



IT'S OKAY TO ASK FOR HELP


For medical, police and fire emergency situations, always call 911.

Crisis Hotlines for Native Communities	
	<p>SRPMIC Crisis Line 855-331-6432 Crisis Intervention Team is available 24/7, 365 days a year for those who might be experiencing mental health or substance abuse crisis such as attempted suicide, drug or alcohol abuse problems, bullying, self-harm or grief. https://www.crisisnetwork.org/</p>
	<p>Gila River and Ak-Chin Indian Communities 1-800-259-3449 Services available for residents of the Gila River Indian Community and Ak-Chin Indian Communities.</p>



National 24-Hour Crisis Hotline & Text Line	
<p>Crisis services are available to any Arizona resident, regardless of health insurance coverage. If you or someone you know is experiencing a behavioral health crisis, please call one of these national crisis lines:</p>	
	<p>National Suicide Prevention Lifeline 1-800-273-TALK (8255) https://suicidepreventionlifeline.org/</p>
	<p>National Substance Use and Disorder Issues Referral and Treatment Hotline 1-800-662-HELP (4357) https://suicidepreventionlifeline.org/</p>
	<p>Crisis Text Line Text CONNECT to 741741 https://suicidepreventionlifeline.org/</p>
	<p>Trans Lifeline 1-877-565-8860 Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. https://www.translifeline.org/</p>

Suicide and Crisis Hotlines by County



Crisis services are available to any Arizona resident, regardless of health insurance coverage. If you or someone you know is experiencing a behavioral health crisis, please call one of these local crisis lines.

	<p>Maricopa County served by Mercy Care 1-800-631-1314 or 602-222-9444</p> <p>If you or a loved one are facing a behavioral health crisis, you can call one of the crisis lines serving all of Arizona. Someone is available 24 hours day, 7 days a week to provide crisis intervention, support and referrals.</p> <p>https://www.mercycareaz.org/wellness/crisis</p>
	<p>Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties served by Arizona Complete Health - Complete Care Plan 1-866-495-6735</p> <p>Confidential Behavioral Health Crisis lines are available 24/7 by calling.</p> <p>https://www.azcompletehealth.com/members/medicaid/crisis-intervention-services.html</p>
	<p>Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Steward Health Choice Arizona 1-877-756-4090</p> <p>If you are having an emotional crisis or know someone who is at risk of physical harm, hurting themselves or someone else, call the Behavioral Health Crisis Hotline immediately.</p> <p>https://www.healthchoiceaz.com/health-wellness/crisis-help/</p>

Youth and Teen Hotlines

	<p>Teen Life Line Phone or Text 602-248-TEEN (8336)</p> <p>Team Life's mission is to prevent teen suicide in Arizona through enhancing resiliency in youth and fostering supportive communities. Monday-Friday 3 – 9 PM. https://teenlifeline.org/</p>
	<p>The Trevor Project Phone: 1-866-488-7386 Text START to 678-678</p> <p>The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.</p> <p>https://www.thetrevorproject.org/get-help-now/</p>

Veterans Hotlines

	<p>Veterans Crisis Line 1-800-273-8255 (press 1)</p> <p>Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. https://www.veteranscrisisline.net/</p>
	<p>Be Connected 1-866-4AZ-VETS (429-8387)</p> <p>Connecting Arizona service members, veterans, families & helpers to information, support and resources.</p> <p>https://www.beconnectedaz.org/</p>