



[Mental & Physical Health Resources in the Phoenix Area](#)

For access to many more resources in your area, call 211 or visit <https://211arizona.org/> to receive a referral for the service you need.

[Mental/Behavioral Health](#)

- ✓ **Crisis Response Network:** If you or a family member are experiencing a mental health crisis, or need help getting connected to resources call or visit the CRN website.
 - Crisis hotline for immediate behavioral health crises – 602-222-9444
 - Crisis warmline for less urgent behavioral health needs – 602-347-1100
 - <https://cutt.ly/wQv7ug7>
- ✓ **Teen Lifeline:** Teen Lifeline exists to give teens peer-to-peer support from everything to problems at schools to suicidal ideation. Call or text their hotline every day from 3:00-9:00 p.m. for peer-to-peer support or visit their website for more resources.
 - Hotline – 602-248-8336
 - <https://teenlifeline.org/>
- ✓ **Southwest Human Development:** SWD provides a great deal of resources, specifically for parents. Call their Birth to 5 helpline that is available 24/7 or visit their website for more info on how to connect to resources.
 - Birth to Five Helpline – 877-705-KIDS (5437)
 - <https://www.swhd.org/>
- ✓ **NAMI:** The National Alliance on Mental Illness (NAMI) is a nation-wide program dedicated to those with mental illnesses. They have many resources that can help people deal with stress, crisis, diagnoses, and more.
 - For Arizona-specific resources:
 - 480-994-4407
 - <http://www.namiarizona.org/index.html>
 - To see all resources, visit: <https://nami.org/home>
- ✓ **Copa Health:** Copa Health offers integrative programs for mental and physical health, with seven locations across Arizona. Copa Health is recommended by NAMI, the National Alliance on Mental Illness.
 - 480-969-3800
 - <https://copahealth.org/>





Physical Health

- ✓ **St. Mary's Food Bank:** St. Mary's provides groceries and food boxes to families in need. Visit their website or call to find a pickup location.
 - AZ Hunger Hotline – 602-528-3434
 - <https://www.firstfoodbank.org/get-help/>
- ✓ **Benevilla:** Benevilla provides support to elderly caregivers raising their grandchildren, or elderly people who need general assistance such as food and in-home care.
 - 623-584-4999
 - <https://benevilla.org/>
- ✓ **Crews'n Healthmobile:** Phoenix Children's Hospital provides a mobile pediatric unit for children who need healthcare. Check their schedule and see if you qualify using the links below:
 - Qualifications - <https://www.phoenixchildrens.org/crewsn-healthmobile>
 - Schedule - <https://cutt.ly/rQv7H6B>
- ✓ **Circle the City:** Circle the City has several locations and works to provide health services to those who have difficulty paying for them. They also have resources for those experiencing homelessness. Circle the City has four locations.
 - Admin office – 602-776-0776
 - <https://www.circlethecity.org/>
- ✓ **AZ Health Zone:** AZ Health Zone has programs and resources such as free meals for kids 18 and younger, as well as other programs organized by county.
 - <https://www.azhealthzone.org/>
- ✓ **Banner Children's HealthMobile:** The HealthMobile provides free healthcare to anybody under 18 without insurance. Locations and times are on the website. Call the phone number below to make an appointment. Walk-ins are welcome.
 - Phone number – 480-412-6344
 - Website - <https://www.bannerhealth.com/services/pediatrics/programs/community-clinics-healthmobile>

