



Office: **520-327-1171**  
24-Hr Crisis Line:  
**520-327-7273**  
**1-800-400-1001**

**HELP!** Whenever you need it.  
A call or text away.



arizona  
complete health.

24-Hr Crisis Line:  
**520-622-6000** or **1-866-495-6735**  
Text **838255**

**CRISIS TEXT LINE |**

Text **HOME** to  
**741741**

**THE TREVOR PROJECT**  
**LGBTQ CRISIS HOTLINE**  
**CALL 1-866-488-7386**

Text **START** to  
**678678**



Teen Lifeline

(602) 248-8836 or 1-800-248-TEEN

By teens for teens  
[www.teenlifeline.org](http://www.teenlifeline.org)

In Arizona, you can call  
**Teen Lifeline**

**NATIONAL**  
**SUICIDE PREVENTION LIFELINE**<sup>TM</sup>

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

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**24** hours a day  
**7** days a week

**Emergel!**  
**Center Against Domestic Abuse**

24-Hr Bilingual Crisis Line:  
**520-795-4266**  
**1-888-428-0101**

HOPE Warm Line

**520-770-9909**

For non-emergency support,  
when you need someone to talk to



For presentations or more information,  
please contact the *Community Mental  
Health and Addiction Program:*

**520-724-7770**  
**CMHA@pima.gov**



**Pima Helpline**

A PATHWAY TO HOPE & SUCCESS

Online Resources  
**[www.pimahelpline.org](http://www.pimahelpline.org)**