

## **Mental Health Supports & Resources**

(Shared by NAZCARE)

Patrick J. Kennedy, Founder of the Kennedy Forum, former Congressman, and co-founder of Psych Hub, has announced the launch of a digital package of free resources to help individuals and providers address mental health needs during the Covid-19 pandemic. “[COVID-19 Mental Health Resources Hub](#)” is a **first-of-its-kind collaboration between the nation’s leading mental health advocacy groups, the largest health care payors, and the U.S. Department of Veterans Affairs.**

### **AHCCCS**

[www.azahcccs.gov](http://www.azahcccs.gov)

- Information on COVID-19 FAQs
- Nurse Line Phone Numbers by Health Plan
- “Protect Yourself” – [azdhs.gov/COVID19](http://azdhs.gov/COVID19); [cdc.gov/COVID19](http://cdc.gov/COVID19)
- AHCCCS is tracking the latest information they receive from the tribes regarding COVID-19
- AHCCCS posts State and County resources on their website

### **HEALTH CHOICE ARIZONA**

[www.healthchoiceaz.com](http://www.healthchoiceaz.com)

- Member services: 1-800-322-8670, TTY 711
- Crisis line: 1-877-756-4090

### **NAZCARE**

[www.nazcare.org](http://www.nazcare.org)

- Offers Warm Line 7 days a week 11am – 10:30pm. The Warm Line is staffed by Peers and is available to anyone who wants or needs to talk with someone. This is not a crisis line but callers can be directed to a crisis line if needed  
888-404-5530

### **Be Connected Arizona**

[www.beconnectedaz.org](http://www.beconnectedaz.org)

- A Support Line is available to everyone and callers can keep their identity anonymous. The support line will also offer resources to services that can be provided locally through service “navigators”.  
1-866-429-8387, this is not a crisis line  
If crisis services are needed the caller will be directed to The LaFrontera/Empact Crisis line  
1-855-785-1500

### **The National Suicide Prevention Lifeline**

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

A United States-based suicide prevention network of 161 crisis centers that provides a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress.

- 1-800-273-8255

### **Family Involvement Center (FIC)**

[www.familyinvolvementcenter.org](http://www.familyinvolvementcenter.org)

FIC services are available all across Arizona.

We have offices in Flagstaff, Prescott Valley, Phoenix, Glendale, and Tucson.

- (602) 288-0155

### **Mentally Ill Kids in Distress (MIKID)**

[www.mikid.org](http://www.mikid.org)

Offering respite services direct care providers are able to provide rest and relief for families and youth in the Children's Behavioral Health System. This service can be provided at home or in the community and allows the parents/caregivers to take time for themselves while the youth are able to participate in activities in a different, safe setting and practice community behavioral skills that will assist in successfully reaching their individual and family goals.

- (928) 775-4448

### **National Alliance on Mental Illness (NAMI)**

[www.NAMI.org](http://www.NAMI.org)

A statewide organization dedicated to serving individuals and families affected by mental illness to improve their quality of life and achieve recovery. NAMI Arizona promotes activities, in partnership with local NAMI affiliates through education, advocacy, research and support

- NAMI Flagstaff [adeledunn99@gmail.com](mailto:adeledunn99@gmail.com)
- NAMI Havasu [joycegrabowski@gmail.com](mailto:joycegrabowski@gmail.com)
- NAMI Yavapai County [Kathywilderness12@gmail.com](mailto:Kathywilderness12@gmail.com)
- NAMI Payson [pwisner@matazalcasino.com](mailto:pwisner@matazalcasino.com)
- NAMI White Mtns [bpiralph@gmail.com](mailto:bpiralph@gmail.com)
- NAMI Sedona [Rboerner14@gmail.com](mailto:Rboerner14@gmail.com)
- NAMI Pinal [Dariusperry46@yahoo.com](mailto:Dariusperry46@yahoo.com)
- NAMI Valley of the Sun [T.Sloat@namivalleyofthesun.org](mailto:T.Sloat@namivalleyofthesun.org)

### **Arizona Department of Veterans Services**

[www.VA.gov](http://www.VA.gov)

- This is an official U.S. Department of Veterans Affairs (VA) website that enables service members, veterans and their beneficiaries, and other designated individuals to apply for benefits using the Internet.

### **Student Veterans of America**

[www.studentveterans.org](http://www.studentveterans.org)

- Support and resources for veterans attending college, 500 chapters nationwide, 26 in Arizona.

### **Military.com**

[www.military.com](http://www.military.com)

- Connects service members, families and veterans to a wide range of services and benefits from discounts and mentors to government benefits and scholarships.

### **Military One Source**

[www.militaryonesource.com](http://www.militaryonesource.com)

- Provides information for benefits, deployments, reintegration, moves, parenthood, retirement and more.
- 800-342-9647

### **COVID-19 Specific Information for Veterans and their families**

VHA Public Health Website

[www.publichealth.va.gov/n-coronavirus/index.asp](http://www.publichealth.va.gov/n-coronavirus/index.asp)

AZ 211

[www.arizona211.org](http://www.arizona211.org)

- Enter your zip code for information and community resources in your county with specific COVID-19 information and resources.

Online wellness and MH resources; how to stay safe during COVID 19 resources

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

### **Healtharizonaplus.gov**

- Apply for nutrition, cash and medical assistance

### **Arizona Call Center – Unemployment Information**

[www.azcallcenter@azdes.gov](mailto:www.azcallcenter@azdes.gov)

### **Arizona Unemployment Insurance Application**

[www.azui.com](http://www.azui.com)

### **Northern Arizona Cancer Support Center Arizona - Phone and Online Support Services**

[www.csac.org](http://www.csac.org)

[www.MyLifeLine.org](http://www.MyLifeLine.org)

- CSC Helpline 888-793-9355 Monday – Friday 6am – 6pm; Saturday and Sunday 6 am – 2 pm