

Resource	Phone Number / Website	Resource Notes
<b>Hope Incorporated</b>	Warm line 520-770-9909 <a href="http://www.hopearizona.org">www.hopearizona.org</a>	The Warm Line is a confidential, non-emergency phone line for any resident of Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties who needs to talk. This free service offers access to Peer Support operators who have first-hand experience living with mental illness or substance use--either through their own experience, or through that of a close family member. Callers can talk about life challenges, find out about local community resources and support, and talk about their own mental health concerns (or those of loved ones) with operators who have experienced similar concerns.
<b>NAMI (National Alliance on Mental Illness) Southern AZ</b>	1-800-662-4357 520-622-5582 <a href="http://www.namisa.org">www.namisa.org</a>	SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
<b>National Suicide Prevention Lifeline</b>	1-800-273-8255 TTY: 1-800-799-4889 <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.
<b>Pima Helpline</b>	<a href="https://pimahelpline.org/">https://pimahelpline.org/</a>	Pima Helpline is a community-driven and community-made resource. We believe that it should be easy for Pima County residents to find help they are looking for. The Pima Helpline aims to be a centralized source for resources for those in Pima County.
<b>Crisis Text Line</b>	Text HOME to 741741 <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>	Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

<p><b>YOUR INSURANCE</b></p> <p>You can contact the phone number on the back of your insurance card to receive a list of providers that accept your insurance and may be taking new patients.</p>	<p><b>YOUR EMPLOYER</b></p> <p>Most companies have an "Employee Assistance Program" that is free to use and confidential. These programs may cover some or all of the cost related to your visits. Your human resource representative should be able to tell you if the company you work for has an "Employee Assistance Program" and give you the contact information/</p>
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