



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

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

[800-448-3000](tel:8004483000)

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.comhttp://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

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

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://Adult Protective Services (APS) | Arizona Department of Economic Security (az.gov))

AHCCCS (State Health Care)

(602) 417-4000

Arizona Department of Health Services

150 North 18th 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

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

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

Copper Springs Mental Health and Addiction Treatment for Adults

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

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

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

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**

Email: helpline@nami.org

Online chat: 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

Calvary Healing Center

Begin your journey to physical and spiritual healing from addiction

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

Catholic in Recovery

Hope and Healing for Those Impacted by Addiction

WWW.CATHOLICINRECOVERY.COM

Community Bridges Medical Detox
(602) 273-9999

Copper Springs Mental Health and Addiction Treatment for Adults

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

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

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](http://(866) 681-3457)

Virtue Recovery Center

24/7 Helpline 480-908-9434

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 (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://Arizona Department of Child Safety | (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

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

Mary Ruth Hackett

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

mhackettaz@gmail.com

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

www.al-anon.alateen.org/local-meetings

www.draonline.org

Narcotics Anonymous

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

Nar-Anon Family Groups

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

[EMPACT Survivors of Suicide | EMPACT Survivors of Suicide \(empactsos.org\)](https://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

Marianne@ericshouse.org

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@grieftograce.org

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

Sacred Sorrows

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

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

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

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

