

## Community Resources

### Information and Referral

(877) 211-8661

or 211



### Need to talk?

Warm Line, Peer Recovery non-emergency support by Hope, Inc.

770-9909 or (877) 770-9912

24/7-365 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 - \*Disponibile en español.

**Family to Family\***: A 12-class course for family and friends of adults with mental illness.

**Homefront**: A 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions.

**Peer to Peer\***: A 10-class course for people with mental illness focusing on recovery.

**Ending the Silence**: An early intervention program that engages 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 providing their testimonies.

**NAMI Basics**: A 6-class course for parents and caregivers of children with mental illness.

#### 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.

**NAMI FaithNet**: Supports faith communities who want to develop a mental health ministry or simply educate their clergy, staff, and congregations about mental illness and available community resources.

#### 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. 770-1197

Our Place Clubhouse 884-5553

### Employment Assistance

Direct Center for independence

1(800) 342-1853

DK Advocates  
dkajobs.com 790-7677

Linkages  
linkagesarizona.org 571-8600

Sullivan Jackson 724-2300  
400 E 26th St, Tucson, AZ

### Shelter/Temporary Housing

Gospel Rescue Mission 740-1501  
men & women 623-4300

Primavera primavera.org  
Homelessness Intervention 623-5111

Men's Shelter 623-4300  
Women's Drop in Center 623-5111

Women's Transitional Housing 882-0820  
Family Shelter(non-emergency) 882-5383

Salvation Army -men & women 622-5411

### LGBTQ

(Lesbian, Gay, Bisexual, Transgender, Queer)

SAAF (Ask for Wingspan) 628-7223

Anti-violence crisis hotline 1-800-553-9387

Bilingual crisis line (520) 624-0348

PFLAG pflagtucson.org 360-3795

### Tribal Resources

Pascua Yaqui Behavioral Health 879-6060

### Recovery Support Groups

Tucson Hearing Voices Support Group  
call George Storm 622-5582 x 103

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-call the: **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 Team (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](mailto:namisa@namisa.org)  
Website: [namisa.org](http://namisa.org)

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

**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



**Pocket Guide**

**Mental Health & Substance Abuse Services**

**Pima County, Revised**  
**November 2018**

**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

**Project PEP**  
(Adults & Children)  
(520) 792-5704

**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 Team (CIT) trained officer be provided.

**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](http://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.

**DOMESTIC VIOLENCE**

**EMERGE**  
Advocacy/Outreach (520) 881-7201  
Crisis Line 795-4266 or 1-888-428-0101  
[www.emergecenter.org](http://www.emergecenter.org)

**SEXUAL ASSAULT**  
**SACASA** 327-7273 or 1-800-400-1001  
[www.sacasa.org](http://www.sacasa.org)

**SUICIDE**  
Suicide grief support group (520) 323-8660

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

**Need services?**