

**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.
*Click on any logo on this PDF to be directed to their website.

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 3PM-9PM daily.
*Texting available at this number
12PM-9PM weekdays and 3PM-9PM
weekends.

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

Or Text **START** to **678678**
For LGBTQ under age 25

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



**LA FRONTERA
ARIZONA**
IMPACT - SUICIDE PREVENTION CENTER

Crisis Hotline
**480-784-1500 or
1-866-205-5229**

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



**Emerge!
Center Against
Domestic Abuse**



LGBT
National
Help Center

1-888-843-4564



**Veterans
Crisis Line**
1-800-273-8255 PRESS 1

Or text: **838255**



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



For presentations or more information:
Community Mental Health & Addiction Program
Pima.Gov/MentalHealth
PIMA COUNTY
HEALTH DEPARTMENT **CMHA@pima.gov**
520-724-7470 (M-F, 8AM to 5PM)