

Crisis Hotlines

Crisis services are available to any Arizona resident, regardless of health insurance. If you or someone you know is experiencing a mental health crisis, please call:

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

- Maricopa County served by Mercy Care:
1-800-631-1314 or 602-222-9444
- Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties served by Arizona Complete Health - Complete Care Plan:
1-866-495-6735
- 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)

Especially for Veterans

- Veterans Crisis Line:
1-800-273-8255 (press 1)
- Be Connected:
1-866-4AZ-VETS (429-8387)