**Maricela Campa**

**Gerente de Programa Bilingüe**

**La Diócesis Católica Romana de Phoenix**

**Ministerio de Salud Mental**

**602-354-2401**

mcampa@dphx.org

[Office of Mental Health Ministry - The Roman Catholic Diocese of Phoenix (dphx.org)](https://dphx.org/mentalhealth/)

Guia De Recursos

ARIZONA

*Esta lista se proporciona solo con fines informativos, para ayudar a las personas a tomar decisiones personales de forma independiente basadas en sus necesidades.*

*La Diócesis de Phoenix no otorga, respalda ni recomienda a ningún proveedor en particular, ni la Diócesis hace ningún juicio sobre la calidad de la atención brindada por ningún proveedor. Las personas deben entrevistar a un proveedor, verificar sus referencias cuidadosamente,*

 *y realizar toda la debida diligencia necesaria antes de buscar atención de cualquier proveedor.*

# En una Emergencia o Crisis

|  |  |  |
| --- | --- | --- |
| **Para asistencia en caso de emergencia** |  | **Línea nacional de prevención de suicidio**  |
| Llamar al **911** |  | **1-800-273-TALK (8255)** *( 1 para veteranos, 2 para Español)* |
| Línea de Crisis llame o mande texto al **988** |  |  |
|  |  |  |

**SUICIDE PREVENTION (Prevención del suicidio)**

**Línea de crisis del centro de Arizona (Local)**

(602) 222-9444

1-800-631-1314

1-800-327-9254 **(TTY)**

**Línea de texto de crisis**

Text HOME to 741741

**Empact Suicide Prevention Center**

Crisis Hotline: (480) 784-1500

Maricopa County: 1 (866) 205-5229

www.[empactsos.org](https://www.azspc.org/)

**Línea de crisis del norte de Arizona**

1-877-756-4090

**Teen Lifeline (Peer Counseling 3pm-9pm daily)**

Call 24/7/365 or Text 12-9pm

(602) 248-TEEN

(1-800) 248-TEEN

**Boys Town National Hotline**

Accredited by the American Association of Suicidology (AAS), Boys Town National Hotline is a 24/7 crisis, resource and referral number for KIDS and PARENTS.

Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day.

The speech- and hearing-impaired can contact us at our email address: hotline@boystown.org

800-448-3000

[www.boystown.org/hotline/Pages/default.aspx](http://www.boystown.org/hotline/Pages/default.aspx)

**HelpMe**

A mobile app powered by STOPit Solutions, aims to improve mental health and suicide prevention efforts in your school community and can provide you with more effective support and resources for the mental health and wellness of your K-12 students. It includes a crisis text line staffed by volunteers, trained by professional crisis intervention professionals.

<https://www.stopitsolutions.com><http://www.suicidepreventionlifeline.org/>

**IM ALIVE**

College students in crisis can chat online with volunteers certified in crisis intervention, and colleges can host on-campus events to raise awareness of mental health and suicide prevention.

<https://www.imalive.org/how-we-help/college-campus/>

**Línea Directa de Crisis de Suicidio**

**MARCAR 988**

24-hour National Suicide Crisis Hotline

Call 1-800-SUICIDE

<https://988lifeline.org/>

**Suicide Prevention Campaign Toolkit**

The American Association of Pediatrics offers factsheets, infographics, videos, and other materials for parents, schools, clinicians, and the community.

<https://www.aap.org/en/news-room/campaigns-and-toolkits/suicide-prevention/>

# VIOLENCIA DOMESTICA, ABUSO, Y RECURSOS DE ABUSO SEXUAL

|  |  |  |
| --- | --- | --- |
| **Línea nacional de ayuda de abuso de menores** |  | **Línea Nacional de Ayuda de Abuso Sexual** |
| 1-800-4-A-CHILD (1-800-422-4453) |  | 1-800-656-HOPE (4673) |
| **La Línea Directa Nacional contra la Violencia Doméstica** |  | **RAINN** (La Línea de Ayuda Nacional Online de Abuso Sexual)www.rainn.org |
| 1-800-799-SAFE (7233)1-800-787-3224 (línea para personas con discapacidad auditiva) |  |  |
| **Coalición de Arizona contra la Violencia Doméstica** Phone (602) 279-2900Toll-free 1 (800) 782-6400AZ Relay Service 711[www.acesdv.org](http://www.acesdv.org) |  |  |
|  |  |  |

***RESOURCES, PROGRAMS AND HOTLINE NUMBERS (Recursos, Programas y Lineas de Ayuda):***

**Servicios de Protección para Adultos**

1-877-767-2385

**AHCCCS (State Health Care)**

(602) 417-4000

[ADHS - Hear Her - Home (azdhs.gov)](https://www.azdhs.gov/prevention/womens-childrens-health/maternal-health/index.php)

Arizona Department of Health Services

Maternal Mental Health

602-542-1025

**Arizona Department of Health Services**

150 North 18th Ave.

Phoenix, AZ 85007

Adult Abuse Hotline: (877) SOS-ADULT (767-2385)

Child Abuse Hotline: (888) SOS-CHILD (767-2445)

Children’s Information Hotline: (800) 232-1676

Phone: (602) 542-1000

Fax: (602) 543-0883

[www.azdhs.gov](http://www.azdhs.gov)

**Arizona Humane Society Project Safe House**

1521 W. Dobbins Road

Phoenix, AZ 85041

Phone: (602) 997-7585 Ext 2156

alternativeplacement@azhumane.org

**Banner Health System 24 Hours**

(602) 254-4357 (HELP)

(800) 254- HELP

**Coconino County**

Catholic Charities -Flagstaff <https://www.catholiccharitiesaz.org/location-directory/northern-arizona/flagstaff-office#programs>

Coconino Community College <https://www.coconino.edu/resources/files/pdfs/student-services/reach/flagstaff-outpatient-counseling.pdf>

Flagstaff VA Clinic <https://www.va.gov/northern-arizona-health-care/locations/flagstaff-va-clinic/>

The Guidance Center of Northern Arizona <https://tgcaz.org/>

Northern Arizona Healthcare (NAH is the hospital in town - Flagstaff Medical Center) <https://www.nahealth.com/behavioral-health-and-psychiatry/>

Northern Arizona University <https://in.nau.edu/campus-health-services/mental-health-resources/>

Native Americans for Community Action (NACA) <https://nacainc.org/behavioral-health/>

Northern Arizona Regional Behavioral Health Authority (NARBHA) <https://narbhainstitute.org/>

National Aliance on Mental Illness - Flagstaff (NAMI) <https://www.namiflagstaff.org/>

North County Healthcare <https://northcountryhealthcare.org/services/behavioral-health/>

Southwest Behavioral Health Service <https://www.sbhservices.org/flagstaff-outpatient>

**Community Resources, Info and Referrals**

(602) 263-8856 o 211

[211arizona.org](https://211arizona.org/)

**Copper Springs Mental Health and Addiction Treatment for Adults**

Copperspringsinfo@spsh.com

<https://coppersprings.com>

10550 W. McDowell Rd

Avondale, AZ 85392

(602) 638-3528

or

3755 S. Rome St.

Gilbert, AZ 85297

(602) 428-8668

**Línea de ayuda para personas mayores**

(602) 264-4357

(888) 264-2258

**Refugios-Violencia Doméstica y Personas sin Hogar**

(602) 263-8900

(800) 799-7739

**Apoyo a las Víctimas de Delitos del Estado de Arizona**

Division of Public Safety

2222 W. Encanto Blvd.

Phoenix, AZ 85009

(602) 223-2000

[www.azdps.gov](http://www.azdps.gov)

**Triple R Warm Line (5pm-10pm)**

**A friendly and understanding ear.**

(602) 347-1100

**Víctimas de agresión sexual o violencia doméstica**

(480) 736-4949

1-866-205-5229

1-800-656-HOPE (4673)

**NACIONAL**

**Brother, You’re on My Mind**

The website offers a free [Tool Kit](https://www.nimhd.nih.gov/docs/byomm_fulltoolkit.pdf), [crisis resources](https://oppf.org/wp-content/uploads/emergency-crisis-resources.pdf) sheet, and other educational materials to promote mental health among African American men.

<https://oppf.org/>

**Cyber Tip line (Internet exploitation)**

1-800-843-5678

**Mental Health America**

Refers callers to local mental health services or support programs.

800-969-NMHA (6642)

<https://www.mhanational.org/>

**My Catholic Doctor**

My Catholic Doctor is a nationwide medical practice that brings a team of faithful medical professionals to patients through**video-based health consultation.**

[www.mycatholicdoctor.com](http://www.mycatholicdoctor.com)

**NAMI HelpLine (National Alliance on Mental Illness)**

Get information and support from NAMI’s Helpline

(10am-10pm ET)

1-800-950-NAMI (6264),

Text "HelpLine" to **62640**

Email: helpline@nami.org

Online chat: [nami.org/help](https://nami.org/help)

<https://nami.org/home>

**Línea Directa Nacional de Violencia Doméstica**

 1 (800) 799-7233

TTD: 1 (800) 787-3224

[**National Parent Hotline**](http://parenthotline.net/):

1-855-427-2736

Provides emotional support for parents and caregivers from a trained advocate

##

**Recursos de tratamiento**

**SUBSTANCE MISUSE AND ADDICTION (*Uso indebido de drogas y adicción)***

**Arizona FullCircle® — (480) 620 7995**

[Recovery Program for Teens and Young Adults in Chandler, AZ - Full Circle Program](https://fullcircleprogram.com/contact-arizona?utm_source=az-gbp-listing&utm_medium=organic)

If you or someone you love is struggling, or you just have questions about a particular matter, we would like to help. Often conventional help, be it advice, therapy, or rehabilitation, while well-intentioned, does not provide a spiritual solution and allows young people to slip through the cracks.

**Axiom Care**

602-835-0660

Axiomcareofaz.com

**Calvary Healing Center**

Begin your journey to physical and spiritual healing from addiction

[Calvary Healing Center | Drug & Alcohol Detox | Phoenix, AZ (calvarycenter.com)](https://calvarycenter.com/)

**Canyon Vista Recovery Center**

Mental Health and Addiction Treatment

860 N. Center Street, Mesa Arizona 85201

888-409-6984

Canyonvista.com

**Catholic in Recovery**

**Hope and Healing for Those Impacted by Addiction**

**[WWW.CATHOLICINRECOVERY.COM](http://www.catholicinrecovery.com)**

**Community Bridges Medical Detox**

(602) 273-9999

**Copper Springs Mental Health and Addiction Treatment for Adults**

Copperspringsinfo@spsh.com

[https://coppersprings.com](https://coppersprings.com/)

10550 W. McDowell Rd

Avondale, AZ 85392

(602) 638-3528

or

3755 S. Rome St.

Gilbert, AZ 85297

(602) 428-8668

**Modern Recovery Network**

480-906-3673

www.modernrecoverynetwork.com

**PAC**

888-211-3653

[**www.pacprogramaz.com**](http://www.pacprogramaz.com)

**Recovery Innovations of Arizona – Urgent Care**

(602) 636-4607

**Sacred Hearts Psychiatry & Addiction Medicine**

Kelli A Lavery-Maurer MSN NP-BC PMHNP

Psychiatric Mental Health Family Nurse Practitioner

(480) 392-1729

Kellipmhnp@sacredheartspsychiatry.com

[www.sacredheartspsychiatry.com](http://www.sacredheartspsychiatry.com/)

**Scottsdale Banner Behavioral Health & Mental Health**

7575 E. Earl Dr. Scottsdale, AZ 85251

(833) 252-5535

**The Meadows**

**Intensive Outpatient Program**

19120 N. Pima Dr. Ste 125

Scottsdale, AZ 85255

## (866) 681-3457

**Virtue Recovery Center**

24/7 Helpline 480-908-9434

Virtuerecoverycenter.com

**Vogue Recovery**

855-910-8332

www.voguerecoverycenter.com

El Consejo Nacional para el Bienestar Mental puede ayudarlo a encontrar un proveedor local de servicios y apoyo de salud conductual. [**TheNationalCouncil.org**](http://www.thenationalcouncil.org/) (haga clic en "Buscar un proveedor")

[**SAMHSA Behavioral Health Treatment Services Locator**](https://findtreatment.samhsa.gov/): Search for treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

SAMSHA (Substance Abuse and Mental Health Services Administration) is also a resource that helps districts design and implement wellness and suicide prevention programs.

<https://www.samhsa.gov/>

La Línea de Ayuda Nacional de SAMHSA proporciona información gratuita las 24 horas del día y asistencia de referencia a centros de tratamiento locales, grupos de apoyo y organizaciones comunitarias.

1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

# RECURSOS PARA MENORES Y JOVENES

|  |  |  |
| --- | --- | --- |
| **National Runaway Safeline**1-800-621-4000 |  | **Departamento de Protección de menores de Arizona**1-888-767-2445[Arizona Department of Child Safety | (az.gov)](https://dcs.az.gov/) |
| [Office of Child and Youth Protection and Safe Environment Training - The Roman Catholic Diocese of Phoenix (dphx.org)](https://dphx.org/youth-protection/)REPORTING LINE:(877) 850-0003 in English(800) 216-1288 en españolReport Online<https://www.lighthouse-services.com/dphx/LHILandingPage.asp> |  | **Child Help USA**1-800-422-4453 |

Arizona FullCircle® — (480) 620 7995

[Recovery Program for Teens and Young Adults in Chandler, AZ - Full Circle Program](https://fullcircleprogram.com/contact-arizona?utm_source=az-gbp-listing&utm_medium=organic)

If you or someone you love is struggling, or you just have questions about a particular matter, we would like to help. Often conventional help, be it advice, therapy, or rehabilitation, while well-intentioned, does not provide a spiritual solution and allows young people to slip through the cracks.

**Crisis Response Network**

1275 W. Washington St. Ste.108

Tempe, AZ 85281

(602) 427-4600

[www.crisisnetwork.org](http://www.crisisnetwork.org)

**Mary Ruth Hackett**

Parenting Blog: Interweaving child development and the Catholic faith

(480) 221-0786

mhackettaz@gmail.com

[Peer-review-parenting.blogspot.com](https://peer-review-parenting.blogspot.com/)

**Maternal Mental Health**

Call or Text 1-833-943-5746 (English and Spanish) – *24/7, Free, Confidential Hotline for Pregnant and New Moms. Interpreter Services are available in 60 languages. (US Only)*

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

1-800-944-4773 #1 En Español or #2 English; Text in English: 800-944-4773; Text en Español: 971-203-7773

**Línea Directa Nacional de Niños Desaparecidos y Explotados**

1-800-THE LOST

[**National Parent Hotline**](http://parenthotline.net/):

1-855-427-2736

Provides emotional support for parents and caregivers from a trained advocate

**STOPit**

Create a 24hr anonymous reporting tipline within your school, workplace or organization by integrating STOP it.

With STOP it you can:

Report concerns

Receive support and resources

Instantly alert, inform and request help from staff or 911

Scan, monitor and filter devices, networks and internet activity for violent, unsafe or harmful behaviors and alert school officials.

Offer and receive training and guidance for threat assessments.

<https://www.stopitsolutions.com/>

**Teen Lifeline (Peer Counseling 3pm-9pm daily)**

Call 24/7/365 or Text 12-9pm

(602) 248-TEEN

(1-800) 248-TEEN

**RECURSOS DE AUTOAYUDA Y GRUPOS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Alcohólicos Anónimos** |  |

|  |  |
| --- | --- |
|  | **Narcóticos Anónimos** |

 |
| [www.aa.org/pages/en\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources) |  | 1-888-GET-HOPE (438-4673) (Hopeline)[www.na.org/meetingsearch](https://www.na.org/meetingsearch/) |
| **Línea Nacional de Violencia Doméstica** |  | **Grupos de Familia Nar-Anon** |
| [www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings) |  | [www.nar-anon.org/find-a-group](https://www.nar-anon.org/find-a-meeting) |
| **Línea Nacional de Violencia Doméstica** |  |  |
| [www.draonline.org](http://www.draonline.org) |  |

**GRUPOS DE APOYO PARA EL DUELO Y LA PÉRDIDA**

**La Comunida Cruzada de Phoenix**

Abrazo Agape-Grupo de apoyo para perdida y duelo

717 E. Southern Ave Phoenix, AZ

602-885-4362

Alliance **of Hope Survivors of Suicide Loss**

Call us at 847-868-3313 or visit

[**https://afsp.org/find-a-support-group/**](https://afsp.org/find-a-support-group/)

**Emmaus Ministry for Grieving parents**

The mission of The Emmaus Ministry for Grieving Parents is to, in the Catholic Franciscan tradition of “All are Welcome,” serve the spiritual needs of grieving parents whose children, of any age, have died by any cause.

Marianne Gouveia

602) 594-8932

(800) 919-9332

<https://www.emfgp.org/>  Marianne@ericshouse.org

[EMPACT Survivors of Suicide | EMPACT Survivors of Suicide (empactsos.org)](http://empactsos.org/)

Sandra McNally, Prevention Manager
EMPACT-SPC
480-784-1514, ext. 1219

**Eric’s House**

Healing after Suicide, Substance or Sudden loss.

A community for help, hope and healing after sudden loss

Marianne Gouveia

1-855-894-5658

info@ericshouse.org

Marianne@ericshouse.org

[www.ericshouse.org](http://www.ericshouse.org/)

**Grief to Grace**

Restore dignity is licensed by Grief to Grace and the Living Scripture Institute to provide Grief to Grace healing retreats in English and Spanish for anyone who has suffered abuse, neglect, or traumatic events.

(480) 215-6762

Phoenix@grieftograce.org

[www.restoredignity.org/grief-to-grace-retreat/](http://www.restoredignity.org/grief-to-grace-retreat/)

**Red Bird Ministries**

Serves ordinary families who have been given an extraordinary cross to carry. An organization that systematically guides individuals and couples through the complexity and trauma that happens with the loss of a child from pregnancy through adulthood.

[www.redbird.love](http://www.redbird.love)

(Catholic)

**Sacred Sorrows**

Sacred Sorrows exists to help grieving mothers, grandmothers, and the people who love them.

[www.sacredsorrows.org](http://www.sacredsorrows.org)

# OTROS RECURSOS

Información y referencias gratuitas y confidenciales, disponibles las 24 horas del día, los 7 días de la semana, para obtener ayuda con alimentos, vivienda, empleo, atención médica, asesoramiento y más - Marque 211

La línea directa HOPE™ para propietarios de viviendas ofrece educación financiera integral gratuita y asesoramiento confidencial para la prevención de ejecuciones hipotecarias las 24 horas del día, los 7 días de la semana. 1-888-995-HOPE (4673)

Legal Advice proporciona información legal, perfiles de abogados y una comunidad para ayudar a las personas a tomar decisiones legales.  [www.findlaw.com](http://www.findlaw.com)