

## Paying for mental health care

If you do not have insurance

- Healthcare.gov
- Healthearizonaplus.gov
- Mentalhealthamerica.net
- 2-1-1 Arizona

Watch this video to learn how to apply for medical assistance through Health-e-Arizona



## If you are insured

Contact your insurance provider for behavioral health care. Check options with therapists, psychiatrists, online therapy, treatment centers, nonprofits and community organizations.

## Community health center

Nonprofit Mountain Park Health Center offers primary care and behavioral health services in Tempe. Insurance accepted or sliding scale fees. Get started: 602-243-7277 or mountainparkhealth.org.

## Support groups

- NAMI Valley of the Sun - 602-244-8166 or [namivalleyofthesun.org](http://namivalleyofthesun.org)
- Mental Health America - [mentalhealthamerica.net/find-support-groups](http://mentalhealthamerica.net/find-support-groups)
- Alcoholics Anonymous (AA) meeting locator - [area03.org/AA-Meetings](http://area03.org/AA-Meetings)
- Narcotics Anonymous (NA) - 818-773-9999 or [arizona-na.org](http://arizona-na.org)

## Navigating a mental health crisis

Warning signs aren't always present when a mental health crisis is developing. Common actions that may provide clues include:

- Inability to perform daily tasks
- Rapid mood swings
- Increased agitation
- Abusive behavior
- Isolation
- Losing touch with reality
- Paranoia

## Warning signs of suicide

- Giving away personal possessions
- Talking as if saying goodbye
- Taking steps to tie up loose ends
- Making or changing a will
- Stockpiling pills or obtaining a weapon
- Preoccupation with death
- Sudden cheerfulness or calm
- Dramatic changes in personality, mood or behavior
- Increased drug/alcohol use
- Withdrawal from friends, family and normal activities
- Failed romantic relationship
- Sense of utter hopelessness
- History of suicide attempts by self or family/friends

Learn more: [nami.org](http://nami.org)



The City of Tempe cares about you. We encourage you to use this journey map for yourself or someone you care about.

# Mental Health and Wellness Guide



If you or someone you care about are in crisis, free services are available now.  
Call 988 or 480-350-8004  
24 hours a day / 7 days a week

## Get connected

City of Tempe CARE & HOPE Line

480-350-8004

- Help for yourself • Anyone in crisis
- Unsheltered people • Available 24/7

Tempe Coalition 480-858-2316

Provides education and resources for substance abuse prevention.

## 2-1-1 Arizona

24/7 help with resources such as support groups and substance abuse programs. Call 2-1-1 or visit [211arizona.org](http://211arizona.org).

## 24/7 free helplines

- In case of a life-threatening event or incident  
Call 9-1-1
- 988 Suicide and Crisis Line: Call or text 988
- Veteran Crisis Line:  
Call 988, then press 1 for help
- SAMHSA National Helpline:  
800-662-4357 or TTY 800-487-4889
- Maricopa County Crisis Line:  
800-631-1314 or 602-222-9444
- Solari Crisis Line: 844-534-4673
- Teen Lifeline: Call or text 602-248-8336
- Trevor Lifeline: 866-488-7386 for LGBTQ+ youth in crisis
- SAGE LGBT Elder Hotline:  
877-360-5428 for elders/caretakers
- Trans Lifeline:  
877-565-8860 for transgender crisis support

## Walk-in mental health urgent care

- Connections UPC: 602-416-7600 or [connectionshs.com](http://connectionshs.com)
- MIND24-7: 844-MIND247 or [mind24-7.com](http://mind24-7.com)
- Treatment locator help
- SAMHSA: [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) or [mentalhealth.gov](http://mentalhealth.gov)
- National Drug and Alcohol Referral Routing Service: 800-662-4357, press 2 for Spanish.

## Children and Youth

**Tempe CARE 7 Youth Specialists – 480-350-8004 or [tempe.gov/CARE7](http://tempe.gov/CARE7)**

*City's school-based program assists with students' social and emotional well-being.*

**Tempe Counseling Services – 480-350-5400 or [tempe.gov/counseling](http://tempe.gov/counseling)**

*City's no and low-cost counseling service for all ages.*

**Teen Lifeline – 602-248-8336 or [teenlifeline.org](http://teenlifeline.org)**

*Offering resources and hope for youth.*

**notMYkid – 602-652-0163 or [notmykid.org](http://notmykid.org)**

*Provides an array of evidence-based treatment services for teens (ages 13-17) in person and virtually, with specialties in mental health, trauma and addiction.*

**Raising Special Kids – 602-242-4366 or [raisingspecialkids.org](http://raisingspecialkids.org)**

*Improving the lives of children with the full range of disabilities, from birth to age 26.*

## Persons with Disabilities

**Tempe CARE 7 – 480-350-8004 or [tempe.gov/CARE7](http://tempe.gov/CARE7)**

*Connections to resources such as crisis care, counseling, victim and veteran services and Youth Specialists.*

**Tempe Counseling Services – 480-350-5400 or [tempe.gov/counseling](http://tempe.gov/counseling)**

*City's no and low-cost counseling services for all ages.*

**Tempe ADA/Accessibility – 480-350-8979, Relay Users 7-1-1 or [tempe.gov/ADA](http://tempe.gov/ADA)**

*City's ADA and accessibility office.*

**Terros Health – 602-685-6058 or [terroshealth.org](http://terroshealth.org)**

*Primary Medical, Counseling and Substance treatment.*

**Ability360 – 602-256-2245 or [ability360.org](http://ability360.org)**

*Life transition programs for people with disabilities*

## Older Adults

**Tempe CARE 7 – 480-350-8004 or [tempe.gov/CARE7](http://tempe.gov/CARE7)**

*Connections to resources such as crisis care, counseling, victim and veteran services and Youth Specialists.*

**Tempe Counseling Services – 480-350-5400 or [tempe.gov/counseling](http://tempe.gov/counseling)**

*City's no and low-cost counseling services for all ages.*

**Area Agency on Aging – 602-264-4357 or [www.aaaphx.org](http://www.aaaphx.org)**

*24-hour Senior HELP LINE for connection to services 602-264-Help*



## Sexual and Domestic Violence

**Tempe Family Advocacy Center and Tempe CARE 7 Victim Advocates – 480-350-8004 or [tempe.gov/CARE7](http://tempe.gov/CARE7)**

*Victim advocacy, counseling and trauma healing programs for crime victims.*

**Tempe Counseling Services – 480-350-5400 or [tempe.gov/counseling](http://tempe.gov/counseling)**

*City's no and low-cost counseling services for all ages.*

**A New Leaf – 480-969-6955 or [turnanewleaf.org](http://turnanewleaf.org)**

*Health and wellness services to families, children and adults.*

## Individual and Family Homelessness

**Tempe HOPE homeless outreach – [HOPE@tempe.gov](mailto:HOPE@tempe.gov)**

*City's homeless outreach program connecting those in need to shelter and resources.*

**Tempe CARE 7 – 480-350-8004 or [tempe.gov/CARE7](http://tempe.gov/CARE7)**

*Connections to resources such as crisis care, counseling, victim and veteran services and Youth Specialists.*

**Tempe Counseling Services – 480-350-5400 or [tempe.gov/counseling](http://tempe.gov/counseling)**

*City's no and low-cost counseling service for all ages.*

**Community Bridges, Inc. – 877-931-9142 or [communitybridgesaz.org](http://communitybridgesaz.org)**

*Addiction treatment and behavioral health care.*

**Circle the City – 602-776-0776 or [circlethecity.org](http://circlethecity.org)**

*Primary, prevention and behavioral health care for men, women and children facing homelessness.*

**Child Crisis Arizona – 480-834-9424 or [childcrisisaz.org](http://childcrisisaz.org)**

*Children's counseling, emergency shelter for children and teens, extensive support to foster care and adoption families and kinship foster care.*

## Lower and middle income

*([healthearizonaplus.gov](http://healthearizonaplus.gov) for insurance assistance)*

**Tempe CARE 7 – 480-350-8004 or [tempe.gov/CARE7](http://tempe.gov/CARE7)**

*Connections to resources such as crisis care, counseling, victim and veteran services and Youth Specialists.*

**Tempe Counseling Services – 480-350-5400 or [tempe.gov/counseling](http://tempe.gov/counseling)**

*City's no and low-cost counseling service for all ages.*

**La Frontera Empact Main 480-784-1514, crisis 480-784-1500 or [lafronteraaz-empact.org](http://lafronteraaz-empact.org)**

*Resources and expertise to address issues of behavioral health, housing, family and children's services, employment, crisis intervention and community and cultural education.*

**Mountain Park Health Center 602-243-7277 or [mountainparkhealth.org](http://mountainparkhealth.org)**

*Care for the whole family including behavioral health consultation.*

**Reach out for support!**

Faith-based and other community organizations play a significant role in the mental health and well-being of communities. Trusted and supportive relationships, such as family, long-term friendships and connections to clergy, religious and other support groups, are all ways to find access to the help you are seeking.



## City of Tempe Resources

Tempe provides a wide range of services to youth, families and older adults. Services are confidential and provided at no or low-cost.

**CARE 7** provides comprehensive services, referrals and support to address needs from the point of crisis through healing and recovery. All services are free of charge.

- Crisis response
- Victim and veteran services
- Emergency shelter
- Youth specialists
- Family Advocacy Center

Get started: 480-350-8004 or [tempe.gov/CARE7](http://tempe.gov/CARE7)

## Counseling Services

The city offers quality, low-cost counseling services and support groups for all ages. Fees are based on a sliding scale.

- Virtual and in-person counseling with licensed clinicians
- Support groups
- Services open to residents, students at Tempe schools and participants in city programs

Get started: 480-350-5400 or [tempe.gov/counseling](http://tempe.gov/counseling).