

# Crisis Hotlines

*Crisis services are available to any Arizona resident, regardless of health insurance coverage. If you or someone you know is experiencing a behavioral health crisis, please call one of these national or local crisis lines:*

## National 24-Hour Crisis Hotlines

Phone

- National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
- National Substance Use and Disorder Issues Referral and Treatment Hotline: **1-800-662-HELP (4357)**

Text

- Text the word "HOME" to 741741

## Suicide and Crisis Hotlines by County

- Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties served by Arizona Complete Health - Complete Care Plan: **1-866-495-6735**
- Maricopa County served by Mercy Care: **1-800-631-1314** or **602-222-9444**
- Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Steward Health Choice Arizona: **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**

## Especially for Teens

- Teen Life Line phone or text: **602-248-TEEN (8336)**

## Warning signs to look for in young people:

- Change in interaction with family and friends
- Recent disappointment or rejection
- Sudden decline or improvement in academic performance
- Physical symptoms: eating disturbances, changes in sleep patterns, chronic headaches, stomach problems, menstrual irregularities
- Increased apathy
- Being expelled from school /fired from job
- Family problems/alienation
- Feeling embarrassed or humiliated in front of peers
- Victim of assault or bullying