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Mental Health Resources & Hotlines

Arizona



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Mental Health Resources & Hotlines: Arizona

Arizona Teen Crisis Solutions: Arizona Teen Crisis Solutions is a hotline available for parents of struggling and troubled teens. Their service is available 24-hours a day via cellphone and is most associated with the Phoenix area. Contact this service at (623) 879-9600 or visit their website [here](#).

Teen Lifeline: This hotline is a peer counseling suicide hotline available from 3:00 p.m. to 9:00 p.m. daily within the perimeters of Maricopa County. The call numbers can be utilized by those outside of Maricopa County. Contact this hotline at (800) 248-TEEN or (800) 248-8336.

EMPACT Suicide Prevention Center/Crisis Hotlines: This resource offers services to children, adults, and families in Maricopa and Pinal counties. The hotline is available 24/7. Contact them at the numbers below or visit them at their website [here](#).

Main Line: (480) 784-1500, (800) 273-8255

Toll-Free Statewide: (866) 205-5229

SAMHC – Behavioral Health Services: The Southern Arizona Mental Health Corporation operates a crisis line available 24/7. Based out of Pima County, SAMHC Behavioral Health Services is dedicated to serving you. Contact them at (520) 622-6000 or (800) 796-6762.

Arizona State University: The University provides a hotline for students and staff needing telephone crisis counseling. Contact them on their main line at (480) 921-1006.