

Living well in your community

Mercy Maricopa Integrated Care Community Resource Guide

www.mercymaricopa.org

Helpful information

Mercy Maricopa Member Services 602-586-1841 or toll-free 1-800-564-5465 Hearing impaired (TTY/TDD) 711 Hours: 24 hours a day, 7 days a week

Mailing address

Mercy Maricopa Integrated Care 4350 E. Cotton Center Blvd., Bldg. D Phoenix, AZ 85040

Online:

www.mercymaricopa.org www.facebook.com/mercymaricopa Twitter: @mercymaricopa

Emergency: Call 911

Behavioral Health Crisis Line:

Available 24 hours a day, 7 days a week at 602-222-9444 or toll-free 1-800-631-1314 Hearing impaired (TTY/TDD) at 1-800-327-9254

Maricopa Peer Operated Warm Line

A telephone support line operated by trained peer counselors who have similar life experiences as you. Available 24/7 at **602-347-1100**.

Rally Point Arizona Veteran Help Line

If you need help at any time, for any kind of emergency, call us and talk to a veteran who understands where you've been and where you are now. You can call the Rally Point Hotline 24/7 at **1-855-RALLY4U** or **1-855-725-5948**.

Contract services are funded, in part, under contract with the State of Arizona.

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www.mercymaricopa.org

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Table of contents

How to use this guide	3
Emergency support services Emergency shelter Emergency food and clothing resources	5
Behavioral health crisis resources Crisis facilities (in Maricopa County) Suicide prevention resources. Domestic violence resources. Utility and rental assistance	7 8 9
General information and resources	10
Public libraries	11
Legal services	15
Health and wellness resources Low-cost dental clinics Women's services	16
Transportation resources	19
Employment resources Disability related employment services	
Veterans' services Unemployment benefits	
Resources for seniors	21
Child and youth services Children and Youth Counseling Services	
LGBTQ resources	24
Organizations providing assistance to the behavioral health community	24
Peer-run recovery centers and family-operated organizations Peer-run recovery centers Family-operated organizations	26
Peer support groups	27
Health centers for members determined to have a serious mental illness	
Support services and providers	



How to use this guide

Mercy Maricopa wants to make every effort to make sure you get the care you need to stay healthy. Our Office of Individual and Family Affairs has developed this Community Resource Guide as a service to our members and their families, advocates and providers. Our hope is that this guide will connect you to the community services and supports you need to achieve your recovery and resiliency goals. This guide has information that can help you make good choices and live a healthy life.

There are many resources available online. If you don't have internet access at home, you can visit your local library. Many public libraries have computers with internet connections available for the community.

This guide isn't a complete list of all services available in Maricopa County. We update this guide as new resources are identified. Our most current guide is available online at **www.mercymaricopa.org/ community-guide**. If you have resources you think we should include in this guide or you have updated information, you can e-mail us at **OIFATeam MercyMaricopa.org**.

Connecting you to care

Mercy Maricopa Member Services is here to help you and your family. We are available to help answer your questions and connect you to care 24 hours a day, 7 days a week. Just call us at **602-586-1841** or toll-free at **1-800-564-5465**; (TTY/TDD) **711**.

Behavioral Health Crisis Line

If you are experiencing a behavioral health crisis, help is available every hour of the day, every day of the year. Call **602-222-9444**; TTY/TDD **602-274-3360**; or toll-free at **1-800-631-1314**; TTY/TDD **1-800-327-9254**. Crisis Response Network operates the Crisis Line. You can learn more about them at **www.crisisnetwork.org**.

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

Emergency support services

If you're experiencing a behavioral health crisis, help is available 24 hours a day, 7 days a week. Just call **602-222-9444**; (TTY/TDD) **602-274-3360**; or toll-free at **1-800-631-1314**; (TTY/TDD) **1-800-327-9254**. Crisis Response Network operates the Crisis Line. You can learn more about them at **www.crisisnetwork.org**.

For medical, police and fire emergencies, always call **911**.

Emergency shelter

ANDRE HOUSE

Emergency food boxes, Perishable fruits and vegetables, breads and other supports. 213 S. 11th Ave. Phoenix, AZ 85007 602-252-9023

ALL TRIBES ASSEMBLY OF GOD CHURCH

1st and 3rd Friday of the month at 6 p.m. 1710 W. Highland Ave. Phoenix, AZ 8015 602-728-0699

CHICANOS POR LA CAUSA SENIOR CENTER

Hot meals for older adults, delivered for homebound 1617 N. 45th Ave. Phoenix, AZ 85035 602-272-0054

CHURCH ON FILLMORE

745 W. Fillmore St. Phoenix, AZ 85007 Call for availability 602-252-1423

CULTURAL CUP FOOD BANK

Free emergency food boxes, sack lunches and more 342 E. Osborn Rd. Phoenix, AZ 85012 602-266-8370

FIRST PENTECOSTAL CHURCH COMMUNITY CENTER

Canned foods, meals and more 2709 E. Marguerite Ave. Phoenix, AZ 85040 602-276-2126

FIRST SOUTHERN BAPTIST CHURCH

Benevolence Center, Wednesdays 9-11 a.m. 3100 W. Camelback Rd. Phoenix, AZ 85017 602-242-6104

UMOM NEW DAY CENTERS

3333 E. Van Buren St. Phoenix, AZ 85008 602-275-7852 x230

HOMEWARD BOUND

2302 W. Colter St. Phoenix, AZ 85015 602-263-7654

WHOLE LIFE INTERNATIONAL FOUNDATION

338 N. 15th Ave. Phoenix, AZ 85007 602-254-6553

CENTRAL ARIZONA SHELTER SERVICES (CASS)

230 S. 12th Ave. Phoenix, AZ 85007 602-256-6945 x3059

CASS MEN'S OVERFLOW SHELTER

1214 W. Madison St. Phoenix, AZ 85007 602-256-6945

SAVE THE FAMILY

450 W. 4th Pl. Mesa, AZ 85201 480-898-0228

HOUSE OF REFUGE SUNNYSLOPE

700 N. Central Ave. Phoenix, AZ 85020 602-678-0223

SALVATION ARMY FAMILY SERVICE CENTER

2707 E. Van Buren St. Phoenix, AZ 85008 602-267-4130

OZANAM MANOR

1730 E. Monroe St. Phoenix, AZ 85034 602-850-6900

FAMILY PROMISE FOR GREATER ARIZONA

7221 E. Belleview St. Scottsdale, AZ 85257 480-659-5227

TRANSITIONAL LIVING CENTERS

24 S. McDonald St. Mesa, AZ 85201 480-833-0143

GIFT OF MARY MEN'S SHELTER

1406 S. 17th Ave. Phoenix, AZ 85007 602-254-8424

I-HELP CHANDLER

345 S. California St. Chandler, AZ 85225 480-963-1423

EAST VALLEY WOMEN'S SHELTER (A NEW LEAF)

149 N. Mesa Dr. Mesa, AZ 85201 480-969-1691

TEMPE YOUTH RESOURCE CENTER

17 E. 7th St. Tempe, AZ 85281 480-966-2036

MARICOPA HOUSING AUTHORITY

Multiple locations 602-733-6693 www.maricopahousing.org

TUMBLEWEED CENTER FOR YOUTH

3707 N. 7th St., Ste. 305 Phoenix, AZ 85014 24-hour crisis hotline: 602-841-5799 602-271-9904 or 1-866-SAFE703

COMMUNITY HOUSING RESOURCES

4020 N. 20th St., Ste. 20 Phoenix, AZ 85016 602-631-9780

LAMPLIGHTER

1945 W. Van Buren St., Ste. 16 Phoenix, AZ 85009 602-254-5282

PHOENIX SHANTI GROUP

2345 W. Glendale Ave. Phoenix, AZ 85021 602-279-0008

LA MESITA FAMILY HOMELESS CENTER

651 E. Commonwealth Ave. Chandler, AZ 85225 480-834-8723

MADISON STREET VETERANS ASSOCIATIONS

233 S. 11th St. Phoenix, AZ 85007 602-254-5752

DANA'S CENTER

731 W. Dana Mesa, AZ 85210 480-461-1033

Emergency food and clothing resources

UNITED FOOD BANK

Collects and distributes food to more than 200 agencies in Arizona that provide emergency food boxes, offers Kids Cafe meals for at-risk children, Help Yourself food purchase program on Fridays, and Helping Hands food boxes provided by first responders. For a list of United Food Bank's partner agencies where you can get a hot meal or receive an emergency food box, go to www.unitedfoodbank.org. Click on Get Help, and then Partner Agencies.

245 S. Nina Dr. Phoenix AZ 85210 480-926-4897

HIGHWAYS AND HEDGES MINISTRIES

Provides emergency food boxes, referrals and general/ crisis Christian-based counseling for individuals and families. Monday-Friday 9:30 a.m. - 5 p.m. 2515 E. Thomas Rd. Phoenix, AZ 85016 602-212-0850

ICM FOOD AND CLOTHING BANK

Monday-Saturday, 9-11 a.m. 501 S. 9th Ave. Phoenix, AZ 85007 602-254-7450

PARADISE VALLEY EMERGENCY FOOD BANK

Must live in Paradise Valley Unified School District. Same day appointments. 10862 N. 32nd St. Phoenix, AZ 85028 602-867-9228

ST. MARY'S FOOD BANK ALLIANCE

Collects and distributes food throughout the state, provides emergency food boxes, mobile pantry, child nutrition programs, and a community kitchen. 2831 N. 31st Ave. Phoenix, AZ 85009 602-242-3663

FOOTHILLS FOOD BANK

6038 E. Hidden Valley Dr. Cave Creek, AZ 85331 Call for eligibility: 480-488-1145

VALLEY VIEW COMMUNITY FOOD BANK

9839 N. 105th Ave. Sun City, AZ 85351 Monday-Friday, 9 a.m.-1 p.m. Saturday, 9 a.m.-1 p.m. 623-933-3358

12321 NW Grand Ave. El Mirage, AZ 85335

Behavioral health crisis resources

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

MARICOPA CRISIS LINE

You can call for help with a behavioral health crisis 24 hours a day/7 days a week. It's available for anyone at any time – when life is overwhelming, if you're worried about a loved one, or if you just need to talk.

Crisis Response Network, Inc. (CRN) operates the Crisis Line. Their experienced, professionally trained Crisis Specialists are ready to respond to whatever crisis an individual is facing. They provide immediate and confidential help.

If your crisis can't be solved over the phone, CRN may dispatch mobile clinicians to meet you where you are. **602-222-9444**

1-800-631-1314 (toll free) 1-800-327-9254 Hearing impaired (TTY/TDD) www.crisisnetwork.org Call 911 in life-threatening situations.

NATIONAL DISASTER DISTRESS HELPLINE

The National Disaster Distress Helpline is a 24/7 national service that offers phone- and text-based crisis counseling and support to people in distress related to any natural or human-caused disaster. You may reach the Helpline at 1-800-985-5990 or by texting "TalkWithUs" or ("Hablamos" for Spanish-speaking) to 66746. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Helpline immediately connects callers to trained professionals from the closest crisis counseling center in the nationwide network of centers. 1-800-985-5990 www.disasterdistress.samhsa.gov

Crisis facilities (in Maricopa County)

The crisis facilities listed below support and help individuals experiencing a behavioral health crisis. They are locally-run organizations. They are located throughout the Valley to meet the needs of Maricopa County residents.

Psychiatric Urgent Care Centers CONNECTIONS AZ URGENT PSYCHIATRIC CARE CENTER (UPC)

1201 S. 7th Ave. Phoenix, AZ 85007 602-416-7600

RI INTERNATIONAL RECOVERY RESPONSE CENTER (RRC)

11361 N. 99th Ave. Peoria, AZ 85345 602-650-1212, press 2

COMMUNITY BRIDGES COMMUNITY PSYCHIATRIC EMERGENCY CENTER (CPEC)

358 E. Javelina Ave. Mesa, AZ 85210 1-877-931-9142

Adult Crisis Respite Services RI INTERNATIONAL RECOVERY CRISIS RESPITE PROGRAM (RCRP)

11361 N. 99th Ave., Ste. 107 Peoria, AZ 85345

Detox Centers COMMUNITY BRIDGES CENTRAL CITY ADDICTION RECOVERY CENTER (CCARC)

2770 E. Van Buren St. Phoenix, AZ 85008 1-877-931-9142

COMMUNITY BRIDGES EAST VALLEY ADDICTION RECOVERY CENTER (EVARC)

560 S. Bellview Mesa, AZ 85204 1-877-931-9142

Crisis Inpatient SOUTHWEST BEHAVIORAL HEALTH CRISIS RECOVERY UNITS I & II

1424 S. 7th Ave. Phoenix, AZ 85007 602-257-8970

Time-limited Crisis Residential COMMUNITY BRIDGES WEST VALLEY TRANSITION POINT

824 N. 99th Ave. Avondale, AZ 85323 1-877-931-9142

24/7 Outpatient

COMMUNITY BRIDGES WEST VALLEY ACCESS POINT

824 N. 99th Ave. Avondale AZ 85323 1-877-931-9142

23-hour Psychiatric Observation BANNER PSYCHIATRIC OBSERVATION

575 E. Earll Dr. Scottsdale AZ 85251 480-448-7600

ST. LUKE'S BEHAVIORAL HEALTH CENTER

1800 E. Van Buren St. Phoenix, AZ 85006 602-251-8535

CONNECTIONS AZ URGENT PSYCHIATRIC CARE CENTER (UPC)

1201 S. 7th Ave. Phoenix, AZ 85007 602-416-7600

RI INTERNATIONAL RECOVERY RESPONSE CENTER (RRC)

11361 N. 99th Ave. Peoria, AZ 85345 602-650-1212, press 2

COMMUINITY BRIDGES COMMUNITY PSYCHIATRIC EMERGENCY CENTER (CPEC)

358 E. Javelina Ave. Mesa, AZ 85210 1-877-931-9142

Suicide prevention resources

TEEN LIFELINE

Peer counseling suicide hotline from 3-9 p.m. daily. Life skills development training for teens interested in becoming peer counselors. Awareness, education, prevention materials and training opportunities available. 602-248-8336 www.teenlifeline.org

LA FRONTERA EMPACT – SUICIDE PREVENTION CENTER

www.lafrontera-empact.org If you are having thoughts of suicide or are in crisis, you can call the National Suicide Prevention Lifeline at 1-800-273-8255 for immediate assistance.

TEMPE

618 S. Madison Dr. Tempe, AZ 85281 480-784-1514 Monday-Thursday, 8 a.m.-8 p.m. Friday, 8 a.m.-6 p.m.

GLENDALE

4425 W. Olive Ave., Ste. 194 Glendale, AZ 85302 480-784-1514 Monday-Thursday, 8 a.m.-8 p.m. Friday, 8 a.m.-6 p.m.

ARIZONA SUICIDE PREVENTION COALITION

Survivors, professionals, supporters and anyone who is interested in the issues surrounding suicide are invited to come into our site for additional information. Coalition meetings are held the second Tuesday of every month. 602-248-8337 www.azspc.org

NATIONAL HOPE LINE NETWORK

Free 24-hour hotline for anyone in crisis 1-800-442-4673

NATIONAL SUICIDE PREVENTION LIFELINE

Offers free 24 hour hotline available to anyone in suicidal crisis or emotional distress. 1-800-273-8255 www.suicidepreventionlifeline.org

Domestic violence resources

NATIONAL DOMESTIC VIOLENCE HOTLINE 1-800-799-7233

ARIZONA COALITION AGAINST SEXUAL AND DOMESTIC VIOLENCE

Provides education and training, technical assistance, advocacy, legal advocacy hotline and legal hotline 602-279-2900; 1-800-782-6400; TTY 602-279-7270 www.cadv.org

RAPE, ABUSE AND INCEST NATIONAL NETWORK (RAINN)

Information, referrals and telephone or online support for victims of rape or abuse 1-800-656-4673 www.rainn.org

SOJOURNER CENTER

Offers 24-hour crisis line with information about shelters and safety planning, emergency food, housing, clothing and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy and family enrichment programs. Crisis hotline: 602-244-0089; 602-889-1610, 602-244-0997

www.sojournercenter.org

THE NATIONAL DOMESTIC VIOLENCE HOTLINE

Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states. Information is offered in both English and Spanish. Offers information on the Violence Against Women Act, which allows domestic abuse victims to pursue citizenship if they are married to their abuser, if the abuser is a U.S. citizen or legal resident, and if the victim assists law enforcement. 1-800-799-7233; TTY 1-800-787-3224 www.thehotline.org

ORGANIZATION FOR NON-VIOLENCE EDUCATION

Provides individual and group counseling for anger management and domestic violence for \$180/12 sessions, up to 52 weeks. Sessions are gender specific and court-ordered. Men's groups are offered Mondays in the East Valley and Wednesdays in Glendale; women's groups are offered Thursdays in Glendale. 623-934-0696 www.oneincusa.org

5

Utility and rental assistance

INTERFAITH COOPERATIVE MINISTRIES 602-254-7450

PEORIA AND GLENDALE COMMUNITY ACTION PROGRAM CAP 623-930-2854

MESA HOUSING AND COMMUNITY DEVELOPMENT OFFICE 480-644-3536

TEMPE COMMUNITY ACTION AGENCY 480-350-5880

CHANDLER COMMUNITY ACTION PROGRAM 480-963-4321

TEMPE SALVATION ARMY 480-967-8649

ARIZONA UTILITY ASSISTANCE PROGRAM (LIHEAP) https://www.azdes.gov/Landing.aspx?id=7312

LABORS COMMUNITY SERVICES PROGRAM 602-263-5741

General information and resources

ARIZONA 2-1-1 (COMMUNITY INFORMATION & REFERRAL)

Information and referrals for various community resources 24/7. Phone: 2-1-1 www.211Arizona.org

MY FAMILY BENEFITS

Information about medical, cash and nutrition assistance 1-855-432-7587 or 1-855-HEAplus www.azdes.gov/myfamilybenefits

ARIZONA PARTNERSHIP TO END CHILDHOOD HUNGER

Collaboration of families, nonprofits, community organizations and governments working to end child hunger in Arizona 1-855-432-7587 www.endchildhungeraz.org

ARIZONA SELF HELP

Online access to 40 different health and human services programs www.arizonaselfhelp.org

ARIZONA WORKFORCE CONNECTION

Employment tools designed for job seekers, students, case managers, employers, training providers, workforce professionals, and others seeking benefits and services 602-542-2460 www.arizonaworkforceconnection.com

CHILD CARE RESOURCE & REFERRAL

Statewide program that helps families find child care 1-800-308-9000 www.arizonachildcare.org

EMERGENCY FOOD ASSISTANCE LOCATIONS

Location and contact information for emergency food assistance in Arizona www.azdes.gov/TEFAP/

SOCIAL SECURITY AND DISABILITY RESOURCE CENTER

Provides information on the federal disability benefit programs, SSD (social security disability, mandated under Title II of the Social Security Act) and SSI (supplemental security income, mandated under Title 16), in addition to answering questions about Social Security retirement benefits and providing resource links on Medicare and other topics. www.ssdrc.com

DISABILITY BENEFITS 101

Disability Benefits gives you tools and information on health coverage, benefits and employment. 1-866-304-WORK (9675) www.az.db101.org

INDIGENT BURIAL SERVICES (Maricopa County Public Fiduciary)

The Indigent Burial Program helps determine final arrangements for decedents when there is lack of family involvement and/or income and resources are limited. Both the deceased and the next of kin must financially qualify. 602- 506-5801 www.maricopa.gov/PubFid/CIB.aspx

U.S. IMMIGRATION SUPPORT

Latest U.S. immigration news and application, including information on the U-Visa for immigrants who are the victims of crimes. 1-646-233-3836 www.usimmigrationsupport.org

Public libraries

Sometimes you have to get online to do research, send an email, apply for services or fill out a job application. If you don't have a computer or Internet access at home, you can go to a public library. Most libraries also have personal computers and Wi-Fi you can use at no charge to connect to the Internet. If you need to print, there may be a fee for each page.

Some libraries require that you have a library card to use the personal computers. Contact the library of your choice to find out how to get a library card. Here's a list of libraries in Maricopa County.

Chandler Public Libraries

Downtown Library 22 S. Delaware 480-782-2817 Monday - Wednesday 9 a.m. to 9 p.m. Thursday - Saturday 9 a.m. to 5 p.m. Sunday 1 p.m. to 5 p.m.

Hamilton Branch Library* 3700 S. Arizona Ave. 480-782-2828 Monday - Wednesday 7:30 a.m. - 8 p.m. Thursday - Friday 7:30 a.m. - 5 p.m. Saturday 1 p.m. to 5 p.m. *Hours vary during the school year and summer months. Call the library for details.

Sunset Branch Library 4930 W. Ray Rd. 480-782-2840 Monday - Thursday 10 a.m. to 8 p.m. Friday - Saturday 10 a.m. to 6 p.m. Sunday 1 p.m. to 5 p.m.

Glendale Public Libraries

Main Library 5959 W. Brown St. 623-930-3530 Monday, 1 p.m.-8 p.m. Tuesday, 10 a.m.-8 p.m. Wednesday, 1 p.m.-8 p.m. Thursday, 10 a.m.-8 p.m. Saturday, 12 p.m.-5 p.m. Sunday, 1 p.m.-5 p.m. Foothills Branch Library 19055 N. 57th Ave. 623-930-3830 Monday, 1 p.m.-8 p.m. Tuesday, 10 a.m.-8 p.m. Wednesday, 10 a.m.-8 p.m. Friday, 1 p.m.-5 p.m. Saturday, 12 p.m.-5 p.m.

Velma Teague Branch Library 7010 N. 58th Ave. 623-930-3430 Monday, 1 p.m.-8 p.m. Tuesday, 10 a.m.-6 p.m. Wednesday, 10 a.m.-6 p.m. Thursday, 1 p.m.-8 p.m. Saturday, 12 p.m.-5 p.m.

Maricopa County Library District

You can contact any of the Maricopa County libraries at 602-652-3000 during operating hours.

Administrative Office 2700 N. Central Ave., Ste. 700 Phoenix, AZ 85004 Monday-Friday, 8 a.m.-5 p.m.

Aguila Branch 51300 W. U.S. 60 Aguila, AZ 85320 928-685-2214 (local) Monday, 10 a.m.-7 p.m.; Tuesday-Thursday, 10 a.m.-6 p.m.; Friday-Saturday, 10 a.m.-5 p.m.;

El Mirage Branch 14011 N. 1st Ave. El Mirage, AZ 85335 Monday, Tuesday, Wednesday, Friday, Saturday, 9 a.m.-5 p.m.; Thursday, 10 a.m.-7 p.m.

Fairway Branch 10600 W. Peoria Ave., Room 144 Sun City, AZ 85351 Monday-Friday, 8 a.m.-4 p.m. Fountain Hills Branch 12901 N. La Montana Dr. Fountain Hills, AZ 85268 Monday-Thursday, 9 a.m.-8 p.m.; Friday-Saturday, 9 a.m.-5 p.m.

Gila Bend Branch 202 N Euclid, PO Box B Gila Bend, AZ 85337 928-683-2061 (local) Monday, 10 a.m.-7 p.m.; Tuesday-Thursday, 10 a.m.-6 p.m.; Friday, 10 a.m.-5 p.m.

Goodyear Branch 14455 W Van Buren St, C-101 Goodyear, AZ 85338 Monday-Wednesday, 10 a.m.-7 p.m.; Thursday-Saturday, 10 a.m.-5 p.m.

Guadalupe Branch 9241 S. Avenida del Yaqui Guadalupe, AZ 85283 Monday, 10 a.m.-7 p.m.; Tuesday-Thursday, 10 a.m.-6 p.m.; Friday, 10 a.m.-5 p.m.

Hollyhock Branch 15844 N. Hollyhock Surprise, AZ 85374 Tuesday and Thursday, 12 a.m.-6 p.m.

Litchfield Park Branch 101 W. Wigwam Blvd Litchfield Park, AZ 85340 Monday-Wednesday, 10 a.m.-8 p.m.; Thursday-Saturday, 10 a.m.-5 p.m.

North Valley Regional 40410 N. Gavilan Peak Parkway Anthem, AZ 85086 Monday-Thursday, 9 a.m.-8 p.m.; Friday-Satruday, 9 a.m.-5 p.m.

Northwest Regional 16089 N. Bullard Ave. Surprise, AZ 85374 Monday-Thursday, 9 a.m.-8 p.m.; Friday-Sunday, 9 a.m.-5 p.m. Perry Branch 1965 E. Queen Creek Rd. Gilbert, AZ 85297 Monday-Thursday, 10 a.m.-7 p.m.; Friday-Saturday, 10 a.m.-4 p.m.

Queen Creek Branch 21802 S. Ellsworth Rd. Queen Creek, AZ 85142

Robson Branch 9330 E. Riggs Rd. Sun Lakes, AZ 85248 Monday, Tuesday, Wednesday, Friday, Saturday, 9 a.m.-5 p.m.; Thursday, 10 a.m.-7 p.m.

Southeast Regional 775 N. Greenfield Rd. Gilbert, AZ 85234 Sunday, 1-5 p.m.; Monday-Thursday, 10 a.m.-9 p.m.; Friday-Saturday, 10 a.m.-5 p.m.

Sun City Branch 16828 N. 99th Ave. Sun City, AZ 85351 Monday, 9 a.m.-7 p.m.; Tuesday-Saturday, 9 a.m.-5 p.m.

White Tank Branch 20304 W White Tank Mountain Rd. Waddell, AZ 85355 Monday-Wednesday, 10 a.m.-7 p.m.; Thursday-Saturday, 10 a.m.-5 p.m.

Mesa Public Libraries

All sites: Monday-Thursday, 10 a.m. – 8 p.m.; Friday-Saturday, 10 a.m. – 5 p.m.

Main Library 64 E. First St. 480-644-3100

Dobson Ranch Branch Library 2425 S. Dobson Rd. 480-644-3441

Red Mountain Branch 635 N. Power Rd. 480-644-3184

Peoria Public Libraries

Main Library 8463 W. Monroe St. 623-773-7555 Monday-Thursday, 9 a.m.-8 p.m. Friday-Saturday, 9 a.m.-8 p.m. Sunday, 1-5 p.m.

Sunrise Mountain Library 21109 N. 98th Ave. Monday-Thursday, 9 a.m.-8 p.m. Friday-Saturday, 9 a.m.-6 p.m. Sunday, 1-5 p.m.

Phoenix Public Libraries

You can contact the libraries through the Call Center at 602-262-4636 during business hours.

Burton Barr Central Library 1221 N. Central Ave. Monday, 9 a.m.-5 p.m. Tuesday, Wednesday, Thursday, 9 a.m. to 9 p.m. Friday and Saturday, 9 a.m. to 5 p.m. Sunday, 1-5 p.m.

Acacia Library 750 E. Townley Ave. Tuesday, Wednesday, Thursday, 11 a.m.-7 p.m. Friday and Saturday, 9 a.m.-5 p.m.

Agave Library 23550 N. 36th Ave. Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m. Friday and Saturday, 9 a.m.-5 p.m.

Century Library 1750 E. Highland Ave. Tuesday, Wednesday, Thursday, 11 a.m.-7 p.m. Friday and Saturday, 9 a.m.-5 p.m.

Cesar Chavez Library 3635 W. Baseline Rd. Monday, 9 a.m.-5 p.m. Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m. Saturday, 9 a.m.-5 p.m. Sunday, 1-5 p.m. Cholla Library 10050 Metro Parkway E. Monday, 9 a.m.-5 p.m. Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m. Saturday, 9 a.m.-5 p.m. Sunday, 1-5 p.m.

Desert Broom Library 29710 N. Cave Creek Rd. Tuesday, Wednesday, Thursday, 11 a.m.-7 p.m. Friday and Saturday, 9 a.m.-5 p.m.

Desert Sage Library 7602 W. Encanto Blvd. Tuesday, Wednesday, Thursday, 11 a.m.-7 p.m. Friday and Saturday, 9 a.m.-5 p.m.

Harmon Library 1325 S. 5th Ave. Tuesday, Wednesday, Thursday, 11 a.m.-7 p.m. Friday and Saturday, 9 a.m.-5 p.m.

Ironwood Library 4333 E. Chandler Blvd. Monday, 9 a.m.-5 p.m. Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m. Saturday, 9 a.m.-5 p.m. Sunday, 1-5 p.m.

Juniper Library 1825 W. Union Hills Dr. Monday, 9 a.m.-5 p.m. Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m. Saturday, 9 a.m.-5 p.m. Sunday, 1-5 p.m.

Mesquite Library 4525 E. Paradise Village Parkway N. Monday, 9 a.m.-5 p.m. Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m. Saturday, 9 a.m.-5 p.m. Sunday, 1-5 p.m.

Ocotillo Library & Workforce Literacy Center 102 W. Southern Ave. Tuesday, Wednesday, Thursday, 11 a.m.-7 p.m. Friday and Saturday, 9 a.m.-5 p.m. Palo Verde Library 4402 N. 51st Ave. Monday, 9 a.m.-5 p.m. Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m. Saturday, 9 a.m.-5 p.m. Sunday, 1-5 p.m.

Saguaro Library 2808 N. 46th St. Monday, 9 a.m.-5 p.m.; Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m.; Saturday, 9 a.m.-5 p.m. Sunday, 1-5 p.m.

South Mountain Community Library 7050 S. 24th St. Monday, Tuesday, Wednesday, Thursday, 7:30 a.m.-9 p.m.; Friday and Saturday, 7:30 a.m.-5 p.m.; Sunday, 1-5 p.m.

Yucca Library 5648 N. 15th Ave. Tuesday, Wednesday, Thursday, 10 a.m.-8 p.m. Friday and Saturday, 9 a.m.-5 p.m.

Scottsdale Public Libraries

480-312-READ (7323)

Appaloosa Library 7377 E. Silverstone Dr. Monday-Thursday, 10 a.m. – 7 p.m.; Friday-Saturday, 10 a.m. – 6 p.m.

Arabian Library 10215 E. McDowell Mt. Ranch Rd. Monday-Thursday, 9 a.m. – 8 p.m.; Friday-Saturday, 10 a.m. – 6 p.m.; Sunday 1 p.m. – 5 p.m. Civic Center Library 3839 N. Drinkwater Blvd. 480-312-7323 Monday-Thursday, 9 a.m. – 9 p.m.; Friday-Saturday, 10 a.m. – 6 p.m.; Sunday, 1 p.m. – 5 p.m.

Mustang Library 10101 N. 90th St. 480-312-7323 Monday-Thursday, 9 a.m. – 8 p.m.; Friday-Saturday, 10 a.m. – 6 p.m.; Sunday, 1 p.m. – 5 p.m.

Palomino Library^{*} 12575 E. Via Linda, Ste. 102 480-312-7323 Monday-Thursday, 7:15 a.m. – 7 p.m.; Friday, 7:15 a.m. – 6 p.m.; Sunday, 1 p.m. – 5 p.m. *Hours vary during the school year and summer months. Call the library for details.

Tempe Public Library

3500 S. Rural Rd. 480-350-5551 Monday-Wednesday, 9 a.m.-8 p.m.; Thursday-Saturday, 9 a.m.-5 p.m.; Sunday, 12 p.m.-5 p.m.

Legal services

ARIZONA CENTER FOR DISABILITY LAW

The designated protection and advocacy system in Arizona that ensures the human and civil rights of persons with disabilities are protected. The center can pursue legal and administrative remedies on behalf of persons with disabilities.

5025 E. Washington St. Phoenix, AZ 85034 602-274-6287; 1-800-927-2260 www.acdl.com

ARIZONA LAW HELP

Lawyers On Call program provides free legal advice by telephone on the first Tuesday of every month on a pre-determined topic. 1-866-637-5341 www.azlawhelp.org

ARIZONA SENIOR CITIZEN'S LAW PROJECT

Offers free information and legal assistance to seniors over 60 years old in Maricopa County. Call on Wednesdays from 1-4:30 p.m. 1818 S. 16th St. Phoenix, AZ 85034 602-252-6710

ARIZONA STATE UNIVERSITY LEGAL CLINIC

Accepts new cases on or after the start of each new semester based on type of case and need. 480-965-6968

COMMUNITY LEGAL SERVICES

Provides civil legal services to indigent and low-income residents, including consumer and disability law. 602-258-3434 www.clsaz.org

DAVID'S HOPE

Provides information, advocacy and resources for those dealing with legal issues or re-entering the community after incarceration. Arizona Mental Health and Criminal Justice Coalition meets on the first Friday of the month from 9-11 a.m. at Community Bridges, Bill Wilson Hall, 2770 E. Van Buren St., Phoenix. 602-774-4382 www.davidshopeaz.org

FAMILY ADVOCACY CENTER

Provides comprehensive services to victims of violence, including counseling referrals, financial assistance referrals and light case management. Assists with orders of protection and other legal issues.

602-534-2120 or 1-888-246-0303 www.phoenix.gov/fac/index.html

FAMILY LAWYER'S ASSISTANCE PROJECT

Offers free or reduced fee (\$35) consultation with a volunteer lawyer. 201 W. Jefferson, 6th Fl. Phoenix, AZ 85003 602-506-7948

LAW FOR KIDS

Provides information and resources to teach children about the law. Created by the Arizona Foundation for Legal Services and Education with the specific goal of educating Arizona's youth, their parents, communities and schools to increase their knowledge about youth laws and to encourage law-abiding behavior. www.lawforkids.org

NATIONAL RESOURCE CENTER ON PSYCHIATRIC ADVANCE DIRECTIVES

Information and resources related to creating a psychiatric advance directive specific to each state. Provides a link to specific forms necessary for completing an Advance Directive. www.nrc-pad.org

PROJECT ALWAYS

Free legal services to empower youth and young adults impacted by homelessness, sex trafficking and abuse. 5025 N. Central Ave., Ste. 335 Phoenix, AZ 85014

602-248-7055 www.projectalways.org info@projectalways.org

Health and wellness resources

SOUTHWEST CENTER FOR HIV/AIDS

Leading the fight against HIV and AIDS by reducing infection, improving quality of life and contributing to worldwide research. Southwest Center for HIV/AIDS provides the following services:

- Behavioral health
- Wellness
- Nutrition
- Support & educational groups
- Youth & families

Located inside The Parsons Center for Health and Wellness

1101 N. Central Ave., Ste. 200 Phoenix, AZ 85004 602-307-5330

ARIZONA SMOKERS HELPLINE (ASHLINE)

Many people have quit smoking through programs by the Arizona Smokers Helpline (ASHLine). The ASHLine has several valuable and no cost resources. If you want more information to help quit tobacco, please call the ASHLine at 1-800-556-6222, or visit www.ashline.org or talk to your PCP. ASHLine also offers information to help protect you and your loved ones from second hand smoke.

ASHLine: 1-800-556-6222 www.ashline.org

ST. VINCENT DE PAUL

Free medical and dental clinic based on need and availability. Medical equipment loan program for low income individuals. By appointment.

420 W. Watkins Phoenix, AZ 85003 602-261-6868 www.stvincentdepaul.net

Low-cost dental clinics

Reduced fee and community dental clinics in Maricopa County

CARRINGTON COLLEGE DENTAL CLINIC

Offering free dental care to children ages 12-17, conducted by supervised students in the college's dental-hygiene program, including X-rays, cleaning and polishing. Monday, 5-8:30 p.m. Tuesday, 8 a.m.- 9 p.m. Wednesday, 1-5 p.m. Thursday and Friday, 8 a.m.-5 p.m. 1300 S. Country Club Dr. Mesa, AZ 85210 480-717-3510

CHANDLER CARE CENTER

Provides free medical, dental, counseling and social services for children and families through the Chandler Unified School District. 777 E. Galveston Rd. Chandler, AZ 85225 480-812-7900 www.mychandlerschools.org

BOB AND RENEE PARSONS DENTAL CLINIC

Low cost dental care for children ages 5-18 who do not qualify for AHCCCS or private insurance. Open Tuesday through Friday, 7a.m. - 6p.m. Parents must bring proof of income. Proof of citizenship not required. 1601 W. Sherman St. Phoenix, AZ 85007 602-271-9961 www.bgcmp.org/dental.htm

FIRST TEETH FIRST - MARICOPA COUNTY OFFICE OF ORAL HEALTH

First Teeth First provides dental screenings, parent education, fluoride varnish and referrals to children under 6 years old in Maricopa County. 602-506-6900 www.firstteethfirst.org

Women's services

Below are some community resources that can help you during your pregnancy and after your baby is born.

WOMEN'S SERVICES NETWORK

Referrals to the Women's Services Network: MMICWSN@gmail.com

The Women's Services Network is a group of providers in Maricopa County that specialize in providing services to women. Together with Mercy Maricopa Integrated Care, the network focuses on providing complete, whole-health care and evidence-based services for women. Providers in the network work to reduce barriers women face when seeking care and to promote positive health outcomes.

Women's Services Network agencies:

- Center for Hope of Arizona
- Ebony House
- Lifewell
- Mercy Maricopa Integrated Care
- Native American Connections
- NCADD
- New Casa de Amigas

The Women's Services Network provides:

- Screening and assessments
- Services within Maricopa County jails
- Estrella Jail, screening and assessments
- Placement and transportation upon release
- Case coordination with probation and courts.
- Case coordination with Department of Child Safety
- Evidence-based services, including Thinking for a Change groups and Beyond Trauma
- Job training and placement
- Supportive housing programs
- Locations in Central Phoenix and East Valley
- Transportation to and from all appointments
- Transportation upon release from Maricopa County jails
- Substance abuse and mental health counseling
- Trauma therapy
- Domestic violence support groups
- Self-help groups
- Peer support services and intensive case management
- Family therapy and groups

- Residential and outpatient programs, including day treatment with supportive housing
- In-home visits and monitoring
- 24-hour support and crisis services
- Child care to allow program participation

FRESH START WOMEN'S FOUNDATION

1130 E. McDowell Road Phoenix, AZ 85006 602-252-8494 Monday-Thursday, 9 a.m. - 7 p.m. Friday, 9 a.m. - 5 p.m. Saturday, 9 a.m. - 2 p.m. Child Watch Hours of Operation Monday - Thursday, 9 a.m. - 8 p.m. Friday, 9 a.m. - 5 p.m. Saturday, 9 a.m. - 2 p.m.

ARIZONA FAMILY AND HEALTH PARTNERSHIPS

Arizona Family Health Partnership is a private, not-for-profit organization dedicated to making reproductive healthcare and education available and accessible to all women, men and teens in Arizona. Services may include:

- Birth control pills, condoms and other contraceptive methods
- Sexually transmitted infection (STI/STD) testing, prevention education, counseling, limited treatment and referrals;
- Pregnancy testing, counseling and resources; Go to www.arizonafamilyhealth.org/location to find a clinic near you.

602-258-5777

ARIZONA WOMEN, INFANTS, AND CHILDREN (WIC)

Women, Infants, and Children (WIC) provides food, breastfeeding education, and information on healthy diet to women who are pregnant, infants, and children under 5 years old. 150 N. 18th Ave., Ste. 310 Phoenix, AZ 85007 1-800-252-5942 www.azdhs.gov/azwic/ To find a WIC location near you, visit www.clinicsearch.azbnp.gov/

ARIZONA POSTPARTUM WELLNESS COALITION

Peer support, resources and education for new mothers who are feeling weepy, exhausted, overwhelmed, frustrated, sad, angry, worried. Find support groups in your area. Arizona Postpartum Warmline: 1-888-434-6667 (1-888-434-MOMS) www.azpostpartum.org

LA LECHE LEAGUE OF ARIZONA

No cost mother-to-mother support for women who choose to breastfeed via our Valley Help Line and support groups that meet monthly. La Leche League Valley Help Line: 602-234-1956 or 1-800-525-3243 (1-800-LALECHE) www.lllofaz.org

SUPPORT GROUPS

- Amigas Chapter Serving all areas west of I-17 www.lllofaz.org/amigaschapter.htm
- Buenas Chapter
 Serving areas west of I-17, Cave Creek, Carefree, Scottsdale, Paradise Valley, Anthem
 www.Illofaz.org/buenas-chapter
- Tri-City Chapter
 Serving Ahwatukee, Apache Junction, Maricopa, Chandler, Gilbert, Mesa & Tempe
 www.Illofaz.org/tricitychapter.htm

NURSE-FAMILY PARTNERSHIP

For first-time mothers who are less than 28 weeks pregnant in North or South Phoenix. A registered nurse will come to the home of a pregnant member. The nurse will help to make sure that the mother has a healthy pregnancy. There is no cost to the member for this service.

602-224-1740

www.nursefamilypartnership.org/locations/Arizona

STRONG FAMILIES AZ

Partnership of home-visiting programs for young families, from teaching parents how to be their child's first teachers; to providing guidance and information in regards to developmental milestones; to early childhood literacy and optimal physical and emotional health for their young children. Programs include Healthy Families Arizona, Early Head Start, Nurse-Family Partnership, SafeCare. www.strongfamiliesaz.com

CHILD AND FAMILY RESOURCES

Provides knowledge, resources, and a support network to strengthen family relationships. Participation may start during pregnancy, and families must enroll before the child is three months old. Parents learn about healthy child development and age appropriate expectations. Workshops and in-home visits encourage healthy attitudes and positive parenting techniques. Programs for teen parents. 2830 W. Glendale Ave. Phoenix, AZ 85051 602-234-3941

www.ChildFamilyResources.org

Transportation resources

Transportation for behavioral health emergencies may be available by contacting Mercy Maricopa Member Services at 602-586-1841 or 1-800-564-5465; (TTY/TDD) 711.

VALLEY METRO MOBILITY CENTER

On-site travel training center, in-person ADA interviews and certification, information on alternative travel programs. Provides free travel training program to individuals with a disability and at least one identified route to learn. ADA-certified individuals in Avondale, Chandler, Gilbert, Mesa, Peoria or Tempe can obtain a free ADA Platinum Pass for free bus or light rail transportation. 4600 E. Washington, Ste. 102 Phoenix, AZ 85034 602-716-2100 www.valleymetro.org/valley_metro/overview/ mobility_center

RIDE PLUS

Provides door-through-door transportation by medical assistants with the option of assistance and accompaniment for any travel need (\$3/pick up fee, \$0.60/minute w/ 15 minute minimum). No additional passenger or gas surcharge fees. Must schedule 24 hours in advance (Monday- Friday, 9 a.m.- 5 p.m.). 1-866-883-8593 www.rideplus.net

Employment resources

Disability related employment services

BEACON GROUP

2222 North 24th St. Phoenix, AZ 85008 Nichole Walla-Director of Operations 602-685-9703 www.beacongroup.org/phoenix-office

FOCUS EMPLOYMENT SERVICES

2345 E. Thomas Road, Ste., 412 Phoenix, AZ 85016 602-312-1045 www.focusemployment.com

150 S. Ash Ave. Tempe, AZ 85281

11225 N. 28th Dr., Ste. D110 Phoenix, AZ 85029

LABOR'S COMMUNITY SERVICE AGENCY - SHIFT

S.H.I.F.T. program offers eligible families (80% or below median income level with a history of homelessness) reliable, affordable car ownership. The family must be able to afford \$300/month, and applications are accepted year-round 3117 N. 16th St., Ste. 100 Phoenix, AZ 85016 602-263-5741 www.lcsaphx.org

VALLEY METRO

Offers reduced fare bus passes to youth (ages 6-18), seniors (age 65+), persons with disabilities and Medicare card holders (must have proof of disability). Reduced fare is \$0.85/ride. Ask your doctor to complete the Reduced Fare Application. Call the customer service line at 602-253-5000 for information on sites that can issue the Reduced Fare ID card. There is a \$2.50 fee for the Reduced Fare ID card.

602-253-5000 www.valleymetro.org

RECOVERY EMPOWERMENT NETWORK

212 E. Osborn Rd. Phoenix, AZ 85012 602-248-0368 www.renaz.org

LIFEWELL BEHAVIORAL WELLNESS

202 E. Earll, Ste. 200 Phoenix, AZ 85012 602-808-2822 www.lifewell.us

MARC COMMUNITY RESOURCES

924 N. Country Club Dr. Mesa, AZ 85201 480-969-3800 Information and referral line: 480-994-4407 www.marccr.com

VALLEYLIFE

1142 W. Hatcher Rd. Phoenix, AZ 85021 602-371-0806 www.valleylifeaz.org info@valleylifeaz.org

WEDCO EMPLOYMENT AND TRAINING CENTER

2929 E. Camelback Rd., Ste. 210 Phoenix, AZ 85016 602-274-2605 www.wedco.net

ARIZONA DEPARTMENT OF ECONOMIC SECURITY EMPLOYMENT

Provides a web portal for Arizonans seeking jobs and job support services.

https://des.az.gov/services/employment/job-seekers

REHABILITATION SERVICES ADMINISTRATION VOCATIONAL REHABILITATION PROGRAM

The Vocational Rehabilitation program provides a variety of services to persons with disabilities, with the ultimate goal to prepare for, enter into, or retain employment.

1-800-563-1221, TTY 1-855-475-8194. https://des.az.gov/services/employment/ rehabilitation-services/vocational-rehabilitation-vr

AHCCCS FREEDOM TO WORK PROGRAM

AHCCCS offers insurance for qualified individuals who are working and have a disability. 602-417-6677 https://www.azahcccs.gov/Members/GetCovered/ Categories/workingdisabled.html

SOCIAL SECURITY TICKET TO WORK

Ticket to Work (TTW) is a voluntary work incentive program for Social Security Administration's (SSA) Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) beneficiaries who are between the ages of 18 and 64 and interested in going to work. The goal is to assist beneficiaries in obtaining employment and working towards becoming self-sufficient. 1-866-968-7842, 1-866-833-2967 TDD hwww.yourtickettowork.com

ABILITY360 EMPLOYMENT SERVICES (AES)

Provides employment assistance and support services to persons with disabilities seeking employment through the Ticket to Work program as part of your Social Security Disability Insurance. 602-443-0712 ability360.org

DISABILITY BENEFITS 101 (DB101)

Gives you tools and information on health coverage, benefits, and employment. You can plan ahead and learn how work and benefits go together. https://az.db101.org/ 1-866-304-WORK

ARIZONA DEPARTMENT OF ECONOMIC SECURITY UNEMPLOYMENT BENEFITS

Apply for unemployment benefits. 602-364-2722 https://des.az.gov/services/employment/ unemployment-individual

ARIZONA DEPARTMENT OF ECONOMIC SECURITY ARIZONA REHABILITATION SERVICES ADMINISTRATION

Arizona Rehabilitation Services Administration works with persons with disabilities to achieve their goals for employment and independence.

1-800-563-1221, TTY 1-855-475-8194 https://des.az.gov/services/employment/arizonarehabilitation-services

Veterans' services

RALLY POINT ARIZONA VETERANS HELP LINE

If you need help at any time, for any kind of emergency, call us and talk to a veteran who understands where you've been and where you are now. You can call the Rally Point Hotline 24/7 at 1-855-RALLY4U or 1-855-725-5948.

THE NATIONAL CAREGIVER SUPPORT LINE

Provides information regarding new caregiver benefits, referrals to local caregiver support coordinators and emotional support to those concerned with their ability to provide care to loved ones who are veterans. 1-855-260-3274 www.caregiver.va.gov

VA HOME FRONT

The U.S. Department of Veterans Affairs has specialized programs to get veterans on their feet before they end up on the street. 1-877-424-3838 www.va.gov/homeless/

PHOENIX VA HEALTH CARE SYSTEM

Provides physical and behavioral health care for military veterans. Also offers an online resource directory. VA Help Line at 602-222-6550; toll-free 1-888-214-7264 Community mental health: 602-277-5551 Eligibility and enrollment: 602-222-6508 www.phoenix.va.gov www.nationalresourcedirectory.gov

VETERAN'S CRISIS LINE

The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. The website also offers a resource locator and additional online resources.

1-800-273-8255 (press 1) www.veteranscrisisline.net

NAMI - VETERAN'S RESOURCE CENTER

Go to the website, and click on "Veterans and Military Resource Center" for available veteran specific information regarding mental health care. 1-800-950-6264 www.nami.org

GIVE AN HOUR

National nonprofit organization that offers free counseling for military personnel and their families. www.giveanhour.org

Resources for seniors

THE NATIONAL CAREGIVER SUPPORT LINE

Information regarding new caregiver benefits, referrals to local caregiver support coordinators and emotional support to those concerned with their ability to provide care to loved ones who are veterans. 1-855-260-3274 www.caregiver.va.gov/

AREA AGENCY ON AGING

Provides programs and community resource referrals for improve the lives of seniors. 602-264-2255 www.aaaphx.org 1366 E. Thomas Rd., Ste. 108 Phoenix, AZ 85014

AZ LINKS

Online resource for seniors and individuals with disabilities. Provides information and referrals for services. www.azlinks.gov

AARP ARIZONA

Information and referrals for services and advocacy for seniors. 1-866-389-5649 www.aarp.org

AARP FOUNDATION SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)

Helps unemployed job seekers, age 55 years and older, improve their skills, obtain training and find a job. Income eligibility requirements apply, but are individualized.

602-841-0403

www.aarp.org/aarp-foundation/our-work/income/ scsep

ABOUT CARE

Free transportation for homebound adults living in the East Valley to get to medical or social appointments. 480-802-2331 www.aboutcare.org

LEADING AGE ARIZONA

Offers referrals for long-term care, housing and other senior services. 602-230-0026 www.leadingageaz.org

ALZHEIMER'S ASSOCIATION

Offers 24/7 free helpline with caregiving tips, emotional support, information and referrals for local resources. Support groups and online message board support forums. 1-800-272-3900 www.alz.org/dsw/

Child and youth services

FAMILY INVOLVEMENT CENTER (FIC)

Provides information, support, resources and parent education for parents and caregivers raising children with emotional, physical and behavioral health care needs in Phoenix and Northern Arizona. Workshops and support groups include parenting, effective communication, collaboration and non-adversarial advocacy techniques.

5333 N. 7th St., Ste. A-100 Phoenix AZ 85014 602-412-4095 www.familyinvolvementcenter.org

For telephone support, contact the Parent Assistance Center, 602-288-0155, toll-free 1-877-568-8468 or email pac@familyinvolvementcenter.org.

MENTALLY ILL KIDS IN DISTRESS (MIKID)

MIKID provides support to families with behaviorally challenged children, youth and young adults. Offers respite, skills training, referrals to resources, support groups, educational speakers, and family and peer support.

2642 E. Thomas Rd. Phoenix, AZ 85016 602-253-1240 or 1-800-356-4543 www.mikid.org

REACH FAMILY SERVICES, INC./ALCANZA SERVICIOS DE FAMILIA

Assisting families who are raising children with behavioral health and emotional challenges. 3535 W. Southern Ave., Ste. 128 Phoenix, AZ 85041 602-512-9000 www.reachfamilyservicesinc.org

PARENT SUPPORT ARIZONA

Parent Support Arizona offers education advocacy, resources and support to families across Arizona. 1815 E. Queen Creek Rd., Ste. 1 Chandler, AZ 85286 480-382-4020 www.parentsupportarizona.com

CARRINGTON COLLEGE DENTAL CLINIC

Offering free dental care to children ages 12-17, conducted by supervised students in the college's dental-hygiene program, including X-rays, cleaning and polishing. Monday, 5-8:30 p.m. Tuesday, 8 a.m.- 9 p.m. Wednesday, 1-5 p.m. Thursday and Friday, 8 a.m.-5 p.m. 1300 S. Country Club Dr. Mesa, AZ 85210 480-717-3510

BIKERS AGAINST CHILD ABUSE (BACA)

Maricopa County Chapter Provides aid, comfort, safety, and support for children that have been sexually, physically, and emotionally abused. Help line: 1-800-371-9755 P.O. Box 2864 Mesa, AZ 85214-2864 Chapter meetings are the first Sunday of the month at 12 p.m. at the American Legion – Post 2 2125 S. Industrial Park Dr. Tempe, AZ 85282

CHANDLER CARE CENTER

Provides free medical, dental, counseling and social services for children and families through the Chandler Unified School District. 777 E. Galveston Rd. Chandler, AZ 85225 480-812-7900 www.mychandlerschools.org

BOB AND RENEE PARSONS DENTAL CLINIC

Low cost dental care for children ages 5-18 who do not qualify for AHCCCS or private insurance. Open Tuesday through Friday, 7 a.m. - 6 p.m. Parents must bring proof of income. Proof of citizenship not required.

1601 W. Sherman St. Phoenix, AZ 85007 602-271-9961 www.bgcmp.org/dental.htm

FIRST TEETH FIRST - MARICOPA COUNTY OFFICE OF ORAL HEALTH

First Teeth First provides dental screenings, parent education, fluoride varnish and referrals to children under 6 years old in Maricopa County. 602-506-6900 www.firstteethfirst.org

FOUNDATION FOR BLIND CHILDREN

Three Valley locations (East Valley, West Valley and Central Phoenix) to serve as a community resource for blind, visually-impaired, and multi-handicapped children, adults and their families.

1235 E. Harmont Dr. Phoenix, AZ 85020 602-331-1470 www.seeitourway.org

HEAR FOR KIDS

Provides financial assistance to obtain hearing aids for children who do not qualify for AHCCCS. Also offers loaner hearing aids while awaiting permanent devices. 602-690-3975 www.earfoundationaz.com

WORKSHOPS FOR YOUTH AND FAMILIES

Educational programs to foster leadership skills, inspire positive growth and change, and enhance resiliency for a healthy transition through the adolescent years. 480-245-9724; Fax: 602-467-3028 www.workshopsaz.org info@workshopsaz.org

WRIGHT'S LAW

Provides information about special education law, education law, and advocacy for children with disabilities. www.wrightslaw.com/

Children and Youth Counseling Services

THE CENTER FOR AUTISM AND RELATED DISORDERS

Treats children with autism and autism spectrum disorders through the use of applied behavior analysis. 2400 W. Dunlap Ave., Ste. 100 Phoenix, AZ 85021 602-325-2485 www.phoenix.centerforautism.com

PHOENIX INDIAN MEDICAL CENTER

Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe. 4212 N. 16th St. Phoenix, AZ 85016 602-263-1200

SOUTHWEST AUTISM RESEARCH AND RESOURCE CENTER

Advance research and provides education, evidence-based treatment, family support and community outreach. 602-340-8717 www.autismcenter.org sarrc@autismcenter.org

SCOTTSDALE YOUTH AND FAMILY SERVICES

Provides free resources and referrals for counseling services. 4201 N. Hayden Rd. Scottsdale, AZ 85251 480-312-7922

TERROS

Individual counseling with sliding-scale fee schedule. Locations in Phoenix, Glendale, Mesa and Scottsdale. 602-685-6000 www.terros.org

LGBTQ resources

PHOENIX PRIDE

Phoenix Pride provides a variety of online resources to foster a stronger, healthier, and more inclusive LGBT community. 602-712-0111

www.phoenixpridelgbtcenter.org

1N10

1n10 provides a safe, social environment for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Offers drop-in social support services for LGBTQ youth ages 14-22 to develop positive self-acceptance through life enhancing programs and connection with local resources. Offers weekly meetings, social events, GED services, job development, benefits assistance, HIV testing, and soup kitchen/food boxes. All services are free, no citizenship requirements.

4121 North 7th Ave. Phoenix, AZ 85013 602-400-2601 www.1n10.org

GLBT NATIONAL HOTLINE

Provides free, confidential telephone and Internet peer-counseling, information and local resources for gay, lesbian, bisexual, transgender and questioning callers throughout the United States. 1-888-843-4564 www.glbtnationalhelpcenter.org

GLBT NATIONAL YOUTH TALKLINE

Provides free, confidential telephone and Internet peer-counseling, information and local resources for gay, lesbian, bisexual, transgender and questioning youth up to age 25 throughout the U.S. 1-800-246-7743 www.glbtnationalhelpcenter.org

PFLAG PHOENIX

Provides support, education, and advocacy for parents, families, and friends of lesbians and gays. Offers a monthly support group meeting. 2942 N. 24th St. Phoenix, AZ 85016 602-843-1404 www.pflagphoenix.org

Organizations providing assistance to the behavioral health community

There are many local and national organizations that provide resources for people with behavioral health needs, family members, and caretakers of persons with behavioral health needs. They include:

ARIZONA DEPARTMENT OF HEALTH SERVICES, DIVISION OF BEHAVIORAL HEALTH SERVICES

The Arizona Department of Health Services, Division of Behavioral Health Services (ADHS/DBHS) oversees the use of federal and state funds to provide behavioral health services to Arizonans. 150 N. 18th Ave. Phoenix, AZ 85007 602-364-4558, 1-800-867-5808 DBHS Member Services: 602-364-4558 Hearing impaired individuals may call the Arizona Relay Service at 711 or 1-800-367-8939 for help contacting the Division of Behavioral Health Services. www.azdhs.gov/bhs/ dbhsinfo@azdhs.gov

OFFICE OF INDIVIDUAL AND FAMILY AFFAIRS

Focusing on building partnerships with individuals, families, youth, communities, organizations and key stakeholders to promote recovery, resiliency and wellness.

oifa@azdhs.gov 1-800-867-5808 www.azdhs.gov/bhs/oifa.htm

OFFICE OF HUMAN RIGHTS

Providing advocacy to individuals determined to have a Serious Mental Illness (SMI) to help them understand, protect and exercise their rights, facilitate self-advocacy through education and obtain access to behavioral health services.

Maricopa, Pinal, or Gila County: 602-364-4585 or 1-800-421-2124. Pima, Santa Cruz, Cochise, Graham, Greenlee County, Yuma or La Paz County: 520-770-3100 or 1-877-524-6882; Mohave, Coconino, Yavapai, Navajo or Apache County: 928-214-8231 or 1-877-744-2250 www.azdhs.gov/bhs/ohr/index.htm

HUMAN RIGHTS COMMITTEES

Committee members are dedicated to promoting and protecting the rights of individuals who receive publicly funded behavioral health services. Committee members are made up of people who understand the needs of individuals with a mental illness. The Committees are comprised of consumers, or family members of consumers, and professionals with expertise in these areas: psychology, law, medicine, education, special education, social work, or behavioral health. To learn more and get involved, please contact the Human Rights Committee Coordinator at 602-364-4577 or 1-800-421-2124, or visit www.azdhs.gov/bhs/advisory/humanrights/ index.htm.

ARIZONA DEPARTMENT OF HEALTH SERVICES, DIVISION OF LICENSING SERVICES

The Division of Licensing Services licenses and monitors health and child care facilities and providers statewide, including behavioral health facilities. They investigate complaints against behavioral health facilities and inspect facilities.

150 N. 18th Ave. Phoenix, AZ 85007 602-364-2536 www.azdhs.gov/als/index.htm

ARIZONA DEPARTMENT OF ECONOMIC SECURITY AGING AND ADULT ADMINISTRATION, ADULT PROTECTIVE SERVICES (APS)

APS facilitates services and supports to protect vulnerable adults from abuse, neglect or exploitation, and help them live as independently as possible. 1789 W. Jefferson St., Site Code 950A Phoenix, AZ 85007 602-542-4446 www.azdes.gov/aaa/programs/aps/ Report abuse, neglect, and misuse of Arizona's vulnerable or incapacitated adults, 24 hours a day, 7 days a week at the state's hotline: 1-877-SOS-ADULT (1-877-767-2385); 1-877-815-8390 (TDD).

ARIZONA DEPARTMENT OF CHILD SAFETY (DCS)

The Arizona Department of Child Safety receives, screens, and investigates allegations of child abuse and neglect, performs assessments of child safety, assesses the imminent risk of harm to the children, and evaluates conditions that support or refute the alleged abuse or neglect and need for emergency intervention. P.O. Box 44240 Phoenix, AZ 85064-4240 Hotline: 1-888-SOS-CHILD (1-888-767-2445); 602-530-1831 (TDD) https://dcs.az.gov/

ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM (AHCCCS)

The Arizona Health Care Cost Containment System is Arizona's Medicaid program. AHCCCS oversees contracted health plans in the delivery of health care to individuals and families who qualify for Medicaid and other medical assistance programs. AHCCCS also contracts with the Division of Behavioral Health Services for behavioral health service coverage. 801 E. Jefferson, MD 3400 Phoenix, AZ 85034 602-417-7000 https://www.azahcccs.gov To apply for AHCCCS coverage: https://www.healthearizonaplus.gov

Peer-run recovery centers and family-operated organizations

Peer-run recovery centers

C.H.E.E.R.S (CENTER 4 HEALTH, ENLIGHTENMENT, ENRICHMENT, AND EMPOWERMENT RENEWAL SERVICES)

1950 W. Heatherbrea Drive, Ste. 5 Phoenix, AZ 85015 602-246-7607 www.cheeers.org

RECOVERY EMPOWERMENT NETWORK

212 E. Osborn Rd. Phoenix, AZ 85012 602-248-0368 www.renaz.org

CENTRAL EMPOWERMENT CENTER

212 E. Osborn Phoenix, AZ 85012 602-248-0368

SAN TAN

1465 W. Chandler Blvd. Chandler AZ 85224 480-786-8205

OSBORN

3640 W. Osborn Rd. Phoenix, AZ 85019 602-269-5307

METRO

10240 N. 31st Ave., Ste. 210 Phoenix, AZ 85051 602-395-1797

STAR (STAND TOGETHER AND RECOVER)

www.thestarcenters.org

STAR EAST

1310 W. University Dr. Mesa, AZ 85201 480-649-3642

STAR CENTRAL

2502 E. Washington St. Phoenix, AZ 85034 602-685-1295

STAR WEST

605 N. Central Ave. Avondale, AZ 85323 623-882-8463

VIVE LA ESPERANZA-HOPE LIVES

1016 E. Buckeye Rd., Ste. 145 Phoenix, AZ 85034 1-855-747-6522 www.vivehopelives.org

Family-operated organizations

FAMILY INVOLVEMENT CENTER

Provides information, support, resources and parent education for parents and caregivers raising children with emotional, physical and behavioral health care needs in Phoenix and Northern Arizona. Workshops and support groups include parenting, effective communication, collaboration and non-adversarial advocacy techniques. 5333 N. 7th St., A-100 Phoenix AZ 85014 602-412-4095 www.familyinvolvementcenter.org

For telephone support, contact the Parent Assistance Center, 602-288-0155, toll-free 1-877-568-8468 or email pac@familyinvolvementcenter.org.

MENTALLY ILL KIDS IN DISTRESS (MIKID)

MIKID provides support to families with behaviorally challenged children, youth and young adults. Offers respite, skills training, referrals to resources, support groups, educational speakers, and family and peer support.

2642 E. Thomas Rd. Phoenix, AZ 85016 602-253-1240 or 1-800-356-4543 www.mikid.org

REACH FAMILY SERVICES, INC./ALCANZA SERVICIOS DE FAMILIA

Assisting families who are raising children with behavioral health and emotional challenges. 3535 W. Southern Ave., Ste. 128 Phoenix, AZ 85041 602-512-9000 www.reachfamilyservicesinc.org

NAMI ARIZONA (NATIONAL ALLIANCE ON MENTAL ILLNESS)

NAMI Arizona offers a helpline for information on mental illness, referrals to treatment and community services, and information on local consumer and family self-help groups throughout Arizona. NAMI Arizona provides emotional support, education and advocacy to people of all ages who are affected by mental illness.

5025 E. Washington St., Ste. 112 Phoenix, AZ 85034 602-244-8166 www.namiaz.org

NAMI BASICS

An education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. There are six classes, each 2 ½ hours. There is no charge to participants for the classes or materials.

Registration is required. Contact Patrick Brennan, Families and Youth Education Coordinator, at 602-759-8182 or namimaricopaedu@gmail.com

RAISING SPECIAL KIDS

Support and information for parents of children, from birth to age 26, with a full range of disabilities and special health care needs. Authorized under the Individuals with Disabilities Education Act (IDEA) to provide assistance in special education to families and schools. Serves as a Family-to-Family Health Information Center, funded by the U.S. Department of Health & Human Services, Maternal and Child Health Bureau.

5025 E. Washington St., Ste. 204 Phoenix, AZ 85034 602-242-4366 or 1-800-237-3007 www.raisingspecialkids.org info@raisingspecialkids.org

Peer support groups

There is no charge or registration requirement to attend. Because the groups are subject to change, you are encouraged to contact Andy at 480-994-4407 to verify meeting times and dates. You can also go online to www.mentalhealthaz.org/support-groups.

The peer support groups are facilitated by trained mental health consumers and focus on adult 18+ consumer issues. Sponsored by Mental Health Guild, the support groups provide empowerment, support, information, education and socialization for individuals diagnosed with a mental illness. They are for those living with a mental illness and facilitated by peers. Family members and loved ones are welcome to come with their loved one to support them.

Health centers for members determined to have a serious mental illness

In Maricopa County, adults determined to have a serious mental illness (SMI) and their families are served by one of our network providers. Just like us, they are local, community-run organizations. Together, we are providing high-quality, integrated health care for individuals determined to have a serious mental illness.

ASSURANCE HEALTH & WELLNESS CENTER

1515 E. Osborn Road Phoenix AZ 85014 Valley Metro bus route: 16, 12 Phone: 602-604-0000

JEWISH FAMILY AND CHILDREN'S SERVICE MICHAEL R. ZENT HEALTHCARE CLINIC (Integrated Care Clinic)

3001 N. 33rd Ave. Phoenix, AZ 85017 602-353-0703

SOUTHWEST NETWORK SAN TAN

Chandler Blvd./Alma School 1465 W. Chandler Blvd., Bldg. A Chandler, AZ 85224 Valley Metro bus route: 156 Phone: 480-786-8200

GARDEN LAKES

107th Ave/Indian School Rd. 4170 N. 108th Ave. Phoenix, AZ 85037 Valley Metro bus route: 41 Phone: 623-932-6950

MESA HERITAGE

University/Mesa Dr. 460 N. Mesa Dr. Suite 201 Mesa, AZ 85201 Phone: 480-838-5550

HIGHLAND

16th St./Camelback 4707 N. 12th St. Phoenix, AZ 85014 Valley Metro bus route: 12 Phone: 602-241-4600

OSBORN

35th Ave./Osborn 3640 W. Osborn Rd.,Ste. 1 Phoenix, AZ 85019 Valley Metro bus route: 35 Phone: 602-269-5300

SAGUARO

32nd St./Bell Rd. 3227 E. Bell Rd., Ste. 170 Phoenix, AZ 85032 Valley Metro bus route: 170, 16 Phone: 602-652-3500

BETHANY VILLAGE

39th Ave./Bethany Home 4210 W. Bethany Home Rd. Glendale, AZ 85301 Valley Metro bus route: 60 Phone: 602-353-2340

PARTNERS IN RECOVERY EAST VALLEY

University/Greenfield 4330 E. University Dr. Mesa, AZ 85205 Valley Metro bus route: 30 Phone: 480-218-3280

GATEWAY CAMPUS

5222 E. Baseline Road, Ste. 101 Gilbert, AZ 85234 Valley Metro bus routes: 48, 77 Phone: 480-659-0202

METRO CENTER

35th Ave./ Peoria 10240 N. 31st Ave., Ste. 200 Phoenix, AZ 85051 Valley Metro bus route: 106, 27 Phone: 602-997-9006

WEST VALLEY

99th Ave./Peoria 11361 N. 99th Ave., Ste. 601 Peoria, AZ 85345 Valley Metro bus route: 106 Phone: 623-583-0232

HASSAYAMPA CAMPUS

Palm Dr./Tegner St. 811 N. Tegner, Ste. 121 Wickenburg, AZ 85390 Valley Metro bus route: n/a Phone: 928- 684-5131

ARROWHEAD

56th Ave/Bell Rd. 5625 W. Bell Rd. Glendale, AZ 85308 Valley Metro bus route: 170 Phone: 602-239-4100

TERROS ENCLAVE

Priest/Broadway 1642 S. Priest Dr., Ste. 101 Tempe, AZ 85251 Valley Metro bus route: 56 Phone: 480-929-5100

WEST MCDOWELL

51st Ave./McDowell 5030 W. McDowell Rd., Ste. 16 Phoenix, AZ 85035 Valley Metro bus route: 51, 17 Phone: 602-278-1414

TOWNLEY

19th Ave./Dunlap 8836 N. 23rd Ave., Ste. B-1 Phoenix, AZ 85201 Valley Metro bus route: 90 Phone: 602-944-9810

LIFEWELL OAK

4451 E Oak St. Phoenix, AZ 85008 Valley Metro bus route: 44 Phone: 602-957-2220

SOUTH CENTRAL

16th St./Roeser 1616 E. Roeser Rd. Phoenix, AZ 85040 Valley Metro bus route: 16, 52 Phone: 602-323-3000

WINDSOR

3rd St./Windsor Ave. 2715 N. 3rd St. Phoenix, AZ 85004 Phone: 602-264-4331

CHICANOS POR LA CAUSA Centro Esperanza

Broadway/Extension 310 S. Extension Mesa, AZ 85210 Valley Metro bus route: 45 Phone: 480-615-3800

LA FRONTERA COMUNIDAD

7th Ave./Jefferson 1035 E. Jefferson St., Ste. A Phoenix, AZ 85034 Valley Metro bus route: 1, 12 & Light Rail Station 12th St. and Jefferson Phone: 602-251-0650

CAPITOL CENTER

7th Ave./ Van Buren 1540 W. Van Buren St. Phoenix, AZ 85007 Valley Metro bus route: 3, 15 Phone: 602-252-7330

Support services and providers

PSA ART AWAKENINGS

PSA Art Awakenings offers psycho-social rehabilitation through art studios that allow youth and adults to work toward empowerment and recovery through creativity. Studios statewide, including three in Maricopa County. www.artawakenings.org

1014 N. 2nd St. Phoenix, AZ 85004 602-340-1675

4655 Lakeshore Dr. Tempe, AZ 85282 480-894-1568

2255 W. Northern Ave., Ste. 100 Phoenix, AZ 85021 602-995-1937

LIFEWELL BEHAVIORAL WELLNESS

Rehabilitation Services, Supported Education Services, Employment Services, Respite Services 602-808-2822 www.lifewell.us

262 E. University Dr. Mesa, AZ 85201 602-808-2812

6915 E. Main St. Mesa, AZ 85207 602-808-2811

2505 W. Beryl Ave. Phoenix, AZ 85021 602-808-2813

CRISIS PREPARATION AND RECOVERY (CPR)

Services at both locations include SMI evaluations, hospital-based crisis interventions, Mesa Fire community crisis services and outpatient/skilled nursing facility 480-804-0326 cpr@crisisprepandrecovery.com cpr.mtninet.com

2120 S. McClintock Dr., Ste. 105 Tempe, AZ 85282

FRIENDSHIP COMMUNITY MENTAL HEALTH CENTER (CMHC)

Provides partial hospitalization and has an intensive outpatient program Transportation provided to program 730 E. Highland Ave. Phoenix, AZ 85014 602-241-6656 www.friendshipcmhc.org

MARC COMMUNITY RESOURCES

Educational, therapeutic, rehabilitation and social services to children and adults with developmental and physical disabilities and behavioral health challenges. Adult in-home supports, peer support, day programs, residential, supportive housing, outpatient clinics, and independent living and employment-related services.

924 N. Country Club Dr. Mesa, AZ 85201 480-969-3800 Information and referral line: 480-994-4407 www.marccr.com

EAST VILLAGE

4250 E. Florian Ave., Bldg. 2 Mesa, AZ 85206 480-222-0078

WEST VILLAGE

3532 W. Thomas Rd., Ste. 9 Phoenix, AZ 85019 602-443-3555
