



**SOUTHERN ARIZONA  
CENTER AGAINST  
SEXUAL ASSAULT**  
*a division of CODAC*

**520-327-7273 or  
1-800-400-1001**

**HELP!** Whenever you need it.  
A call or text away, 24 hours a day.

\*All contacts on this list are 24/7 lines unless otherwise noted.

**CRISIS TEXT LINE |**  
Text HOME to 741741



**arizona  
complete health™**

Community Wide Crisis Line  
520-622-6000 or  
1-866-495-6735

For non-emergency support,  
when you just need to talk.



**HOPE  
Incorporated**

520-770-9909  
8AM to 10PM, 7 Days/Week



**Teen Lifeline**

602-248-8336\* or  
1-800-248-TEEN

Teen Peer Counselors available.  
\*Texting service also available at  
this number 3PM-9PM daily and  
12PM-3PM, Mon-Fri

**THE TREVOR PROJECT  
LGBTQ CRISIS HOTLINE**  
CALL 1-866-488-7386

Text START to  
678678

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE™**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org



**LA FRONTERA  
ARIZONA**

IMPACT - SUICIDE PREVENTION CENTER

Crisis Hotline  
480-784-1500

520-795-4266 or  
1-888-428-0101



**Emerge!  
Center Against  
Domestic Abuse**



**Veterans  
Crisis Line**

Or text:  
838255

1-800-273-8255 **PRESS 1**



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

Substance Use Referral &  
Treatment Hotline:  
1-800-662-HELP (4357)

Disaster Distress Helpline\*:  
1-800-985-5990

\*Natural or human disasters  
including disease outbreaks



**Pima Helpline**  
A PATHWAY TO HOPE & SUCCESS

Online Resources:  
**PimaHelpline.org**



**PIMA COUNTY  
HEALTH DEPARTMENT**

For presentations or more information:  
**Community Mental Health &  
Addiction Program**

Pima.Gov/MentalHealth  
[CMHA@pima.gov](mailto:CMHA@pima.gov)