



Arizona Community Resource Guide

Connecting members to services close to home

United
Healthcare
Community Plan



UnitedHealthcare® Community Plan is committed to helping our community live healthier lives. That's why we've made this Community Resource Guide. It lists community organizations across Arizona, as well as resources in your area.

Important information for providers

UnitedHealthcare Community Plan promotes your use of the AZ Closed Loop Referral System (CLRS), also known as CommunityCares. This guide shows many resources that are available in the community. But we still urge you to refer members through CommunityCares. That will help connect members with Community Based Organizations (CBOs) that can address social determinants of health (SDOH).

Important information for members

This community guide is provided to you at no cost. Just call Member Services, and we'll mail a copy to your home.

Important UnitedHealthcare Community Plan numbers

Member Services

For help to find a doctor, make an appointment or questions about your plan benefits.

1-800-293-3740, TTY 711

24-Hour NurseLine

Speak to a registered nurse anytime 24/7. Get answers to any health-related question or concern.

1-877-440-0255

Office of Individual and Family Affairs (OIFA)

Helps members, parent(s) or guardian(s) find resources for physical, behavioral health and social needs.

Call Member Services at 1-800-293-3740, TTY 711 and ask to speak with OIFA.

Email: advocate.oifa@uhc.com

Crisis Services

Mobile crisis intervention and facility-based stabilization services. Open to all Arizonans with or without Medicaid or health insurance.

Crisis hotlines by county

Arizona Statewide Crisis Hotline:

1-844-534-HOPE (1-844-534-4673)

Maricopa County:

1-602-222-9444 or 1-800-631-1314

Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties:

1-866-495-6735

Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties:

1-877-756-4090

Gila River and Ak-Chin Indian Communities:

1-800-259-3449

Salt River Pima Maricopa Indian Community:

1-855-331-6432

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Behavioral health

AHCCCS

Arizona has 4 Access Point locations that provide opioid treatment services 24/7.

CODAC Health, Recovery and Wellness

380 E. Ft. Lowell Rd., Tucson, AZ 85705
1-520-202-1786

Community Bridges, East Valley Addiction Recovery Center

560 S. Bellview, Mesa, AZ 85204
1-480-461-1711

Community Medical Services

2806 W. Cactus Rd., Phoenix, AZ 85029
1-602-607-7000

Intensive Treatment Systems, West Clinic

4136 N. 75th Ave. #116, Phoenix, AZ 85033
1-623-247-1234

National Suicide and Crisis Hotline

Call or Text 988
988lifeline.org

Co-Dependents Anonymous

A fellowship of men and women with a common purpose to develop healthy relationships.

1-602-277-7991

Toll-free: 1-888-444-2359

Spanish toll-free: 1-888-444-2379

coda.org

Crisis lines

24/7 help with mental or emotional issues.

Northern Arizona

1-877-756-4090, TTY 711

Central Arizona

1-800-631-1314, TTY 711

Southern Arizona

1-866-495-6735, TTY 711

Depression and Bipolar Support Alliance

1-800-826-3632

dballiance.org

Family Involvement Center (FIC) Warm Line

No-cost guidance and resources to help deal with job loss, heightened anxiety, and much more.

1-877-568-8468

8 a.m.–6 p.m., Mon.–Fri.

8 a.m.–Noon, Sat. and Sun.

Phoenix Office

5333 N 7th St., Ste. A-100, Phoenix, AZ 85014
1-602-412-4095

Prescott Valley Office

8766 E State Rte. 69, Ste. G
Prescott Valley, AZ 86314
1-928-379-5077

Flagstaff Office

5200 E Cortland Blvd. Ste. A16
Flagstaff, AZ 86004
1-928-440-6180

Tucson Office

2580 E 22nd St., Tucson, AZ 85713
1-602-412-4102

MentalHealth.gov

mentalhealth.gov

Mental Health America

Dedicated to helping those living with mental illness, and promoting the mental health of all.

Toll-free: 1-800-969-6642

1-703-684-7722

mentalhealthamerica.net

Mentally Ill Kids In Distress (MIKID)

Takes a family-centered approach to serve the behavioral health and wellness needs of children and youth.

Phoenix Corporate Office

7816 N. 19th Ave., Phoenix, AZ 85021
1-602-253-1240

Casa Grande Office

901 E. Cottonwood Ln., Casa Grande, AZ 85122
1-520-509-6669

Yuma Office

2891 S. Pacific Ave., Yuma, AZ 85365
1-928-344-1983

Tucson Office

925 East Bilby Rd., Tucson, AZ 85706
1-520-882-0142

Nogales Office

1777 N. Frank Reed Rd., Nogales, AZ 85621
1-520-377-2122

Kingman Office

2615 E. Beverly Ave., Kingman, AZ 86409
1-928-753-4354

Bullhead City Office

810 Gemstone #3, Bullhead City, AZ 86442
1-928-704-9111

Sierra Vista

1939 Frontage Rd., Ste. C
Sierra Vista, AZ 85635
1-602-253-1240

mikid.org

PTSD Alliance

An association to help those with post-traumatic stress disorder.

1-888-436-6306
ptsdalliance.org

National Alliance on Mental Illness (NAMI)

If you or someone you know needs help.

1-800-950-NAMI (1-800-950-6264)
10 a.m.–10 p.m. ET, Mon.–Fri.
nami.org

National Center for PTSD-VA

For excellence on PTSD and traumatic stress. Serves the general public as well as veterans.

1-800-273-8255
ptsd.va.gov

National Institute of Mental Health

The lead federal agency for research on mental disorders.

Toll-free: 1-866-615-6464

TTY: 1-301-443-8431

TTY toll-free: 1-866-415-8051

nimh.nih.gov

National Maternal Mental Health Hotline

24/7, free, confidential hotline for pregnant and new moms in English and Spanish.

Call or text 1-833-TLC-MAMA (1-833-852-6262)

mchb.hrsa.gov/national-maternal-mental-healthhotline

Substance Abuse and Mental Health Services Administration (SAMHSA)

Find treatment programs for mental and substance use disorders.

1-800-662-HELP (1-800-662-4357)

TTY: 1-800-487-4889

samhsa.gov

Warm Line

A confidential telephone service. Staffed by people who have dealt with their own behavioral health challenges. Offers support and compassion for callers who just need someone to talk with.

Available statewide at no cost.

Central Arizona**Crisis Response Network**

1-602-347-1100

10 a.m.–10 p.m., 7 days a week

Northern Arizona**NAZCARE**

1-888-404-5530

4 p.m.–10:30 p.m., Mon.–Thurs.

3 p.m.–10:30 p.m., Fri.–Sun.

Southern Arizona**HOPE, Inc.**

Pima County: 1-520-770-9909

All other Southern AZ counties: 1-844-733-9912

8 a.m.–10 p.m., 7 days a week

Caregiver support

Duet Partners in Health & Aging

10000 N. 31st Ave, Ste. D200, Phoenix, AZ 85051

Offering compassionate services to family caregivers and aging adults, at no charge.

1-602-274-5022

duetaz.org

Children and adolescents

Positive youth development programs:

4-H

4-h.org

Big Brothers Big Sisters/Big Mentors

1-602-264-9254

bbbsaz.org

Birth to Five Helpline

1-877-705-KIDS (5437)

Boy Scouts of America

1-602-955-7747

scouting.org

Girl Scouts of America

1-800-352-6133

Southern Arizona: 1-800-331-6782

girlscouts.org

Programs to help stop bullying:

Cyber Bullying

cyberbullying.org

National Gang Center

1-850-385-0600

nationalgangcenter.gov

Stop Bullying

stopbullying.gov

Domestic violence

24-Hour Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

TTY: 1-800-787-3224

Text "START" to 88788

thehotline.org

AZ Coalition to End Sexual and Domestic Violence

Local hotline: 1-602-279-2900

Toll-free: 1-800-782-6400

AZ Relay Service 7-1-1, TTY: 1-800-787-3224

acesdv.org

Arizona Department of Economic Security

Mobile and community-based services for legal, emergency shelter and housing.

des.az.gov/services/basic-needs/shelter-housing/domestic-violence-services

Catholic Community Services of Southern Arizona

140 W. Speedway Blvd., Ste. 230, Tucson, AZ 85705

1-520-623-0344

ccs-soaz.org

Chicanos Por La Causa De Colores

Domestic violence shelter for Spanish-speaking survivors and their children.

24-hour hotline: 1-602-269-1515

cplcdecolores.org

Florence Immigrant & Refugee Rights Project

Offers free legal and social services. For adults and unaccompanied children who are in immigration custody in Arizona.

Tucson: 1-520-777-5600

Phoenix: 1-602-307-1008

Florence: 1-520-868-0191

firrp.org

Immigrant Hope

1818 E. Southern Avenue, Ste. 4A, Mesa, AZ 85204

For immigration legal advice and representation.

Serves the low-income immigrant community in Mesa and the Phoenix Metro Area.

1-480-524-8131

Email: mesa@immigranthope.org

Maricopa County Shelter Line

1-480-890-3039

RAINN (Rape, Abuse & Incest National Network)

24/7 Hotline: 1-800-656-HOPE (1-800-656-4673)

Online chat: online.rainn.org

rainn.org

STAND! For Families Free of Violence

1-888-215-5555

standffov.org

Women's Shelters Directory

womenshelters.org

Eating disorders

Alliance for Eating Disorders Awareness

1-866-662-1235

allianceforeatingdisorders.com

National Eating Disorders Association

Toll-free information and referral helpline:

1-800-931-2237

11 a.m.–9 p.m. ET, Mon.–Thurs.

11 a.m.–5 p.m. ET, Fri.

Helpline chat hours: 9 a.m.–9 p.m. ET, Mon.–Thurs.

9 a.m.–5 p.m. ET, Fri.

Helpline text hours are 3 p.m.–6 p.m. ET, Mon.–Thurs.

1 p.m.–5 p.m. ET, Fri.

For 24/7 crisis support, text "NEDA" to 741741.

nationaleatingdisorders.org

Education

Arizona Early Intervention Program (AZEIP)

1789 West Jefferson St., Mail Drop 2HP1

Phoenix, AZ 85007

Helps children, adults and families be safe and economically secure.

1-602-532-9960

des.az.gov

Children and Adults with ADD (CHADD)

1-866-200-8098, Mon.–Fri. 1 p.m.–5 p.m. ET

chadd.org

Child Crisis Arizona

817 N. Country Club Dr., Mesa, AZ 85201

Helps children overcome social and racial issues and break the cycle of poverty.

1-480-834-9424

childcrisisaz.org

Phoenix Office and Preschool

2334 E. Polk St., Phoenix, AZ 85006

1-602-273-7363

Raising Arizona Kids

15508 W. Bell Rd., 101-123, Surprise, AZ 85374

1-480-991-KIDS (1-480-991-5437)

raisingarizonakids.com

Head Start programs promote school readiness.

For infants, toddlers and preschool-aged children:

Arizona Head Start Association

P.O. Box 45483, Phoenix, AZ 85064

1-602-338-0449

Email: azheadstart@azheadstart.org

azheadstart.org

Catholic Charities Westside Head Start

Call your closest area office for more information.

Avondale, Buckeye, Goodyear, Tonopah:

1-602-287-6199

Glendale:

1-623-934-3657

**South Avondale/Cashion, Tolleson, Peoria,
Surprise/El Mirage:**

1-623-932-3517

Home-based services:

1-602-568-2401

catholiccharitiesaz.org

City of Phoenix Head Start Program

200 W. Washington St., 17th Floor

Phoenix, AZ 85003

1-602-262-4040

phoenix.gov/humanservices/programs/head-start

Financial assistance

Arizona Department of Economic Security

Apply for cash assistance with Temporary Assistance for Needy Families (TANF)

des.az.gov/services/child-and-family/cash-assistance

Catholic Social Service of Yavapai County

1-928-778-2531

City of Phoenix Human Resources Department

1-602-495-5700

Coconino County Community Services

1-928-522-7979

Community Action Human Resources Agency (CAHRA)

Pinal County: 1-520-466-1112

Toll-free: 1-877-472-2472

Gila County Community Action Program

1-928-425-3231

Northern Arizona Council of Governments (NACOG)

Serving Apache, Coconino, Navajo and Yavapai

1-928-774-1895

Southeastern Arizona Human Resources Council

Cochise: 1-520-432-5841

Graham and Greenlee: 1-928-428-4653

Santa Cruz: 1-520-287-5066

Tucson Urban League

1-520-486-1534

Western Arizona Council of Governments

La Paz: 1-928-669-9496

Yuma: 1-928-782-1886

Mohave: 1-928-753-6247

Food

Arizona Food Bank Network

Made up of 5 regional food banks and nearly 1,000 food pantries working together.

1-602-528-3434

Email: info@foodbanks.org

azfoodbanks.org

Community Food Bank of Southern Arizona

3003 S. Country Club Rd., Tucson, AZ 85713

Provides emergency food boxes.

1-520-622-0525

communityfoodbank.org

Feeding America

1-800-771-2303

feedingamerica.org

Flagstaff Family Food Center

Provides emergency food support for the Flagstaff community.

1-928-526-2211

hotfood.org

Manzanita Outreach – Yavapai Only
3605 Zalesky Rd., Cottonwood, AZ 86326
Food bank and senior food delivery program.
1-928-649-5772
manzanitaoutreach.org

Nourish PHX
501 S. 9th Ave., Phoenix, AZ 85007
Helps with food and other basic needs like clothing, shoes and toiletries.
1-602-254-7450
nourishphx.org

St. Mary’s Food Bank
2831 N. 31st Ave., Phoenix, AZ 85009
Helps feed hungry families across Phoenix and 9 Arizona counties.
1-602-242-FOOD (1-602-242-3663)
firstfoodbank.org

Supplemental Nutrition Assistance Program (SNAP)
1-800-221-5689
fns.usda.gov/snap/supplemental-nutrition-assistance-program

General community resources

2-1-1 Arizona
A hotline and web-based directory to help connect people with critical services in their community.
Dial 2-1-1
211arizona.org

Alzheimer’s Association | Alzheimer’s Disease & Dementia Help
24/7 Helpline: 1-800-272-3900

Area Agency on Aging by county
Maricopa County:
1-602-264-2255
Helpline: 1-602-264-4357
aaaphx.org

Pima County:
1-520-790-0504
Helpline: 1-520-790-7262
pcoa.org

Yavapai, Coconino, Navajo, Apache Counties:
1-877-521-3500
nacog.org

Mohave County:
1-928-753-6247

Las Paz and Yuma Counties:
1-928-782-1886
wacog.com

Pinal and Gila Counties:
1-800-293-9393 or 1-520-836-2758
pgcsc.org

Cochise, Graham, Greenlee, Santa Cruz Counties:
1-520-432-2528
seago.org

Navajo Nation:
1-928-871-6869
ndoh.navajo-nsn.gov

Inter-Tribal Council of Arizona
1-602-258-4822
itcaonline.com

AZDHS Birth To Five Helpline
A free service open to all Arizona families with young children looking for the latest child development information from experts in the field.
1-877-705-KIDS (5437)
Monday–Friday from 8 a.m.–8 p.m.

AZDHS 24-hour Breastfeeding Hotline
For breastfeeding questions
1-800-833-4642

Chicanos Por La Causa
1112 E. Buckeye Rd., Phoenix, AZ 85034
Helps individuals and families get access to health care, housing, education, work and more.
1-602-257-0700
cplc.org

City of Phoenix Family Services Centers

John F. Long Family Services Center

3454 N. 51st Ave., Phoenix, AZ 85031
1-602-534-AIDE (1-602-534-2433)

Sunnyslope Family Services Center

914 W. Hatcher Rd., Phoenix, AZ 85021
1-602-534-AIDE (1-602-534-2433)

Travis L. Williams Family Services Center

4732 S. Central Ave., Phoenix, AZ 85040
1-602-534-AIDE (1-602-534-2433)

Disability Benefits 101

1-866-304-9675
az.db101.org

Optum Community Centers

Phoenix

1125 E. Glendale Ave., Phoenix, AZ 85020
1-888-618-9996

Chandler

985 W. Chandler Heights Rd., Ste. 12
Chandler, AZ 85248
1-888-547-7691

Deer Valley

20414 N. 27th Ave., Phoenix, AZ 85027
1-623-707-2895

East Mesa

6005 E. Southern Ave., Mesa, AZ 85206
1-866-458-9012

Goodyear

1981 N. Pebble Creek Parkway Ste. 8
Goodyear, AZ 85395
1-888-203-8310

Surprise

15800 N. Litchfield Rd., Ste.105,
Surprise, AZ 85374
1-855-539-0484

Tucson

4780 E. Grant Rd., Tucson, AZ 85712
1-877-549-8813

[optum.com/care/locations/arizona/optum-arizona/
community-centers](http://optum.com/care/locations/arizona/optum-arizona/community-centers)

Peer & Family Referral Center

Serves people who are recovering from a serious mental illness (SMI). Connects them with other services beyond what's provided at their clinics.
1-602-248-0368
referralhelp.org

Public Libraries

Access to computers, Wi-Fi and more. Some libraries require a library card to use the computers. Use this directory to find a library near you.
azlibrary.gov

Senior Help Line

24/7: 1-602-264-4357

Grief, loss and funeral support

American Foundation for Suicide Prevention

1-800-273-8255
afsp.org

Carson's Village

Assists families in navigating through tasks that must be completed when a loved one passes.
carsonsvillage.org/contact-us/

The Compassionate Friends

Support after the loss of a child, any age, any cause.
1-877-969-0010
compassionatefriends.org

Grief Recovery After a Substance Passing (GRASP)

Support for those who have lost someone to substance use or addiction.
1-302-492-7717
grasphelp.org

Grief SHARE

You don't have to go through the grieving process alone.
1-800-395-5755
griefshare.org

Parents of Murdered Children

For the families and friends of those who have died by violence.

1-513-721-5683

pomc.com

The Pet Loss Support Page

pet-loss.net

The TEARS Foundation

Helps ease the financial burden for families who have lost a baby. Provides funds to help with the cost of burial or cremation.

1-253-200-0944

thetearsfoundation.org

Health, wellness and dental

Arizona Department of Health Services

Breastfeeding Hotline

Get answers from a breastfeeding expert 24/7.

1-800-833-4642

gobreastmilk.org

AZ Links

Offers help and information on aging and disability.

azdaars.getcare.com/consumer

Boys & Girls Clubs – Bob & Renee Parsons Children’s Dental Clinic

1601 W. Sherman St., Phoenix, AZ 85007-3303

Serves children aged 5-18 who lack dental insurance and do not qualify for state assistance.

1-602-353-5435

bgcaz.org/parsons-dental-clinic

Health-e-Arizona PLUS

Arizona residents can apply online for medical coverage, nutrition assistance and cash assistance.

1-855-HEA-PLUS (1-855-432-7587)

healthearizonaplus.gov

Human Services Campus Free Dental Clinic

204 S. 12th Ave., Phoenix, AZ 85007

1-602-362-0744

freedentalcare.us/li/human-services-campus-free-dental-clinic

Office for Children and Youth with Special Health Care Needs

Get information on programs for car seats, child care, breastfeeding and more.

CYSHCN Helpline: 1-602-542-1860

azdhs.gov/prevention/womens-childrens-health/ocshcn/index.php#contact

Reduced Fee and Community Dental Clinics

View the list of community dental clinics in Arizona.

<https://www.azdhs.gov/documents/prevention/womens-childrens-health/oral-health/reduced-fee-dental-clinics.pdf>

St. Vincent De Paul Free Dental Clinic Phoenix

420 W. Watkins Rd., Phoenix, AZ 85002

1-602-261-6868

freedentalcare.us/li/az_85003_st-vincent-de-paul-free-dental-clinic-phoenix

WIC Arizona

Serves women, infants and children (WIC).

1-800-252-5942

azdhs.gov/prevention/azwic

Housing

A New Leaf

868 E. University Dr., Mesa, AZ 85203

Support for families and individuals facing difficult challenges.

1-480-969-4024

turnanewleaf.org

Central Arizona Shelter Services (CASS)

206 S. 12th Ave., Phoenix, AZ 85007

Operates adult and family shelters 24/7, 365 days of the year.

cassaz.org

Child Crisis Arizona

An emergency shelter for children up to age 10 who've experienced abuse or neglect.

Whiteman's Safe Haven for Children

604 W. 9th St., Mesa, AZ 85201

1-480-969-2308

childcrisisaz.org

Community Information and Referral

1-602-263-8900

1-800-799-7739

Coordinated Entry

Anyone who is homeless or at risk of homelessness should go to the Coordinated Entry system in their community. Visit the websites below to learn more about services available in each region.

Arizona Balance of State CoC

The Arizona Department of Housing is the lead agency for the Continuum of Care for the 13 non-metro counties in the state.

housing.az.gov/general-public/homeless-assistance

Phoenix/Mesa/Maricopa County Regional CoC

Supports more than 40 homeless assistance programs in 13 different agencies.

maricopahousing.org/wp-content/uploads/2021/07/Coordinated-Entry-Points-Handout.pdf

Tucson/Pima County CoC

A group made up of community and faith-based organizations, government, businesses and individuals. All working together to end homelessness.

tpch.net

Homeward Bound

2302 W. Colter St., Phoenix, AZ 85015

Creates pathways out of poverty for homeless families in the Valley.

1-602-263-7654

homewardboundaz.org

HUD Resource Locator

Search for subsidized apartments, public housing authorities, emergency rental assistance and more. resources.hud.gov

Salvation Army Family Services

2707 E. Van Buren St., Phoenix, AZ 85008

1-602-267-4100

salvationarmyphoenix.org

ShelterList.com

Search online for local homeless resources in your area.

shelterlist.com

UMOM New Day Centers

3333 E. Van Buren St., Phoenix, AZ 85008

Provides shelter, housing and services for people experiencing homelessness.

1-602-275-7852

umom.org

Jobs and training

Arizona Department of Economic Security

For job seekers:

des.az.gov/services/employment/job-seekers

GED Information and Testing

Study, practice and take the GED test online.

1-877-EXAM-GED (1-877-392-6433)

gedtestingservice.com

Goodwill

1-800-Goodwill (1-800-466-3945)

goodwill.org

Unemployment Insurance Benefits:

<https://des.az.gov/services/employment/unemployment-individual>

LGBTQ+

one•n•ten

1101 N. Central Ave #202, Phoenix, AZ 85004
Serves LGBTQ youth and young adults ages 11-24. Programs promote self-expression, self-acceptance, leadership development and healthy life choices.
1-602-400-2601, ext. 2
onenten.org

Phoenix Pride

Promotes unity, visibility and self-esteem through community activities and services.
1-602-27-PRIDE (1-602-277-7433)
phoenixpride.org

PFLAG

Provides support for parents and friends of lesbians and gays.
1-202-467-8180
pflag.org

Trans Lifeline

All operators are transgender.
1-877-565-8860
translifeline.org

The Trevor Project

Specializes in gay and lesbian youth suicide prevention.
1-866-488-7386
thetrevorproject.org

Special needs

Resources to help those with developmental and intellectual challenges (I/DD).

The ARC

1-800-433-5255
thearc.org

Autism Society of America

1-800-3AUTISM (1-800-328-8476)
autism-society.org

Autism Speaks

1-888-288-4762
En Español: 1-888-772-9050
autismspeaks.org

Federal Disability Resource Guide

disability.gov

Goodwill

1-800-GOODWILL (1-800-466-3945)
goodwill.org

Southwest Autism Research & Resource Center

1-602-340-8717
autismcenter.org

Special Needs Directory

This resource is also helpful for finding adaptive equipment and special needs products.
1-877-664-4565
especialneeds.com

Special Olympics

1-800-700-8585
specialolympics.org

United Cerebral Palsy Association

1-800-872-5827
ucp.org

Stop smoking

AshLine

Arizona Tobacco Cessation.
24/7 Helpline: 1-800-55-66-222

Tobacco Free Arizona

Making sure Arizonans know help is here if they want to quit tobacco. And helping to stop kids from ever starting.
azdhs.gov/prevention/tobacco-chronic-disease/tobacco-free-az/index.php

Quit for Life

1-866-784-8454 TTY 711
quitnow.net

Substance abuse

Adult Children of Alcoholics

1-310-534-1815

adultchildren.org

Al-Anon/Alateen

Al-Anon is a support group for people who are worried about someone with a drinking problem. Alateen is similar, but for teens.

1-888-425-2666

al-anon.org

Alcoholics Anonymous (AA)

1-800-839-1686

alcoholicsanonymous.com/aa-meetings/arizona

AHCCCS

Arizona has 4 Access Point locations that provide opioid treatment services 24/7.

CODAC Health, Recovery and Wellness

380 E. Ft. Lowell Rd., Tucson, AZ 85705

1-520-202-1786

Community Bridges, East Valley Addiction Recovery Center

560 S. Bellview, Mesa, AZ 85204

1-877-931-9142

Community Medical Services

2806 W. Cactus Rd., Phoenix, AZ 85029

1-602-607-4725

Intensive Treatment Systems

24/7: 1-855-245-6350

Connections Health Solutions

For resources that provide personalized treatment 24/7 for people with urgent mental health needs.

Phoenix: 1-602-416-7600

Tucson: 1-520-301-2400

Families Anonymous

1-800-736-9805

familiesanonymous.org

Hushabye Nursery

3003 E. McDowell Rd., Phoenix, AZ 85008

1-800-628-7500

hushabyenursery.org

Intensive Treatment Systems, West Clinic

4136 N. 75th Ave. #116, Phoenix, AZ 85033

1-623-247-1234

itsofaz.com

Marijuana Anonymous

1-800-766-6779

marijuana-anonymous.org

Narcotics Anonymous (NA)

1-800-407-7195

narcotics.com/na-meetings/arizona/

Substance Abuse and Mental Health Services Administration (SAMHSA) Alcohol/Drug Abuse

1-877-SAMHSA-7 (1-877-726-4727)

samhsa.gov

Substance Use Disorders Helpline

1-855-780-5966

Suicide

AZ Suicide Prevention Coalition

Helping reduce suicidal acts in Arizona.

1-480-784-1500

1-866-205-5229

azspc.org

Crisis Text Line

Text HOME to 741741 to connect with a crisis counselor.

crisistextline.org

EMPACT

1-800-273-8255

lafrontera-empact.org/

National Suicide Prevention Lifeline

Online chat is also available.

1-800-273-TALK (1-800-273-8255)

suicidepreventionlifeline.org

Suicide Prevention Resource Center

1-877-GET-SPRC (1-877-438-7772)

sprc.org

Teen Lifeline

1-602-248-TEEN (1-602-248-8336) or
1-800-248-TEEN (1-800-248-8336)
teenlifeline.org

Yellow Ribbon Suicide Prevention Program

1-800-273-TALK (1-800-273-8255)
Text HELP to 741741
yellowribbon.org

Technology assistance

ATAZ (Assistive Technology Arizona)

3100 E. Roosevelt St., Phoenix, AZ 85008
AT AZ is a project to support Disability Awareness and related Assistive Technology as a tool to support employment for persons with disabilities.
1-602-273-7411
atarizona.com

AZ TAP (Arizona Technology Access Program)

2400 N. Central Ave., Ste. 300 Phoenix, AZ 85004
The Arizona Technology Access Program or AzTAP is Arizona's Assistive Technology resource program.
www.aztap.org

Televeda

1 N. 1st St., #603 Phoenix, AZ 85004
Education on technology use and how to use/set up technology. Offer live programs for Yoga, Strength training, Meditation, Support Groups.
1-833-299-1449
Televeda.com

Transportation

Most area agencies provide some type of transportation for people 60 and older.

AHCCCS – Non-Emergency Medical Transportation (NEMT)

For Medicaid members who do not have their own transportation.

UnitedHealthcare Community Plan

Call Member Services at 1-800-348-4058 or transportation directly at 1-888-700-6822 or 1-602-889-1777.
uhccp.com/AZ

Arizona Department of Economic Security

Community resources to help with transportation needs.
1-602-549-0419
<https://des.az.gov/services/disabilities/developmental-disabilities/community-resources/transportation>

Disability.gov – Guide to Transportation

dol.gov/agencies/odep/program-areas/employment-supports/transportation

Eldercare Locator

1-800-677-1116
eldercare.acl.gov

National Aging and Disability Transportation Center

1-866-983-3222
nadtc.org

National Transit Hotline

Provides the names of local transit providers that serve the elderly and people with disabilities.
1-800-527-8279

Valley Metro

Provides service and transportation options for all citizens.
1-602-253-5000
valleymetro.org

Veterans

AMVETS

1-877-726-8387

amvets.org

The Arizona Department of Veterans' Services (ADVS)

Provides help directly to veterans and their dependents throughout the state. Services include processing VA compensation and pension applications, appeals, filing for survivor benefits, getting service records and more.

1-602-255-3373

dvs.az.gov

Be Connected

Connect with hundreds of statewide organizations that serve the military, veterans and their families.

1-866-4AZ-VETS (1-866-429-8387)

beconnectedaz.org

Department of Defense Safe Line

1-877-995-5247

safehelpline.org

VA Caregiver Support Line

1-855-260-3274

VA Vet Centers

Community-based counseling centers to make a successful transition from military to civilian life or after a traumatic event.

vetcenter.va.gov

Veterans Administration

Benefits: 1-800-827-1000

Health Care: 1-877-222-VETS (1-877-222-8387)

MyVA411: 1-800-698-2411, TTY 711

VA Inspector General: 1-800-488-8244

Veterans Crisis Line: 1-800-273-8255 Press 1

24-Hour Talk/Crisis Line: 1-877-WAR VETS

va.va.gov

VA Benefits

To find out about transition, disability and compensation, home loans, pensions and more.

MyVA411: 1-800-698-2411, TTY 711

benefits.va.gov/benefits

Veterans Rally Point

veteransrallypoint.com

Homeless resources

Catholic Charities

MANA (Marines, Army, Navy, Airforce) House

1-602-254-6785

manahouseaz.org

Community Bridges

For help with finding housing, alcohol or drug treatment, health care, job training and more.

1-877-931-9142

communitybridgesaz.org

Community Resource & Referral Centers (CRRCs)

For help with housing, health and mental health care, accessing VA and non-VA benefits and more.

1-602-248-6040

va.gov/HOMELESS/CRRC.asp

Wounded Warrior Project

1-877-TEAM-WWP (1-877-832-6997)

woundedwarriorproject.org



Contract services are funded under contract with the State of Arizona. UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

Services to help you communicate with us are provided at no cost to members, such as other languages or large print. Or, you can ask for an interpreter. To ask for help, please call Member Services at 1-800-293-3740, TTY 711, 8 a.m.–5 p.m., Monday–Friday.

Los servicios contratados están financiados en virtud de un contrato con el estado de Arizona. UnitedHealthcare Community Plan no discrimina en base a raza, color, origen nacional, sexo, edad o discapacidad en programas de salud y actividades.

Se proporcionan servicios para ayudarle a comunicarse con nosotros, tales como otros idiomas o letra grande, sin costo para los miembros. O bien, puede solicitar un intérprete. Para pedir ayuda, por favor llame a Servicios para Miembros al 1-800-293-3740, TTY 711, de 8:00 a.m. a 5:00 p.m., de lunes a viernes.