting members to services close to home

United  
Healthcare  
Community Plan



UnitedHealthcare® Community Plan is committed to helping our community live healthier lives. That's why we've made this Community Resource Guide. It lists community organizations across Arizona as well as resources in your area.

### **Important information for providers**

UnitedHealthcare Community Plan promotes your use of the AZ Closed Loop Referral System (CLRS), also known as Community Cares. This guide shows many resources that are available in the community. But we still urge you to refer members through Community Cares. That will help connect members with Community Based Organizations (CBOs) that can address social determinants of health (SDOH).

### **Important information for members**

This community guide is provided to you at no cost. Just call Member Services and we'll mail a copy to your home.

### **Important UnitedHealthcare Community Plan numbers**

#### **Member Services**

For help to find a doctor, make an appointment or questions about your plan benefits.

1-800-348-4058, TTY 711

#### **24-hr. NurseLine**

Speak to a registered nurse anytime 24/7. Get answers to any health-related question or concern.

1-877-440-0255

#### **Office of Individual and Family Affairs (OIFA)**

Helps members, parent(s) or guardian(s) find resources for physical, behavioral health and social needs.

Call Member Services at 1-800-348-4058, TTY 711 and ask to speak with OIFA.

Email: [advocate.oifa@uhc.com](mailto:advocate.oifa@uhc.com)

### **Crisis Services**

Mobile crisis intervention and facility-based stabilization services. Open to all Arizonans with or without Medicaid or health insurance.

#### **Crisis hotlines by county**

##### **Arizona Statewide Crisis Hotline:**

1-844-534-4673 (HOPE)

##### **Maricopa County:**

1-602-222-9444 or 1-800-631-1314

##### **Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties:**

1-866-495-6735

##### **Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties:**

1-877-756-4090

##### **Gila River and Ak-Chin Indian Communities:**

1-800-259-3449

##### **Salt River Pima Maricopa Indian Community:**

1-855-331-6432

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# Behavioral health and substance use

## AHCCCS

Arizona has 4 Access Point locations that provide opioid treatment services 24/7.

### **CODAC Health, Recovery and Wellness**

380 E. Ft. Lowell Rd., Tucson, AZ 85705  
1-520-202-1786

### **Community Bridges, East Valley Addiction Recovery Center**

560 S. Bellview, Mesa, AZ 85204  
1-480-461-1711

### **Community Medical Services**

2806 W. Cactus Rd., Phoenix, AZ 85029  
1-602-607-7000

### **Intensive Treatment Systems, West Clinic**

4136 N. 75th Ave. #116, Phoenix, AZ 85033  
1-623-247-1234

## **Co-Dependents Anonymous**

A fellowship of men and women with a common purpose to develop healthy relationships.

1-602-277-7991

**Toll-free:** 1-888-444-2359

**Spanish toll-free:** 1-888-444-2379

[coda.org](http://coda.org)

## **COMPEER**

Promotes good mental health by making meaningful friendships and 1:1 mentoring.

1-800-836-0475

[compeer.org](http://compeer.org)

## **Crisis lines**

24/7 help with mental or emotional issues.

### **Northern Arizona**

1-877-756-4090, TTY 711

### **Central Arizona**

1-800-631-1314, TTY 711

### **Southern Arizona**

1-866-495-6735, TTY 711

## **Depression and Bipolar Support Alliance**

1-800-826-3632

[dbsalliance.org](http://dbsalliance.org)

## **Family Involvement Center (FIC) Warm Line**

No-cost guidance and resources to help deal with job loss, heightened anxiety, and much more.

1-877-568-8468

8:00 a.m.–6:00 p.m., Mon.–Fri.

8 a.m.–Noon, Sat. and Sun.

### **Phoenix Office**

5333 N 7th St., Ste. A-100, Phoenix, AZ 85014  
1-602-412-4095

### **Prescott Valley Office**

8766 E State Rte. 69, Ste. G  
Prescott Valley, AZ 86314  
1-928-379-5077

### **Flagstaff Office**

5200 E Cortland Blvd. Ste. A16  
Flagstaff, AZ 86004  
1-928-440-6180

### **Tucson Office**

2580 E 22nd St., Tucson, AZ 85713  
1-602-412-4102

## **MentalHealth.gov**

[mentalhealth.gov](http://mentalhealth.gov)

## **Mental Health America**

Dedicated to helping those living with mental illness, and promoting the mental health of all.

**Toll-free:** 1-800-969-6642

1-703-684-7722

[mentalhealthamerica.net](http://mentalhealthamerica.net)

## **Mentally Ill Kids In Distress (MIKID)**

Takes a family-centered approach to serve the behavioral health and wellness needs of children and youth.

### **Phoenix Corporate Office**

7816 N. 19th Ave., Phoenix, AZ 85021  
1-602-253-1240

### **Casa Grande Office**

901 E. Cottonwood Ln., Casa Grande, AZ 85122  
1-520-509-6669

**Yuma Office**

2891 S. Pacific Ave., Yuma, AZ 85365  
1-928-344-1983

**Tucson Office**

925 East Bilby Rd., Tucson, AZ 85706  
1-520-882-0142

**Nogales Office**

1777 N. Frank Reed Rd., Nogales, AZ 85621  
1-520-377-2122

**Kingman Office**

2615 E. Beverly Ave., Kingman, AZ 86409  
1-928-753-4354

**Bullhead City Office**

810 Gemstone #3, Bullhead City, AZ 86442  
1-928-704-9111

**Sierra Vista**

1939 Frontage Rd., Ste. C  
Sierra Vista, AZ 85635  
1-602-253-1240

[mikid.org](http://mikid.org)

**PTSD Alliance**

An association to help those with post-traumatic stress disorder.

1-888-436-6306  
[ptsdalliance.org](http://ptsdalliance.org)

**National Alliance on Mental Illness (NAMI)**

If you or someone you know needs help.

1-800-950-NAMI (1-800-950-6264)  
10 a.m.–10 p.m. ET, Mon.–Fri.  
[nami.org](http://nami.org)

**National Center for PTSD-VA**

For excellence on PTSD and traumatic stress. Serves the general public as well as veterans.

1-800-273-8255  
[ptsd.va.gov](http://ptsd.va.gov)

**National Institute of Mental Health**

The lead federal agency for research on mental disorders.

**Toll-free:** 1-866-615-6464

**TTY:** 1-301-443-8431

**TTY toll-free:** 1-866-415-8051

[nimh.nih.gov](http://nimh.nih.gov)

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

Find treatment programs for mental and substance use disorders.

1-800-662-HELP (1-800-662-4357)

TTY: 1-800-487-4889

[samhsa.gov](http://samhsa.gov)

**Warm Line**

A confidential telephone service. Staffed by people who have dealt with their own behavioral health challenges. Offers support and compassion for callers who just need someone to talk with. Available statewide at no cost.

**Central Arizona****Crisis Response Network**

1-602-347-1100

10:00 a.m.–10:00 p.m., 7 days a week

**Northern Arizona****NAZCARE**

1-888-404-5530

4:00 p.m.–10:30 p.m., Mon.–Thurs.

3:00 p.m.–10:30 p.m., Fri.–Sun.

**Southern Arizona****HOPE, Inc**

**Pima County:** 1-520-770-9909

**All other Southern AZ counties:** 1-844-733-9912

8:00 a.m.–10:00 p.m., 7 days a week

# Children and adolescents

Positive youth development programs:

## 4-H

4-h.org

## Big Brothers Big Sisters/Big Mentors

1-602-264-9254

bbbsaz.org

## Boy Scouts of America

1-602-955-7747

Scouting.org

## Girl Scouts of America

1-800-352-6133

**Southern Arizona:** 1-800-331-6782

girlscouts.org

Programs to help stop bullying:

## Cyber Bullying

cyberbullying.org

## National Gang Center

1-850-385-0600

nationalgangcenter.gov

## Stop Bullying

stopbullying.gov

# Domestic violence

## 24-hour Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

TTY: 1-800-787-3224

Text "START" to 88788

thehotline.org

## AZ Coalition to End Sexual and Domestic Violence

**Local hotline:** 1-602-279-2900

**Toll-free:** 1-800-782-6400

AZ Relay Service 7-1-1, TTY 1-800-787-3224

acesdv.org

## Arizona Department of Economic Security

Mobile and community-based services for legal, emergency shelter and housing.

des.az.gov/services/basic-needs/shelter-housing/domestic-violence-services

## Catholic Community Services of Southern Arizona

140 W. Speedway Blvd., Ste. 230 Tucson, AZ 85705

1-520-623-0344

ccs-soaz.org

## Chicanos Por La Causa De Colores

Domestic violence shelter for Spanish speaking survivors and their children.

**24-hour hotline:** 1-602-269-1515

cplcdecolores.org

## Florence Immigrant & Refugee Rights Project

Offers free legal and social services. For adults and unaccompanied children who are in immigration custody in Arizona.

**Tucson:** 1-520-777-5600

**Phoenix:** 1-602-307-1008

**Florence:** 1-520-868-0191

firrp.org

## Immigrant Hope

1818 E. Southern Avenue, Ste. 4A, Mesa, AZ 85204

For immigration legal advice and representation.

Serves the low-income immigrant community in Mesa and the Phoenix Metro Area.

1-480-524-8131

Email: mesa@immigranthope.org

## Maricopa County Shelter Line

1-480-890-3039

## RAINN (Rape, Abuse & Incest National Network)

**24/7 Hotline:** 1-800-656-HOPE (1-800-656-4673)

**Online chat:** online.rainn.org

rainn.org

## **STAND! For Families Free of Violence**

1-888-215-5555

[standffov.org](http://standffov.org)

## **Women's Shelters Directory**

[womenshelters.org](http://womenshelters.org)

# **Eating disorders**

## **Alliance for Eating Disorders Awareness**

1-866-662-1235

[allianceforeatingdisorders.com](http://allianceforeatingdisorders.com)

## **National Eating Disorders Association**

Toll-free information and referral helpline:

1-800-931-2237

11 a.m.–9 p.m. ET, Mon.–Thurs.

11 a.m.–5 p.m. ET, Fri.

Helpline chat hours: 9 a.m.–9 p.m. ET, Mon.–Thurs.

9 a.m.–5 p.m. ET, Fri.

Helpline text hours are 3 p.m.–6 p.m. ET, Mon.–Thurs.

1 p.m.–5 p.m. ET, Fri.

For 24/7 crisis support, text 'NEDA' to 741741.

[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

# **Education**

## **Arizona Early Intervention Program (AZEIP)**

1789 West Jefferson St.

Phoenix, Arizona 85007

Part C Early intervention builds upon and provides support and resources to assist family members and caregivers to enhance children's learning and development through everyday learning opportunities.

1-602-532-9960

[des.az.gov/AzEIP](http://des.az.gov/AzEIP)

## **Children and Adults with ADD (CHADD)**

1-866-200-8098, Mon.-Fri. 1 p.m.-5 p.m. ET

[chadd.org](http://chadd.org)

## **Child Crisis Arizona**

817 N. Country Club Dr., Mesa, AZ 85201

Helps children overcome social and racial issues and break the cycle of poverty.

1-480-834-9424

[childcrisisaz.org](http://childcrisisaz.org)

## **Phoenix Office and Preschool**

2334 E. Polk St., Phoenix, AZ 85006

1-602-273-7363

## **Raising Arizona Kids**

15508 W. Bell Rd., 101-123, Surprise, AZ 85374

1-480-991-KIDS (1-480-991-5437)

[raisingarizonakids.com](http://raisingarizonakids.com)

Head Start programs promote school readiness.

For infants, toddlers and preschool-aged children:

## **Arizona Head Start Association**

PO Box 45483, Phoenix, AZ 85064

1-602-338-0449

Email: [azheadstart@azheadstart.org](mailto:azheadstart@azheadstart.org)

[azheadstart.org](http://azheadstart.org)

## **Catholic Charities Westside Head Start**

Call your closest area office for more information.

### **Avondale, Buckeye, Goodyear, Tonopah:**

1-602-287-6199

### **Glendale:**

1-623-934-3657

### **South Avondale/Cashion, Tolleson, Peoria, Surprise/EI Mirage:**

1-623-932-3517

### **Home-based services:**

1-602-568-2401

[catholiccharitiesaz.org](http://catholiccharitiesaz.org)

## **City of Phoenix Head Start Program**

200 W. Washington St., 17th Floor

Phoenix, AZ 85003

1-602-262-4040

[phoenix.gov/humanservices/programs/head-start](http://phoenix.gov/humanservices/programs/head-start)

## Financial assistance

### Arizona Department of Economic Security

Apply for cash assistance with Temporary Assistance for Needy Families (TANF)  
des.az.gov/services/child-and-family/cash-assistance

### Catholic Social Service of Yavapai County

1-928-778-2531

### City of Phoenix Human Resources Department

1-602-495-5700

### Coconino County Community Services

1-928-522-7979

### Community Action Human Resources Agency (CAHRA)

**Pinal County:** 1-520-466-1112

**Toll-free:** 1-877-472-2472

### Gila County Community Action Program

1-928-425-3231

### Northern Arizona Council of Governments (NACOG)

Serving Apache, Coconino, Navajo and Yavapai  
1-928-774-1895

### Southeastern Arizona Human Resources Council

**Cochise:** 1-520-432-5841

**Graham and Greenlee:** 1-928-428-4653

**Santa Cruz:** 1-520-287-5066

### Tucson Urban League

1-520-486-1534

### Western Arizona Council of Governments

**La Paz:** 1-928-669-9496

**Yuma:** 1-928-782-1886

**Mohave:** 1-928-753-6247

## Food

### Arizona Food Bank Network

Made up of 5 regional food banks and nearly 1,000 food pantries working together.

1-602-528-3434

Email: info@foodbanks.org  
azfoodbanks.org

### Community Food Bank of Southern Arizona

3003 S. Country Club Rd., Tucson, AZ 85713

Provides emergency food boxes.

1-520-622-0525

communityfoodbank.org

### Feeding America

1-800-771-2303

feedingamerica.org

### Flagstaff Family Food Center

Provides emergency food support for the Flagstaff community.

1-928-526-2211

hotfood.org

### Nourish PHX

501 S. 9th Ave., Phoenix, AZ 85007

Helps with food and other basic needs like clothing, shoes and toiletries.

1-602-254-7450

nourishphx.org

### St. Mary's Food Bank

2831 N. 31st Ave., Phoenix, AZ 85009

Helps feed hungry families across Phoenix and 9 Arizona counties.

1-602-242-FOOD (1-602-242-3663)

firstfoodbank.org

### Supplemental Nutrition Assistance Program (SNAP)

1-800-221-5689

fns.usda.gov/snap/supplemental-nutrition-assistance-program



# General community resources

## 2-1-1 Arizona

A hotline and web-based directory to help connect people with critical services in their community.

Dial 2-1-1

[211arizona.org](http://211arizona.org)

## Alzheimer's Association | Alzheimer's Disease & Dementia Help

**24/7 Helpline:** 1-800-272-3900

## Area Agency on Aging

Visit the website for the county where you need services.

[des.az.gov/services/older-adults/area-agency-on-aging-locations](http://des.az.gov/services/older-adults/area-agency-on-aging-locations)

## Chicanos Por La Causa

1112 E. Buckeye Rd., Phoenix, AZ 85034

Helps individuals and families get access to health care, housing, education, work and more.

1-602-257-0700

[cplc.org](http://cplc.org)

## City of Phoenix Family Services Centers

### John F. Long Family Services Center

3454 N. 51st Ave., Phoenix, AZ 85031

1-602-534-AIDE (1-602-534-2433)

### Sunnyslope Family Services Center

914 W. Hatcher Rd., Phoenix, AZ 85021

1-602-534-AIDE (1-602-534-2433)

### Travis L. Williams Family Services Center

4732 S. Central Ave., Phoenix, AZ 85040

1-602-534-AIDE (1-602-534-2433)

## Disability Benefits 101

1-866-304-9675

[az.db101.org](http://az.db101.org)

## Peer & Family Referral Center

Serves people who are recovering from a serious mental illness (SMI). Connects them with other services beyond what's provided at their clinics.

1-602-248-0368

[referralhelp.org](http://referralhelp.org)

## Public Libraries

Access to computers, Wi-Fi and more. Some libraries require a library card to use the computers. Use this directory to find a library near you.

[azlibrary.gov](http://azlibrary.gov)

## Senior Help Line

24/7: 1-602-264-4357

# Grief, loss and funeral support

## American Foundation for Suicide Prevention

1-800-273-8255

[afsp.org](http://afsp.org)

## Carson's Village

Assists families in navigating through tasks that must be completed when a loved one passes.

[carsonsvillage.org/contact-us/](http://carsonsvillage.org/contact-us/)

## The Compassionate Friends

Support after the loss of a child, any age, any cause.

1-877-969-0010

[compassionatefriends.org](http://compassionatefriends.org)

## Grief Recovery After a Substance Passing (GRASP)

Support for those who have lost someone to substance use or addiction.

1-302-492-7717

[grasphelp.org](http://grasphelp.org)

## Grief SHARE

You don't have to go through the grieving process alone.

1-800-395-5755

[griefshare.org](http://griefshare.org)

## Parents of Murdered Children

For the families and friends of those who have died by violence.

1-513-721-5683

[pomc.com](http://pomc.com)

### **The Pet Loss Support Page**

pet-loss.net

### **The TEARS Foundation**

Helps ease the financial burden for families who have lost a baby. Provides funds to help with the cost of burial or cremation.

1-253-200-0944

thetearsfoundation.org

## **Health, wellness and dental**

### **Arizona Department of Health Services Breastfeeding Hotline**

Get answers from a breastfeeding expert 24/7.

1-800-833-4642

gobreastmilk.org

### **AZ Links**

Offers help and information on aging and disability.

azdaars.getcare.com/consumer

### **Boys & Girls Clubs – Bob & Renee Parsons Children’s Dental Clinic**

1601 W. Sherman St., Phoenix, AZ 85007-3303

Serves children aged 5-18 who lack dental insurance and do not qualify for state assistance.

1-602-353-5435

bgcaz.org/parsons-dental-clinic

### **First Teeth First**

Provides no-cost dental screenings, education and referrals. For expectant mothers and children up to age 5 who are not in kindergarten. Participating kids can get fluoride varnish every 6 months.

1-602-372-4650

maricopa.gov/1955/First-Teeth-First

### **Health-e-Arizona PLUS**

Arizona residents can apply online for medical coverage, nutrition assistance and cash assistance.

1-855-HEA-PLUS (1-855-432-7587)

healthearizonaplus.gov

### **Human Services Campus Free Dental Clinic**

204 S. 12th Ave., Phoenix, AZ 85007

1-602-362-0744

freedentalcare.us/li/human-services-campus-free-dental-clinic

### **National Maternal Mental Health Hotline**

24/7, Free, Confidential Hotline for Pregnant and New Moms in English and Spanish.

Call or text 1-833-943-5746(1-833-9-HELP4MOMS)

mchb.hrsa.gov/national-maternal-mental-health-hotline

### **Office for Children and Youth with Special Health Care Needs**

Get information on programs for car seats, child care, breastfeeding and more.

CYSHCN Helpline: 1-602-542-1860

azdhs.gov/prevention/womens-childrens-health/ocshcn/index.php#contact

### **Reduced Fee and Community Dental Clinics**

View the list of community dental clinics in Arizona.

<https://www.azdhs.gov/documents/prevention/womens-childrens-health/oral-health/reduced-fee-dental-clinics.pdf>

### **St. Vincent De Paul Free Dental Clinic Phoenix**

420 W. Watkins Rd., Phoenix, AZ 85002

1-602-261-6868

freedentalcare.us/li/az\_85003\_st-vincent-de-paul-free-dental-clinic-phoenix

### **WIC Arizona**

Serves women, infants and children (WIC).

1-800-252-5942

azdhs.gov/prevention/azwic

## **Housing**

### **A New Leaf**

868 E. University Dr., Mesa, AZ 85203

Support for families and individuals facing difficult challenges.

1-480-969-4024

turnanewleaf.org

### **Central Arizona Shelter Services (CASS)**

206 S. 12th Ave., Phoenix, AZ 85007

Operates adult and family shelters 24/7,  
365 days of the year.

[cassaz.org](http://cassaz.org)

### **Child Crisis Arizona**

An emergency shelter for children up to age 10  
who've experienced abuse or neglect.

#### **Whiteman's Safe Haven for Children**

604 W. 9th St., Mesa, AZ 85201

1-480-969-2308

[childcrisisaz.org](http://childcrisisaz.org)

### **Community Information and Referral**

1-602-263-8900

1-800-799-7739

### **Coordinated Entry**

Anyone who's homeless or at risk of homelessness  
should go to the Coordinated Entry system in their  
community. Visit the websites below to learn more  
about services available in each region.

#### **Arizona Balance of State CoC**

The Arizona Department of Housing is the lead  
agency for the Continuum of Care for the 13  
non-metro counties in the state.

[housing.az.gov/general-public/homeless-  
assistance](http://housing.az.gov/general-public/homeless-assistance)

#### **Phoenix/Mesa/Maricopa County Regional CoC**

Supports more than 40 homeless assistance  
programs in 13 different agencies.

[maricopahousing.org/wp-content/  
uploads/2021/07/Coordinated-Entry-Points-  
Handout.pdf](http://maricopahousing.org/wp-content/uploads/2021/07/Coordinated-Entry-Points-Handout.pdf)

#### **Tucson/Pima County CoC**

A group made up of community and faith-based  
organizations, government, businesses  
and individuals. All working together to  
end homelessness.

[tpch.net](http://tpch.net)

### **Homeward Bound**

2302 W. Colter St., Phoenix, AZ 85015

Creates pathways out of poverty for homeless  
families in the Valley.

1-602-263-7654

[homewardboundaz.org](http://homewardboundaz.org)

### **HUD Resource Locator**

Search for subsidized apartments, public housing  
authorities, emergency rental assistance and more.  
[resources.hud.gov](http://resources.hud.gov)

### **Salvation Army Family Services**

2707 E. Van Buren St., Phoenix, AZ 85008

1-602-267-4100

[salvationarmyphoenix.org](http://salvationarmyphoenix.org)

### **ShelterList.com**

Search online for local homeless resources  
in your area.

[shelterlist.com](http://shelterlist.com)

### **UMOM New Day Centers**

3333 E. Van Buren St., Phoenix, AZ 85008

Provides shelter, housing and services for people  
experiencing homelessness.

1-602-275-7852

[umom.org](http://umom.org)

## **Jobs and training**

### **Arizona Department of Economic Security**

For job seekers:

[des.az.gov/services/employment/job-seekers](http://des.az.gov/services/employment/job-seekers)

### **GED Information and Testing**

Study, practice and take the GED test online.

1-877-EXAM-GED (1-877-392-6433)

[gedtestingservice.com](http://gedtestingservice.com)

### **Goodwill**

1-800-Goodwill (1-800-466-3945)

[goodwill.org](http://goodwill.org)

### **Unemployment Insurance Benefits:**

[https://des.az.gov/services/employment/  
unemployment-individual](https://des.az.gov/services/employment/unemployment-individual)

# LGBTQ+

## **one•n•ten**

1101 N. Central Ave #202, Phoenix, AZ 85004  
Serves LGBTQ youth and young adults ages 11-24. Programs promote self-expression, self-acceptance, leadership development and healthy life choices.  
1-602-400-2601, ext. 2  
onenten.org

## **Phoenix Pride**

Promotes unity, visibility and self-esteem through community activities and services.  
1-602-27-PRIDE (1-602-277-7433)  
phoenixpride.org

## **PFLAG**

Provides support for parents and friends of lesbians and gays.  
1-202-467-8180  
pflag.org

## **Trans Lifeline**

All operators are transgender.  
1-877-565-8860  
translifeline.org

## **The Trevor Project**

Specializes in gay and lesbian youth suicide prevention.  
1-866-488-7386  
thetrevorproject.org

# Special needs

Resources to help those with developmental and intellectual challenges (I/DD).

## **The ARC**

1-800-433-5255  
thearc.org

## **Autism Society of America**

1-800-3AUTISM (1-800-328-8476)  
autism-society.org

## **Autism Speaks**

1-888-288-4762  
En Español: 1-888-772-9050  
autismspeaks.org

## **Federal Disability Resource Guide**

disability.gov

## **Goodwill**

1-800-GOODWILL (1-800-466-3945)  
goodwill.org

## **Southwest Autism Research & Resource Center**

1-602-340-8717  
autismcenter.org

## **Special Needs Directory**

This resource is also helpful for finding adaptive equipment and special needs products.  
1-877-664-4565  
especialneeds.com

## **Special Olympics**

1-800-700-8585  
specialolympics.org

## **United Cerebral Palsy Association**

1-800-872-5827  
ucp.org

# Stop smoking

## **AshLine**

Arizona Tobacco Cessation.  
24/7 Helpline: 1-800-55-66-222

## **Tobacco Free Arizona**

Making sure Arizonans know help is here if they want to quit tobacco. And helping to stop kids from ever starting.  
azdhs.gov/prevention/tobacco-chronic-disease/tobacco-free-az/index.php

# Substance abuse

## Adult Children of Alcoholics

1-310-534-1815

adultchildren.org

## Al-Anon/Alateen

Al-Anon is a support group for people who are worried about someone with a drinking problem. Alateen is similar, but for teens.

1-888-425-2666

al-anon.org

## Alcoholics Anonymous (AA)

1-800-839-1686

alcoholicsanonymous.com/aa-meetings/arizona

## AHCCCS

Arizona has 4 Access Point locations that provide opioid treatment services 24/7.

### CODAC Health, Recovery and Wellness

380 E. Ft. Lowell Rd., Tucson, AZ 85705

1-520-202-1786

### Community Bridges, East Valley Addiction Recovery Center

560 S. Bellview, Mesa, AZ 85204

1-877-931-9142

### Community Medical Services

2806 W. Cactus Rd., Phoenix, AZ 85029

1-602-607-4725

### Intensive Treatment Systems

24/7: 1-855-245-6350

## Connections Health Solutions

For resources that provide personalized treatment 24/7 for people with urgent mental health needs.

**Phoenix:** 1-602-416-7600

**Tucson:** 1-520-301-2400

## Families Anonymous

1-800-736-9805

familiesanonymous.org

## Intensive Treatment Systems, West Clinic

4136 N. 75th Ave. #116, Phoenix, AZ 85033

1-623-247-1234

itsofaz.com

## Marijuana Anonymous

1-800-766-6779

marijuana-anonymous.org

## Narcotics Anonymous (NA)

1-800-407-7195

narcotics.com/na-meetings/arizona/

## Substance Abuse and Mental Health Services Administration (SAMHSA) Alcohol/Drug Abuse

1-877-SAMHSA-7 (1-877-726-4727)

samhsa.gov

## Substance Use Disorders Helpline

1-855-780-5966

# Suicide

## AZ Suicide Prevention Coalition

Helping reduce suicidal acts in Arizona.

1-480-784-1500

1-866-205-5229

azspc.org

## Crisis Text Line

Text HOME to 741741 to connect with a crisis counselor.

crisistextline.org

## EMPACT

1-800-273-8255

lafrontera-empact.org/

## National Suicide Prevention Lifeline

Online chat is also available.

1-800-273-TALK (1-800-273-8255)

suicidepreventionlifeline.org

## Suicide Prevention Resource Center

1-877-GET-SPRC (1-877-438-7772)

sprc.org

### **Teen Lifeline**

1-602-248-TEEN (1-602-248-8336) or  
1-800-248-TEEN (1-800-248-8336)  
teenlifeline.org

### **Yellow Ribbon Suicide Prevention Program**

1-800-273-TALK (1-800-273-8255)  
Text HELP to 741741  
yellowribbon.org

## **Transportation**

Most area agencies provide some type of transportation for people 60 and older.

### **AHCCCS – Non Emergency Medical Transportation (NEMT)**

For Medicaid members who do not have their own transportation.

### **UnitedHealthcare Community Plan**

Call Member Services at 1-800-348-4058 or transportation directly at 1-888-700-6822 or 1-602-889-1777  
uhccp.com/AZ

### **Arizona Department of Economic Security**

Community resources to help with transportation needs.  
1-602-549-0419  
<https://des.az.gov/services/disabilities/developmental-disabilities/community-resources/transportation>

### **Disability.gov-guide to transportation**

[dol.gov/agencies/odep/program-areas/employment-supports/transportation](https://dol.gov/agencies/odep/program-areas/employment-supports/transportation)

### **Eldercare Locator**

1-800-677-1116  
eldercare.acl.gov

### **National Aging and Disability Transportation Center**

1-866-983-3222  
nadtc.org

### **National Transit Hotline**

Provides the names of local transit providers that serve the elderly and people with disabilities.  
1-800-527-8279

### **Valley Metro**

Provides service and transportation options for all citizens.  
1-602-253-5000  
valleymetro.org

## **Veterans**

### **AMVETS**

1-877-726-8387  
amvets.org

### **The Arizona Department of Veterans' Services (ADVS)**

Provides help directly to veterans and their dependents throughout the state. Services include processing VA compensation and pension applications, appeals, filing for survivor benefits, getting service records and more.  
1-602-255-3373  
dvs.az.gov

### **Be Connected**

Connect with hundreds of statewide organizations that serve the military, veterans and their families.  
1-866-4AZ-VETS (1-866-429-8387)  
beconnectedaz.org

### **Department of Defense Safe Line**

1-877-995-5247  
safehelpline.org

### **VA Caregiver Support Line**

1-855-260-3274

### **VA Vet Centers**

Community-based counseling centers to make a successful transition from military to civilian life or after a traumatic event.  
vetcenter.va.gov

## **Veterans Administration**

**Benefits:** 1-800-827-1000

**Health care:** 1-877-222-VETS (1-877-222-8387)

**MyVA411:** 1-800-698-2411, TTY: 711

**VA Inspector General:** 1-800-488-8244

**Veterans Crisis Line:** 1-800-273-8255 Press 1

**24-hour talk/crisis line:** 1-877-WAR VETS

[va.va.gov](http://va.va.gov)

## **VA Benefits**

To find out about transition, disability and compensation, home loans, pensions and more.

MyVA411: 1-800-698-2411, TTY: 711

[benefits.va.gov/benefits](http://benefits.va.gov/benefits)

## **Veterans Rally Point**

[veteransrallypoint.com](http://veteransrallypoint.com)

## **Homeless resources**

### **Catholic Charities**

#### **MANA (Marines, Army, Navy, Airforce) House**

1-602-254-6785

[manahouseaz.org](http://manahouseaz.org)

### **Community Bridges**

For help with finding housing, alcohol or drug treatment, health care, job training and more.

1-877-931-9142

[communitybridgesaz.org](http://communitybridgesaz.org)

### **Community Resource & Referral Centers (CRRCs)**

For help with housing, health and mental health care, accessing VA and non-VA benefits and more.

1-602-248-6040

[va.gov/HOMELESS/CRRC.asp](http://va.gov/HOMELESS/CRRC.asp)

### **Wounded Warrior Project**

1-877-TEAM-WWP (1-877-832-6997)

[woundedwarriorproject.org](http://woundedwarriorproject.org)



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