

# Mental Health Ministry

*Education, Accompaniment, Advocacy*



THE ROMAN CATHOLIC  
DIOCESE OF PHOENIX

## RESOURCE GUIDE

*This list is provided for informational purposes only, to assist individuals in independently making personal decisions based upon their needs.*

*The Diocese of Phoenix does not license, endorse, or recommend any provider, nor does the Diocese make any judgment about the quality of care given by any provider. Individuals should interview a provider, check his/her references carefully, and perform all necessary due diligence before seeking care from any provider.*

### **IN AN EMERGENCY OR CRISIS**

**Dial 911**

**National Suicide Prevention Lifeline**

**1-800-273-TALK (8255) or 988**

(Press 1 for Veterans, 2 para Español)

### **SUICIDE PREVENTION (Prevención del suicidio)**

**Central Arizona Crisis Line (Local)**

(602) 222-9444

1-800-631-1314

1-800-327-9254 (TTY)

**Empact Suicide Prevention Center**

Crisis Hotline: (480) 784-1500

Maricopa County: 1 (866) 205-5229

[www.empactsos.org](http://www.empactsos.org)

**Northern Arizona Crisis Line**

1-877-756-4090

**Teen Lifeline (Peer Counseling 3pm-9pm daily)**

Call 24/7/365 or Text 12-9pm

(602) 248-TEEN

(1-800) 248-TEEN

## **NATIONAL**

### **Boys Town National Hotline**

Accredited by the American Association of Suicidology (AAS), Boys Town National Hotline is a 24/7 crisis, resource and referral number for KIDS and PARENTS.

Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day.

The speech- and hearing-impaired can contact us at our email address: [hotline@boystown.org](mailto:hotline@boystown.org)  
[800-448-3000](tel:800-448-3000)

[www.boystown.org/hotline/Pages/default.aspx](http://www.boystown.org/hotline/Pages/default.aspx)

### **Crisis text Line**

Text HOME to 741741

### **HelpMe**

A mobile app powered by STOPit Solutions, aims to improve mental health and suicide prevention efforts in your school community and can provide you with more effective support and resources for the mental health and wellness of your K-12 students. It includes a crisis text line staffed by volunteers, trained by professional crisis intervention professionals.

<https://www.stopitsolutions.com><http://www.suicidepreventionlifeline.org/>

### **IM ALIVE**

College students in crisis can chat online with volunteers certified in crisis intervention, and colleges can host on-campus events to raise awareness of mental health and suicide prevention.

<https://www.imalive.org/how-we-help/college-campus/>

### **Suicide Prevention Campaign Toolkit**

The American Association of Pediatrics offers factsheets, infographics, videos, and other materials for parents, schools, clinicians, and the community.

<https://www.aap.org/en/news-room/campaigns-and-toolkits/suicide-prevention/>

## **DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES**

**(Violencia Domestica, Abuso, Y Recursos de Abuso Sexual)**

### **Arizona Coalition Against Domestic Violence**

Phone (602) 279-2900

Toll-free 1 (800) 782-6400

AZ Relay Service 711

[www.acesdv.org](http://www.acesdv.org)

### **National Child Abuse Hotline**

1-800-4-A-CHILD (1-800-422-4453)

### **National Domestic Violence Hotline**

1-800-799-SAFE (7233)  
1-800-787-3224 (hearing impaired line)

**National Sexual Assault Hotline**

1-800-656-HOPE (4673)  
**RAINN** (Rape, Abuse & Incest National Network)  
1-800-656-HOPE (4673)  
[www.rainn.org](http://www.rainn.org)

**RESOURCES, PROGRAMS AND HOTLINE NUMBERS (Recursos, Programas y Lineas de Ayuda):**

**Adult Protective Services**

1-877-767-2385  
[Adult Protective Services \(APS\) | Arizona Department of Economic Security \(az.gov\)](http://www.azdhs.gov/dhs/AdultProtectiveServices.aspx)

**AHCCCS (State Health Care)**

(602) 417-4000

**Arizona Department of Health Services**

150 North 18<sup>th</sup> Ave.  
Phoenix, AZ 85007  
Adult Abuse Hotline: (877) SOS-ADULT (767-2385)  
Child Abuse Hotline: (888) SOS-CHILD (767-2445)  
Children's Information Hotline: (800) 232-1676  
Phone: (602) 542-1000  
Fax: (602) 543-0883  
[www.azdhs.gov](http://www.azdhs.gov)

**ADHS - Hear Her**

Arizona Department of Health Services  
Maternal Mental Health  
602-542-1025  
<http://www.azdhs.gov/>

**Arizona Humane Society Project Safe House**

1521 W. Dobbins Road  
Phoenix, AZ 85041  
Phone: (602) 997-7585 Ext 2156  
Phone: (602) 997-7586  
[alternativeplacement@azhumane.org](mailto:alternativeplacement@azhumane.org)

**Banner Health System 24 Hours**

(602) 254-4357 (HELP)  
(800) 254- HELP

## Coconino County

Catholic Charities -Flagstaff <https://www.catholiccharitiesaz.org/location-directory/northern-arizona/flagstaff-office#programs>

Coconino Community College <https://www.coconino.edu/resources/files/pdfs/student-services/reach/flagstaff-outpatient-counseling.pdf>

Flagstaff VA Clinic <https://www.va.gov/northern-arizona-health-care/locations/flagstaff-va-clinic/>

The Guidance Center of Northern Arizona <https://tgcaz.org/>

Northern Arizona Healthcare (NAH is the hospital in town - Flagstaff Medical Center) <https://www.nahealth.com/behavioral-health-and-psychiatry/>

Northern Arizona University <https://in.nau.edu/campus-health-services/mental-health-resources/>

Native Americans for Community Action (NACA) <https://nacainc.org/behavioral-health/>

Northern Arizona Regional Behavioral Health Authority (NARBHA) <https://narbhainstitute.org/>

National Alliance on Mental Illness - Flagstaff (NAMI) <https://www.namiflagstaff.org/>

North County Healthcare <https://northcountryhealthcare.org/services/behavioral-health/>

Southwest Behavioral Health Service <https://www.sbhservices.org/flagstaff-outpatient>

## Community Resources, Info and Referrals- 211

(602) 263-8856

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

## Copper Springs Mental Health and Addiction Treatment for Adults

[Copperspringsinfo@spsph.com](mailto:Copperspringsinfo@spsph.com)

<https://coppersprings.com>

10550 W. McDowell Rd

Avondale, AZ 85392

(602) 638-3528

or

3755 S. Rome St.

Gilbert, AZ 85297

(602) 428-8668

**Senior Helpline**

(602) 264-4357

(888) 264-2258

**Shelters-Domestic Violence & Homeless**

(602) 263-8900

(800) 799-7739

**State of Arizona Crime Victims Support**

Division of Public Safety

2222 W. Encanto Blvd.

Phoenix, AZ 85009

(602) 223-2000

[www.azdps.gov](http://www.azdps.gov)

**Triple R Warm Line (5pm-10pm)**

**A friendly and understanding ear.**

(602) 347-1100

**Victims of Sexual Assault or Domestic Violence**

(480) 736-4949

1-866-205-5229

1-800-656-HOPE (4673)

**NATIONAL****Brother, You're on My Mind**

The website offers a free [Tool Kit](#), [crisis resources](#) sheet, and other educational materials to promote mental health among African American men.

<https://oppf.org/>

**Cyber Tip line (Internet exploitation)**

1-800-843-5678

**Mental Health America**

Refers callers to local mental health services or support programs.

800-969-NMHA (6642)

<https://www.mhanational.org/>

**My Catholic Doctor**

My Catholic Doctor is a nationwide medical practice that brings a team of faithful medical professionals to patients through video-based health consultation.

[www.mycatholicdoctor.com](http://www.mycatholicdoctor.com)

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

Get information and support from NAMI's Helpline

(10am-10pm ET)

1-800-950-NAMI (6264),

Text "HelpLine" to [62640](tel:62640)

Email: [helpline@nami.org](mailto:helpline@nami.org)

Online chat: [nami.org/help](https://nami.org/help)

<https://nami.org/home>

**National Domestic Violence Hotline**

1 (800) 799-7233

TTD: 1 (800) 787-3224

**National Parent Hotline:**

1-855-427-2736

Provides emotional support for parents and caregivers from a trained advocate

**SUBSTANCE MISUSE AND ADDICTION (*Uso indebido de drogas y adicción*)****Arizona FullCircle® — (480) 620 7995**

[Recovery Program for Teens and Young Adults in Chandler, AZ - Full Circle Program](#)

If you or someone you love is struggling, or you just have questions about a particular matter, we would like to help. Often conventional help, be it advice, therapy, or rehabilitation, while well-intentioned, does not provide a spiritual solution and allows young people to slip through the cracks.

**Axiom Care**

602-835-0660

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

**Calvary Healing Center**

Begin your journey to physical and spiritual healing from addiction

[Calvary Healing Center | Drug & Alcohol Detox | Phoenix, AZ \(calvarycenter.com\)](http://CalvaryHealingCenter|Drug&AlcoholDetox|Phoenix,AZ(calvarycenter.com))

**Canyon Vista Recovery Center**

Mental Health and Addiction Treatment

860 N. Center Street, Mesa Arizona 85201

888-409-6984

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

**Catholic in Recovery**

Hope and Healing for Those Impacted by Addiction

[WWW.CATHOLICINRECOVERY.COM](http://WWW.CATHOLICINRECOVERY.COM)

**Community Bridges Medical Detox**  
(602) 273-9999

**Copper Springs Mental Health and Addiction Treatment for Adults**  
[Copperspringsinfo@spsh.com](mailto:Copperspringsinfo@spsh.com)  
<https://coppersprings.com>  
10550 W. McDowell Rd  
Avondale, AZ 85392  
(602) 638-3528  
or  
3755 S. Rome St.  
Gilbert, AZ 85297  
(602) 428-8668

**Modern Recovery Network**  
480-906-3673  
[www.modernrecoverynetwork.com](http://www.modernrecoverynetwork.com)

**PAC**  
888-211-3653  
We offer a variety of services for substance use disorders, addictions, and mental health issues, including IOP and outpatient programs tailored to meet our client's needs.  
[www.pacprogramaz.com](http://www.pacprogramaz.com)

**Recovery Innovations of Arizona – Urgent Care**  
(602) 636-4607

**Scottsdale Banner Behavioral Health & Mental Health**  
7575 E. Earl Dr. Scottsdale, AZ 85251  
(833) 252-5535

**The Meadows  
Intensive Outpatient Program**  
19120 N. Pima Dr. Ste 125  
Scottsdale, AZ 85255  
[\(866\) 681-3457](tel:8666813457)

**Virtue Recovery Center**  
24/7 Helpline 480-908-9434  
[Virtuerecoverycenter.com](http://Virtuerecoverycenter.com)

**Vogue Recovery**  
855-910-8332

www.voguerecoverycenter.com

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support. [TheNationalCouncil.org](http://TheNationalCouncil.org) (click on "Find a Provider")

## **CHILDREN & YOUTH RESOURCES**

### **AZ Department of Child Safety**

1-888-767-2445

[Arizona Department of Child Safety | \(az.gov\)](http://az.gov)

### **Child Help USA**

1-800-422-4453

2120 N. Central Ave Suite 130

Phoenix, AZ 85004

(602) 271-4500

<http://www.childhelp.org>

<mailto:ch-therapyreferralsaz@childhelp.org>

### **Diocese of Phoenix Office of Child Youth and Protection**

REPORTING LINE:

(877) 850-0003 in English

(800) 216-1288 en español

<https://www.lighthouse-services.com/dphx>

### **National Runaway Safe line**

1-800-621-4000

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### **Arizona FullCircle® — (480) 620 7995**

[Recovery Program for Teens and Young Adults in Chandler, AZ - Full Circle Program](#)

If you or someone you love is struggling, or you just have questions about a particular matter, we would like to help. Often conventional help, be it advice, therapy, or rehabilitation, while well-intentioned, does not provide a spiritual solution and allows young people to slip through the cracks.

### **Crisis Response Network**

1275 W. Washington St. Ste.108

Tempe, AZ 85281

(602) 427-4600

[www.crisisnetwork.org](http://www.crisisnetwork.org)



**Mary Ruth Hackett**

Parenting Blog: Interweaving child development and the Catholic faith  
(480) 221-0786

[mhackettaz@gmail.com](mailto:mhackettaz@gmail.com)

[Peer-review-parenting.blogspot.com](http://Peer-review-parenting.blogspot.com)

**Maternal Mental Health**

Call or Text 1-833-943-5746 (English and Spanish) – 24/7, *Free, Confidential Hotline for Pregnant and New Moms. Interpreter Services are available in 60 languages. (US Only)*

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

1-800-944-4773 #1 En Español or #2 English; Text in English: 800-944-4773; Text en Español: 971-203-7773

**National Hotline of Missing and Exploited Children**

1-800-THE LOST

**National Parent Hotline:**

1-855-427-2736

Provides emotional support for parents and caregivers from a trained advocate

**Teen Lifeline (Peer Counseling 3pm-9pm daily)**

Call 24/7/365 or Text 12-9pm

(602) 248-TEEN

(1-800) 248-TEEN

**SELF HELP RESOURCES**

Alcoholics Anonymous

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

[www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings)

[www.draonline.org](http://www.draonline.org)

Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline) [www.na.org/meetingsearch](http://www.na.org/meetingsearch)

Nar-Anon Family Groups

[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

**SUPPPORT GROUPS**

**Alliance of Hope Survivors of Suicide Loss**

Call us at 847-868-3313 or visit

<https://afsp.org/find-a-support-group/>

### **Emmaus Ministry for Grieving parents**

The mission of The Emmaus Ministry for Grieving Parents is to, in the Catholic Franciscan tradition of “All are Welcome,” serve the spiritual needs of grieving parents whose children, of any age, have died by any cause.

Marianne Gouveia

602) 594-8932

(800) 919-9332

<https://www.emfgp.org/> [Marianne@ericshouse.org](mailto:Marianne@ericshouse.org)

[EMPACT Survivors of Suicide | EMPACT Survivors of Suicide \(empactsos.org\)](#)

Sandra McNally, Prevention Manager

EMPACT-SPC

480-784-1514, ext. 1219

### **Eric’s House**

Healing after Suicide, Substance or Sudden loss.

A community for help, hope and healing after sudden loss

Marianne Gouveia

1-855-894-5658

[info@ericshouse.org](mailto:info@ericshouse.org)

[Marianne@ericshouse.org](mailto:Marianne@ericshouse.org)

[www.ericshouse.org](http://www.ericshouse.org)

### **Grief to Grace**

Restore dignity is licensed by Grief to Grace and the Living Scripture Institute to provide Grief to Grace healing retreats in English and Spanish for anyone who has suffered abuse, neglect, or traumatic events.

(480) 215-6762

[Phoenix@griefftograce.org](mailto:Phoenix@griefftograce.org)

[www.restoredignity.org/grief-to-grace-retreat/](http://www.restoredignity.org/grief-to-grace-retreat/)

### **Red Bird Ministries**

Serves ordinary families who have been given an extraordinary cross to carry. An organization that systematically guides individuals and couples through the complexity and trauma that happens with the loss of a child from pregnancy through adulthood.

[www.redbird.love](http://www.redbird.love)

### **Sacred Sorrows**

Sacred Sorrows exists to help grieving mothers, grandmothers, and the people who love them.

[www.sacredsorrows.org](http://www.sacredsorrows.org)

### **“Witness to Love”**

Support Groups

The 2nd Saturday of each month at 9AM

3606 N. 24th St.

Phoenix, AZ 85016

[retreats@restoredignity.org](mailto:retreats@restoredignity.org)

### **OTHER RESOURCES**

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health

Homeowner’s HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. [www.findlaw.com](http://www.findlaw.com)

Visit the **Office of Mental Health Ministry** website by scanning the **QR code** or at **[dphx.org/mentalhealth](http://dphx.org/mentalhealth)** to learn more and find resources.

