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## 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.
  - 602 222 9444 - crisis hotline for immediate behavioral health crises
  - 602 347 1100 - crisis warmline for less urgent behavioral health needs
  - <https://www.crisisnetwork.org/>
  
- ✓ *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.
  - 602 248 8336 – hotline
  - <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.
  - 877 705 KIDS (5437) - Birth to 5 helpline
  - <https://www.swhd.org/>
  
- ✓ *NAMI:* The National Alliance on Mental Illness (NAMI) is a nation-wide program dedicated to those with mental illness. 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 and has seven locations in Arizona. Copa Health is recommended by NAMI, the National Alliance on Mental Illness.





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- 480 969 3800
  - <https://copahealth.org/>



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## 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.
  - Call the AZ Hunger Hotline at 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://calendar.google.com/calendar/embed?src=4uovn4edllufopccj8kqv31s4s@group.calendar.google.com&ctz=America/Phoenix&pli=1>
  
- ✓ *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: 623 900 2203
  - <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.
  - Website:  
<https://www.bannerhealth.com/services/pediatrics/programs/community-clinics-healthmobile>
  - Phone number: (480) 412-6344





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