

**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**



**Teen Lifeline**

**602-248-8336\* or  
1-800-248-TEEN**

Teen Peer Counselors available.  
\*Texting service also available at  
this number 3PM-9PM daily and  
12PM-3PM, Mon-Fri



**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.



**520-770-9909**  
8AM to 10PM, 7 Days/Week


**THE TREVOR PROJECT  
LGBTQ CRISIS HOTLINE**

**CALL 1-866-488-7386**

**Text START to  
678678**

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE™**

**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](http://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**



**Veterans  
Crisis Line**

Or text:  
**838255**

**1-800-273-8255 PRESS 1**



**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**



**PIMA COUNTY  
HEALTH DEPARTMENT**

For presentations or more information:  
**Community Mental Health &  
Addiction Program**

**Pima.Gov/MentalHealth  
[CMHA@pima.gov](mailto:CMHA@pima.gov)**