



Office: 520-327-1171
 24-Hr Crisis Line:
 520-327-7273
 1-800-400-1001

Crisis Support



arizona
complete health.

24-Hr Crisis Line:
 520-622-6000 or 1-866-495-6735
 Text 838255

CRISIS TEXT LINE |

Text HOME to
 741741

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

Text START to
 678678



Teen Lifeline

(602) 248-8836 or 1-800-248-TEEN

By teens for teens
www.teenlifeline.org

In Arizona, you can call
 Teen Lifeline

NATIONAL
SUICIDE
 PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

24 hours a day
 7 days a week

Emerge!
 Center Against
 Domestic Abuse

24-Hr Bilingual Crisis Line:
 520-795-4266
 1-888-428-0101

HOPE Warm Line

520-770-9909

For non-emergency support,
 when you need someone to talk to



For presentations or more information,
 please contact the *Community Mental
 Health and Addiction Program*:
 520-724-7770
CMHA@pima.gov



Pima Helpline

A PATHWAY TO HOPE & SUCCESS

Online Resources
www.pimahelpline.org

Help for you or loved one. Just a call or text away.

#thereishelp #thereishope