



# 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 CommunityCares. This guide shows many resources that are available in the community. But we still urge you to refer members through CommunityCares. 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-Hour 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-HOPE (1-844-534-4673)

##### **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

## 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

### **National Suicide and Crisis Hotline**

Call or Text 988  
988lifeline.org

## **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

## **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

dballiance.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 a.m.–6 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

## **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

## **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)

**National Maternal Mental Health Hotline**

24/7, free, confidential hotline for pregnant and new moms in English and Spanish.

Call or text 1-833-TLC-MAMA (1-833-852-6262)

[mchb.hrsa.gov/national-maternal-mental-healthhotline](http://mchb.hrsa.gov/national-maternal-mental-healthhotline)

**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 a.m.–10 p.m., 7 days a week

**Northern Arizona****NAZCARE**

1-888-404-5530

4 p.m.–10:30 p.m., Mon.–Thurs.

3 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 a.m.–10 p.m., 7 days a week

## Caregiver support

### **Duet Partners in Health & Aging**

10000 N. 31st Ave, Ste. D200, Phoenix, AZ 85051

Offering compassionate services to family caregivers and aging adults, at no charge.

1-602-274-5022

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

## Children and adolescents

Positive youth development programs:

### **4-H**

[4-h.org](http://4-h.org)

### **Big Brothers Big Sisters/Big Mentors**

1-602-264-9254

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

### **Birth to Five Helpline**

1-877-705-KIDS (5437)

### **Boy Scouts of America**

1-602-955-7747

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

### **Girl Scouts of America**

1-800-352-6133

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

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

Programs to help stop bullying:

### **Cyber Bullying**

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

### **National Gang Center**

1-850-385-0600

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

### **Stop Bullying**

[stopbullying.gov](http://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](http://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](http://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](http://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](http://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](http://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](http://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

### **Women's Shelters Directory**

womenshelters.org

## **Eating disorders**

### **Alliance for Eating Disorders Awareness**

1-866-662-1235

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

## **Education**

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

1789 West Jefferson St., Mail Drop 2HP1

Phoenix, AZ 85007

Helps children, adults and families be safe and economically secure.

1-602-532-9960

des.az.gov

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

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

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

#### **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

Head Start programs promote school readiness.

For infants, toddlers and preschool-aged children:

### **Arizona Head Start Association**

P.O. Box 45483, Phoenix, AZ 85064

1-602-338-0449

Email: azheadstart@azheadstart.org

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/El 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](http://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](mailto:info@foodbanks.org)

[azfoodbanks.org](http://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](http://communityfoodbank.org)

### **Feeding America**

1-800-771-2303

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

### **Flagstaff Family Food Center**

Provides emergency food support for the Flagstaff community.

1-928-526-2211

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



**Manzanita Outreach – Yavapai Only**  
3605 Zalesky Rd., Cottonwood, AZ 86326  
Food bank and senior food delivery program.  
1-928-649-5772  
manzanitaoutreach.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

**Alzheimer’s Association | Alzheimer’s Disease & Dementia Help**  
**24/7 Helpline:** 1-800-272-3900

**Area Agency on Aging by county**  
**Maricopa County:**  
1-602-264-2255  
Helpline: 1-602-264-4357  
aaaphx.org

**Pima County:**  
1-520-790-0504  
Helpline: 1-520-790-7262  
pcoa.org

**Yavapai, Coconino, Navajo, Apache Counties:**  
1-877-521-3500  
nacog.org

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

**Las Paz and Yuma Counties:**  
1-928-782-1886  
wacog.com

**Pinal and Gila Counties:**  
1-800-293-9393 or 1-520-836-2758  
pgcsc.org

**Cochise, Graham, Greenlee, Santa Cruz Counties:**  
1-520-432-2528  
seago.org

**Navajo Nation:**  
1-928-871-6869  
ndoh.navajo-nsn.gov

**Inter-Tribal Council of Arizona**  
1-602-258-4822  
itcaonline.com

**AZDHS Birth To Five Helpline**  
A free service open to all Arizona families with young children looking for the latest child development information from experts in the field.  
1-877-705-KIDS (5437)  
Monday–Friday from 8 a.m.–8 p.m.

**AZDHS 24-hour Breastfeeding Hotline**  
For breastfeeding questions  
1-800-833-4642

**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

## **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

## **Optum Community Centers**

### **Phoenix**

1125 E. Glendale Ave., Phoenix, AZ 85020  
1-888-618-9996

### **Chandler**

985 W. Chandler Heights Rd., Ste. 12  
Chandler, AZ 85248  
1-888-547-7691

### **Deer Valley**

20414 N. 27th Ave., Phoenix, AZ 85027  
1-623-707-2895

### **East Mesa**

6005 E. Southern Ave., Mesa, AZ 85206  
1-866-458-9012

### **Goodyear**

1981 N. Pebble Creek Parkway Ste. 8  
Goodyear, AZ 85395  
1-888-203-8310

### **Surprise**

15800 N. Litchfield Rd., Ste.105,  
Surprise, AZ 85374  
1-855-539-0484

### **Tucson**

4780 E. Grant Rd., Tucson, AZ 85712  
1-877-549-8813

[optum.com/care/locations/arizona/optum-arizona/  
community-centers](http://optum.com/care/locations/arizona/optum-arizona/community-centers)

## **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

## **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

## **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

## **Carson's Village**

Assists families in navigating through tasks that must be completed when a loved one passes.  
carsonsvillage.org/contact-us/

## **The Compassionate Friends**

Support after the loss of a child, any age, any cause.  
1-877-969-0010  
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

## **Grief SHARE**

You don't have to go through the grieving process alone.  
1-800-395-5755  
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](http://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](http://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](http://gobreastmilk.org)

### **AZ Links**

Offers help and information on aging and disability.

[azdaars.getcare.com/consumer](http://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](http://bgcaz.org/parsons-dental-clinic)

### **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](http://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](http://freedentalcare.us/li/human-services-campus-free-dental-clinic)

### **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](http://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](http://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](http://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](http://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 is 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>

# 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

## **Quit for Life**

1-866-784-8454 TTY 711  
quitnow.net

# 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

## **Hushabye Nursery**

3003 E. McDowell Rd., Phoenix, AZ 85008

1-800-628-7500

hushabyenursery.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

## **Technology assistance**

### **ATAZ (Assistive Technology Arizona)**

3100 E. Roosevelt St., Phoenix, AZ 85008  
AT AZ is a project to support Disability Awareness and related Assistive Technology as a tool to support employment for persons with disabilities.  
1-602-273-7411  
atarizona.com

### **AZ TAP (Arizona Technology Access Program)**

2400 N. Central Ave., Ste. 300 Phoenix, AZ 85004  
The Arizona Technology Access Program or AzTAP is Arizona's Assistive Technology resource program.  
www.aztap.org

### **Televeda**

1 N. 1st St., #603 Phoenix, AZ 85004  
Education on technology use and how to use/set up technology. Offer live programs for Yoga, Strength training, Meditation, Support Groups.  
1-833-299-1449  
Televeda.com

## **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](http://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](http://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](http://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](http://beconnectedaz.org)

## **Department of Defense Safe Line**

1-877-995-5247

[safehelpline.org](http://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](http://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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Se proporcionan servicios para ayudarle a comunicarse con nosotros, tales como otros idiomas o letra grande, sin costo para los miembros. O bien, puede solicitar un intérprete. Para pedir ayuda, por favor llame a Servicios para Miembros al 1-800-348-4058, TTY 711, de 8:00 a.m. a 5:00 p.m., de lunes a viernes.