

Crisis Services

Facing A Behavioral Health Crisis?

Are you or a loved one in a behavioral health crisis? This is when you think you might hurt yourself or someone else. Or you're feeling overwhelmed and find it hard to cope with stress.

Call a crisis line for help. You're not alone.

Someone can help you 24 hours day, 7 days a week to provide crisis help, support and referrals.

Arizona behavioral health crisis line
1-844-534-4673 or 1-844-534-HOPE

Text HOPE to 4HOPE (44673), Monday to Friday from 2-10 p.m. and Saturday to Sunday from 8 a.m.-2 p.m.

San Carlos Apache Reservation: **1-866-495-6735**
Gila River and Ak-Chin Indian Communities: **1-800-259-3449**
Salt River Pima Maricopa Indian Community: **1-855-331-6432**
Fort McDowell Yavapai Nation: **480-461-8888**
San Lucy District of the Tohono O'odham Nation: **480-461-8888**
Tohono O'odham Nation: **1-844-423-8759**
Pascua Yaqui Tribe: Tucson **520-591-7206**; Guadalupe **480-736-4943**
White Mountain Apache Tribe: **928-338-4811**
Navajo Nation: **928-551-0508**

Veterans Crisis Line: **1-800-273-8255, press 1**
Teen Lifeline phone or text: **602-248-TEEN(8336)**

National crisis lines

National suicide prevention hotline: Dial **988** or **1-800-273-8255**
National crisis text line: **Text HOME to 741741**

When you call, someone will listen to understand what's going on. They'll help you find the best way to meet your needs. You may also be able to get a ride to services if you're in a crisis.

Call **911** if your life, or someone else's life, is in danger.

Some common situations that can result in a crisis

- Thoughts of suicide
- COVID-19 isolation or worry
- Substance use
- Divorce or relationship issues
- Anxiety and depression
- Grief and loss
- Violence or abuse

If it's not an emergency

You can still call the crisis line — even if it's not a life-or-death situation. But you can also call your:

- Provider
- Therapist
- Clinical liaison