

Community Resources

Information and Referral

(877) 211-8661

or 211

Help!

Need to talk?

Warm Line, Peer Recovery non-emergency support by Hope, Inc. (520) 770-9909 or (844) 733-9912 8 a.m.-10 p.m.—365 days a year!

Recovery is a Journey...

Your checklist for success might include:

- ✓ Different Treatments or combinations of treatments, including medication, therapy, support groups, etc.
- ✓ Notifying your Primary Care Physician that you are receiving behavioral health services (*especially if you are taking medication*).
- ✓ Checking to see if any of your medications might conflict with other medications or natural remedies you are taking, or if those medications should not be used with alcohol or other over-the-counter drugs.



6122 E. 22nd St. • Tucson, AZ 85711 • (520) 622-5582
namisa@namisa.org • Web: namisa.org

Programs are provided at no cost.

EDUCATION PROGRAMS - *Disponible en español.

Family to Family*: An 8-class course for family and friends of adults with mental illness.

Homefront: A six-session educational program for families, caregivers and friends of military service members and vets with mental health conditions.

Peer to Peer*: An 8-class course for people with mental illness focusing on recovery.

Ending the Silence: An early intervention program that engages middle and high school students in mental health education and discussion. Presentations are also available for school professionals, agencies working with children and adolescents, and parents.

In Our Own Voice*: A presentation given by individuals with mental illness sharing their stories about living with mental illness and achieving recovery.

NAMI Basics: A 6-class course for parents and caregivers of children and adolescents diagnosed with mental illness or serious emotional disturbance.

PEER LEADER AND PEER SUPPORT SPECIALIST TRAINING

Upon successful completion of Peer-to Peer participants can apply for Peer Leader and Peer Support Specialist Training and receive a state certification number.

SUPPORT

Family support groups*: Provide the sharing of experiences, knowledge, hope and coping skills for family members and friends with a loved one with mental illness.

NAMI Connection*: A weekly recovery-focused group for adults living with mental illness.

Heart to Heart: A friendship program for people with mental illness. Volunteers are trained and matched with individuals who have mental illness to talk and participate in social activities.

ADVOCACY

Schedule an appointment. Our Advocates are available to act as your second voice and to help you understand your rights whether you are an individual with mental illness or a family member; obtain mental health services and information; work with the public/private mental health and legal systems.

Know NAMI! We help all those impacted by mental illness. Whether you are a person with a mental disorder or a family member, NAMI is here to help!

OTHER IMPORTANT NUMBERS

Recovery/Peer Support Centers

HOPE Inc. (520) 770-1197
Our Place Clubhouse (520) 884-5553

Employment Assistance

Direct Advocacy & Resource Center
1(800) 342-1853 (520) 624-6452
DK Advocates
dkajobs.com (520) 790-7677
Arizona@Work (520) 724-7700
2797 E Ajo Way, Tucson, AZ 85713

Shelter/Temporary Housing

Gospel Rescue Mission (520) 740-1501
Old Pueblo Community Services
helptucson.org (520) 576-2152
Primavera primavera.org
Homelessness Intervention 623-5111
Men's Shelter 623-4300
Women's Program 882-0539
Family Shelter (non-emergency) 882-5383
Salvation Army -men & women 622-5411

LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer and or Questioning, Intersex, and Asexual)

SAAF (520) 628-7223
Anti-violence crisis hotline 1-800-553-9387
Bilingual crisis line (520) 624-0348
PFLAG pflagphoenix.org

Tribal Resources

Pascua Yaqui Behavioral Health
pascuayaqui-nsn.gov (520) 879-6060
Tohono O'odham Behavioral Health
Tonation-nsn.gov (520) 383-6165
Tucson Indian Center (TIC)
Ticenter.org (520) 884-7131

Recovery Support Groups

Depression, Bipolar Support Alliance
dbsatucson.org
Al-anon Family Groups 323-2229
Alcoholics Anonymous.org 624-4183
Cocaine Anonymous
caarizona.org 326-2211
Narcotics Anonymous
natucson.org 881-8381


CRISIS OR EMERGENCY

Crisis related to your mental health, alcohol, or other substance:

Community-Wide Crisis Line
24 hours a day, 7 days a week, including holidays, at (520) 622-6000 or 866-495-6735.

WALK-IN also available at:
Crisis Response Center
2802 E. District St.
(S. of Ajo Way and Country Club)
24 hours a day, 7 days a week.
or Call 911

When calling 911, say that it is a mental health crisis for either yourself, a family member or friend and ask that a Crisis Intervention Trained (CIT) officer be provided.



For more information about publicly-funded behavioral health services in Pima County contact:

Arizona Complete Health
Customer Service 1-866-495-6738

Pocket Guide Compliments of:

NAMI Southern Arizona
6122 E 22nd St
Tucson, AZ 85711
(520) 622-5582
Se habla español

namisa@namisa.org
Website: namisa.org

The National Alliance on Mental Illness (NAMI) is a non-profit 501(c)3 AZ Qualifying Charitable Organization organization providing no-cost advocacy education and support to all those impacted by mental illness.



Pocket Guide

Mental Health & Substance Abuse Services

Pima County, Revised May 2021

Outpatient Mental Health and Substance Use Services

Community Bridges
Detoxification Services
Outpatient (520) 323-1312
Inpatient (520) 617-5500

Marana Health Care (MHC)
Behavioral Health
(Adults & Children)
(520) 682-1091-hold for transfer

Intermountain Centers for Human Development
(Adults, Adolescents, & Children)
(520) 721-1887

Pathways of Arizona
(Children)
(520) 748-7108

Southern AZ Veterans Administration
Substance Use (520) 792-1450 x 6581
Behavioral Health (520) 792-1450 x 4884

What to do in a Mental Health Crisis or Emergency:

Community-Wide Crisis Line

(520) 622-6000 or 1-866-495-6735

24 hours a day, 7 days a week,
365 Days a year

or Call 911

Mobile Acute Crisis (MAC) services may be coordinated through the Crisis Line

When calling 911, say that it is a mental health crisis for either yourself, a family member or friend and ask that a Crisis Intervention Trained (CIT) officer be provided.

CODAC Behavioral Health Services
(Adults)
(520) 327-4505

COPE Community Services
(Adults In-take line)
(520) 205-4732

La Frontera Center
(Adults & Children)
(520) 296-3296
enroll@lafrontera.org

Casa de los Niños
(Children)
(520) 624-5600

El Rio Community Health Center
(520) 670-3909

St. Elizabeth's Health Center
(520) 628-7871

DOMESTIC VIOLENCE

EMERGE
Advocacy/Outreach (520) 881-7201
Crisis Line 795-4266 or 1-888-428-0101
emergecenter.org

SEXUAL ASSAULT

SACASA 327-7273 or 1-800-400-1001
sacasa.org

SUICIDE

Suicide Prevention Lifeline 1-800-273-8255
Suicide grief support group (520) 323-8660
Tucson Survivors of Suicide
empactsos.org (480) 784-1514 x1108

When you encounter roadblocks or need special assistance, use this guide as one of your resources.

Need services? 

MENTAL HEALTH & SUBSTANCE USE

* Most public mental health/substance use services require AHCCS (state public health insurance program).
If you are not on AHCCS, or are not sure if you are eligible-contact Arizona Complete Health at 1-888-788-4408

Other Insurance:
Pima County Enrollment Coalition
www.coveraz.org/connector
1-800-377-3536

Assistance in qualifying for the Health Care Marketplace or AHCCS.
Banner Health Main Campus
(520) 694-0418

Private Insurance: Contact member services to see what is offered.