



Arizona Community Resource Guide

Connecting members to services close to home

United
Healthcare®
Community Plan



UnitedHealthcare® Community Plan is committed to helping our community live healthier lives. That's why we've made this Community Resource Guide. It lists community organizations across Arizona, as well as resources in your area.

Important information for providers

UnitedHealthcare Community Plan promotes your use of the AZ Closed Loop Referral System (CLRS), also known as CommunityCares. This guide shows many resources that are available in the community, but we still urge you to refer members through CommunityCares. That will help connect members with Community-Based Organizations (CBOs) that can address social determinants of health (SDOH).

Important information for members

This community guide is provided to you at no cost. Just call Member Services, and we'll mail a copy to your home.

Important UnitedHealthcare Community Plan numbers

Member Services

For help to find a doctor, make an appointment or questions about your plan benefits.

1-800-348-4058, TTY 711

24-Hour NurseLine

Speak to a registered nurse anytime 24/7. Get answers to any health-related question or concern.

1-877-440-0255

Office of Individual and Family Affairs (OIFA)

Helps members, parent(s) or guardian(s) find resources for physical, behavioral health and social needs.

Call Member Services at 1-800-348-4058, TTY 711 and ask to speak with OIFA.

Email: advocate.oifa@uhc.com

Crisis Services

Mobile crisis intervention and facility-based stabilization services. Open to all Arizonans with or without Medicaid or health insurance.

National Suicide and Crisis Hotline

Call or text 988

988lifeline.org

Crisis hotlines by county

Arizona Statewide Crisis Hotline:

1-844-534-HOPE (1-844-534-4673)

Maricopa County:

1-602-222-9444 or 1-800-631-1314

Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties:

1-866-495-6735

Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties:

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

Tohono O'odham Nation:

1-844-423-8759

Table of contents

Behavioral health	3
Caregiver support	5
Children and adolescents	5
Domestic violence	6
Eating disorders	6
Education	6
Financial assistance	7
Food	8
General community resources	9
Grief, loss and funeral support	11
Health, wellness and dental	11
Housing	12
Jobs and training	13
LGBTQ+	14
Special needs	14
Stop smoking	15
Substance abuse	15
Suicide	16
Technology assistance	17
Transportation	17
Tribal Resources	17
Veterans	18
Department of Veteran's Affairs	20

Behavioral health

AZ Chapter of Postpartum Support International (PSI)

Postpartum Support International (PSI) is a non-profit organization dedicated to helping those experiencing perinatal mood disorders.

psichapters.com/az/

Call or Text our HelpLine

1-800-944-4773 (4PPD) #1 En Español or #2 English; Text in English: 800-944-4773; Text en Español: 971-203-7773.

Arizona Pediatrics Access Line (APAL)

Arizona PAL (APAL) helps doctors, families, and care teams get expert help and information for mental health care for moms, babies, and kids across Arizona.

1-888-290-1336

apal.arizona.edu

All Thrive 365

AllThrive 365 helps people with serious mental health needs by giving them safe places to live, daily support, and life skills so they can become more independent.

1-602-285-1800

allthrive365.org

Co-Dependents Anonymous

A fellowship of men and women with a common purpose to develop healthy relationships.

1-602-277-7991

Toll-free: 1-888-444-2359

Spanish toll-free: 1-888-444-2379

coda.org

Crisis lines

24/7 help with mental or emotional issues.

Northern Arizona

1-877-756-4090, TTY 711

Central Arizona

1-800-631-1314, TTY 711

Southern Arizona

1-866-495-6735, TTY 711

Depression and Bipolar Support Alliance

312-642-0049

dbsalliance.org

Family Involvement Center (FIC)

FIC provides peer support and resources to families and caregivers navigating behavioral health challenges.

1-877-568-8468

8 a.m.–6 p.m., Mon.–Fri.

info@familyinvolvementcenter.org

Phoenix Office

5333 N 7th St., Ste. A-100, Phoenix, AZ 85014

1-602-412-4095

Prescott Valley Office

8766 E State Rte. 69, Ste. G

Prescott Valley, AZ 86314

1-928-379-5077

Flagstaff Office

5200 E Cortland Blvd. Ste. A16

Flagstaff, AZ 86004

1-928-440-6180

Tucson Office

220 E Speedway Blvd, Tucson, AZ 85705

520-404-0032

MentalHealth.gov

mentalhealth.gov

Mental Health America

Dedicated to helping those living with mental illness and promoting the mental health of all.

Toll-free: 1-800-969-6642

1-703-684-7722

mhanational.org/

MIKID

Takes a family-centered approach to serve the behavioral health and wellness needs of children and youth.

Phoenix Corporate Office

7816 N. 19th Ave., Phoenix, AZ 85021

1-602-253-1240

Casa Grande Office

901 E. Cottonwood Ln.,

Casa Grande, AZ 85122

1-520-509-6669

Yuma Office

2891 S. Pacific Ave., Yuma, AZ 85365

1-928-344-1983

Tucson Office

925 East Bilby Rd., Tucson, AZ 85706
1-520-882-0142

Nogales Office

1777 N. Frank Reed Rd., Nogales, AZ 85621
1-520-377-2122

Kingman Office

2615 E. Beverly Ave., Kingman, AZ 86409
1-928-753-4354

Bullhead City Office

810 Gemstone #3, Bullhead City, AZ 86442
1-928-704-9111

Sierra Vista

365 E. Short Street, Sierra Vista, AZ 85635
1-520-895-3615
mikid.org

Office of Individual and Family Affairs (OIFA)

Promoting recovery, resiliency and wellness for individuals with mental health and substance use challenges. Each OIFA team member has live experience with behavioral health challenges, either from their own experiences of recovery or from directly supporting someone through their recovery.

AHCCCS OIFA

OIFA@azahcccs.gov
azahcccs.gov/AHCCCS/
HealthcareAdvocacy/OIFA.html

AHCCCS Office of Human Rights

OHR provides education and advocacy to individuals with a Serious Mental Illness (SMI) to help them understand, protect and exercise their rights, facilitate self-advocacy and obtain access to behavioral health services in the public behavioral health system in Arizona.
1-800-421-2124
azahcccs.gov/OHR
Email: OHRts@azahcccs.gov

PTSD Alliance

An association to help those with post-traumatic stress disorder.
1-888-436-6306
ptsdalliance.org

National Alliance on Mental Illness (NAMI)

If you or someone you know needs help.
1-800-950-NAMI (1-800-950-6264)
10 a.m.-10 p.m. ET, Mon.-Fri.
nami.org

National Center for PTSD-VA

The world's leading research and educational center of excellence on PTSD. National Suicide and Crisis Hotline 988
ptsd.va.gov

National Institute of Mental Health

The lead federal agency for research on mental disorders.

Toll-free: 1-866-615-6464
nimh.nih.gov

National Maternal Mental Health Hotline

24/7, free, confidential hotline for pregnant and new moms in English and Spanish.
Call or text 1-833-TLC-MAMA (1-833-852-6262)
mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline

Substance Abuse and Mental Health Services Administration (SAMHSA)

Find treatment programs for mental and substance use disorders.
1-800-662-HELP (1-800-662-4357)
TTY: 1-800-487-4889
samhsa.gov

Warm Line

A confidential telephone service. Staffed by people who have experienced their own behavioral health challenges. Offers support and compassion for callers who just need someone to talk with. Available statewide at no cost.

Central Arizona**Crisis Response Network**

1-602-347-1100
10 a.m.-10 p.m., 7 days a week

NAZCARE

1-888-404-5530
4:30 p.m.-10:30 p.m., Mon.-Thurs.
3 p.m.-10:30 p.m., Fri.-Sun.

Southern Arizona

HOPE, Inc.

Pima County: 1-520-770-9909

All other Southern AZ counties:

1-844-733-9912

8 a.m.-10 p.m., 7 days a week

Caregiver support

AARP's resource page offering caregiver

support information for those caring for aging loved ones.

aarp.org/caregiving/

Arizona Developmental Disabilities

Planning Council

Webinars and training resources for families and caregivers of individuals with developmental disabilities.

addpc.az.gov/

Center on Disability

Offers free webinars and online courses for direct support professionals and families.

centerondisability.org

Duet Partners in Health & Aging

10000 N. 31st Ave., Ste. D200, Phoenix, AZ 85051

Offering compassionate services to family caregivers and aging adults, at no charge.

1-602-274-5022

duetaz.org

Children and adolescents

Positive youth development programs:

4-H

4-h.org

Big Brothers Big Sisters/Big Mentors

1-602-264-9254

bbbsaz.org

Birth to Five Helpline

The Birth to Five Helpline is a no cost service available to all Arizona families with young children, as well as parents-to-be, with questions or concerns about their infants,

toddlers and preschoolers.

1-877-705-KIDS (5437)

Fussy Baby Program

The Fussy Baby program is a component of the "Birth to Five Helpline" and provides support for families to explore ways to soothe, care for, and enjoy your baby.

Experts also offer ways to reduce stress while supporting you in your important role as a parent.

Scouting America

1-602-955-7747

scouting.org

Girl Scouts of America

1-800-352-6133

Southern Arizona: 1-800-331-6782

girlscouts.org

Programs to help stop bullying:

Cyber Bullying

cyberbullying.org

National Gang Center

nationalgangcenter.ojp.gov

Phoenix Fire Department –

Baby Shots Program

The PFD Baby Shots Immunization Program provides free vaccinations to children who are eligible under the Vaccine for Children's Program (VFC).

602-534-2229

phoenix.gov/fire/community-outreach/for-kids/baby-shots-program

Safe To Sleep

Safe to Sleep educates parents and caregivers about ways to protect babies during sleep by reducing the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths.

safetosleep.nichd.nih.gov/

Stop Bullying

stopbullying.gov

Strong Families AZ

Strong Families AZ connects Arizona families with no cost home visiting programs to help

Pregnant women, expecting parents and families with children Birth to 5.
150 N. 18th Avenue, Suite #320
Phoenix, AZ 85007
602-345-0471
strongfamiliesaz.com/

Domestic violence

24-Hour Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)
TTY: 1-800-787-3224
Text "START" to 88788
thehotline.org

AZ Coalition to End Sexual and Domestic Violence

Local hotline: 1-602-279-2900
Toll-free: 1-800-782-6400
AZ Relay Service 7-1-1, TTY: 1-800-787-3224
acesdv.org

Arizona Department of Economic Security

Mobile and community-based services for legal, emergency shelter and housing.
des.az.gov/domestic-violence

Catholic Community Services of Southern Arizona

268 W. Adams St., Tucson, AZ 85705
1-520-623-0344
ccs-soaz.org

Chicanos Por La Causa De Colores

Domestic violence shelter for Spanish-speaking survivors and their children.

24-hour hotline: 1-602-269-1515
cplc.org/es/programs/domestic-violence

Florence Immigrant & Refugee Rights Project

Offers free legal and social services. For adults and unaccompanied children who are in immigration custody in Arizona.

Tucson: 1-520-777-5600

Phoenix: 1-602-307-1008

firrp.org

Immigrant Hope

1818 E. Southern Avenue, Ste. 4A,
Mesa, AZ 85204

For immigration legal advice and representation. Services the low-income immigrant community in Mesa and the Phoenix Metro Area.

1-480-524-8131

Email: mesa@immigranthope.org

2-1-1- Housing Crisis Hotline

Dial 2-1-1 (if you're in Arizona)
Dial 877-211-8661 (if calling from outside Arizona)
Arizona Relay: Dial 7-1-1 or 1-800-367-8939 and ask for 1-877-211-8661
211arizona.org

RAINN (Rape, Abuse & Incest National Network)

24/7 Hotline: 1-800-656-HOPE
(1-800-656-4673)

Online chat: online.rainn.org
rainn.org

STAND! For Families Free of Violence

1-888-215-5555
standffov.org

Women's Shelters Directory

womenshelters.org

Eating disorders

Alliance for Eating Disorders Awareness

1-866-662-1235
allianceforeatingdisorders.com

National Eating Disorders Association

nationaleatingdisorders.org

Education

Arizona Early Intervention Program (AZEIP)

1789 West Jefferson St., Mail Drop 2HP1
Phoenix, AZ 85007

Helps families of children with disabilities or developmental delays age birth to 3 years old by providing support and working with their natural ability to learn.

1-888-592-0140 or 1-602-532-9960

des.az.gov/azeip

Children and Adults with ADD (CHADD)

1-866-200-8098, Mon.–Fri. 1 p.m.–5 p.m. ET

chadd.org

Child Crisis Arizona

Child Crisis Arizona provides emergency residential care, foster care, adoption services, early education, counseling, and family support to vulnerable children and families in Arizona. Their mission is to prevent abuse and neglect and build strong, resilient families.

1-480-834-9424

childcrisisaz.org/

Child Parent Centers, Inc. (CPC)

Child-Parent Centers help young kids and their families by providing early education and support. They have classrooms, home-based programs, and family child care for kids from birth to age five. They also support pregnant women. Their services include education, health, nutrition, and helping families be strong and healthy.

602 E 22nd Street, Tucson, AZ 85713

1-520-882-0100

childparentcenters.org/

Pinal Gila Community Child Services

Pinal Gila Community Child Services (PGCCS) offers Head Start and Early Head Start programs to support preschool children and their families. They focus on early childhood education, family self-sufficiency, and building stronger, healthier communities.

1183 E Cottonwood Lane Suite 2,
Casa Grande, AZ 85122

1-888-723-7321

www.pgccs.org/

Raising Arizona Kids

932 South Hunters Run

Show Low, AZ 85901

480-991-5437

raisingarizonakids.com/

Head Start programs promote school readiness. For infants, toddlers and preschool-aged children:

Arizona Head Start Association

AZHSA helps young kids and their families by providing early education and support services. They focus on helping kids do well in school, supporting families to be self-sufficient, and improving lives across generations. They also work with others to make sure children and families in Arizona have what they need to succeed.

P.O. Box 45483, Phoenix, AZ 85064

1-602-338-0449

Email: admin@azheadstart.org

azheadstart.org

Department of Education Head Start flyer
azed.gov/sites/default/files/media/AZHSA-Statewide-Recruitment-Flyer.pdf

Catholic Charities Westside Head Start

Call your closest area office for more information.

Avondale, Buckeye, Goodyear, Tonopah:

1-602-287-6199

Glendale:

1-623-934-3657

South Avondale/Cashion, Tolleson, Peoria, Surprise/El Mirage:

1-623-932-3517

catholiccharitiesaz.org

City of Phoenix Head Start Program

200 W. Washington St., 17th Floor

Phoenix, AZ 85003

1-602-262-4040

phoenix.gov/humanservices/programs/head-start

Financial assistance

Arizona Department of Economic Security

Apply for cash assistance with Temporary Assistance for Needy Families (TANF)

des.az.gov/ca

Catholic Social Service of Yavapai County

1-928-778-2531

City of Phoenix Human Resources Department

1-602-495-5700

Coconino County Community Services

1-928-679-7453

Community Action Human Resources Agency (CAHRA)

Pinal County: 1-520-466-1112

cahra.org/

Gila County Community Action Program

Main Office Globe/Miami Area (928) 425-7631

Satellite Office Payson Area (928) 474-7192

Northern Arizona Council of Governments (NACOG)

Serving Apache, Coconino, Navajo and Yavapai

1-928-774-1895

Southeastern Arizona Community Action Program

Cochise, Graham and Greenlee and Santa Cruz: 1-800-293-1144

Western Arizona Council of Governments

La Paz: 1-928-669-0185

Yuma: 1-928-782-1886

Mohave: 1-928-753-6247

Food

Advance Community

1911 W Earll Dr, Phoenix, AZ 85015

602-252-7772

advancecommunity.org

Advance Community is a Phoenix nonprofit that supports underserved families and low-income seniors through health education and its Stove to Table program, which delivers nutritious, homemade meals to seniors across Maricopa County.

Ample Harvest

Food Pantry Locator

ampleharvest.org/find-food/

Arizona Food Bank Network

Made up of 5 regional food banks and nearly 1,000 food pantries working together.

1-602-528-3434

Email: info@azfoodbanks.org

azfoodbanks.org/get-food/

Community Food Bank of Southern Arizona

3003 S. Country Club Rd., Tucson, AZ 85713

Provides emergency food boxes.

1-520-622-0525

communityfoodbank.org

Feeding America

1-800-771-2303

www.feedingamerica.org/need-help-find-food

Flagstaff Family Food Center

Provides emergency food support for the Flagstaff community.

1-928-526-2211

hotfood.org

Gila Community Food Bank

317 Hackney Ave, Globe, AZ 85501

1-928-425-3639

Haven United Methodist Church Food Pantry

597 Main Street, Jerome, Arizona 86331

Open every Wednesday from 8:30 am until noon.

havenchurchjerome.com

Interfaith Community Services

Food resources

icstucson.org

Market on the Move

623-374-2559

Market on the Move is a mobile farmers' market that offers families up to 60 pounds of rescued fresh produce for a small donation (\$10 in Phoenix/Tucson; \$15 in Northern Arizona), along with free health screenings and nutrition education at pop-up sites.

marketonthemove.org

Meals on Wheels

45 West University Drive, Mesa, AZ 85201

480-962-5612

asteraz.org/services/meals.html

Meals on Wheels program provides nourishing meals & essential wellness checks to seniors and adults with disabilities and specialized dietary restrictions.

Manzanita Outreach – Yavapai Only

3605 Zalesky Rd., Cottonwood, AZ 86326
Food bank and senior food delivery program.
1-928-649-5772
manzanitaoutreach.org

Nourish PHX

501 S. 9th Ave., Phoenix, AZ 85007
Helps with food and other basic needs like
clothing, shoes and toiletries.
1-602-254-7450
nourishphx.org

Peach's Pantry, Inc Food Support

4469 E. Commerce Dr. Suite 4B, Sierra Vista,
AZ 85635
520-249-0139
peachspantry.org

St. Mary's Food Bank

2831 N. 31st Ave., Phoenix, AZ 85009
Helps feed hungry families across Phoenix and
9 Arizona counties.
1-602-242-FOOD
(1-602-242-3663)
firstfoodbank.org

**Supplemental Nutrition Assistance Program
(SNAP)**

Health-e-Arizona: 1-855-432-7587
des.az.gov/na

Tucson Food Share

No need to prove income or provide any kind of
documentation. Food is available to anyone who
asks. If you are able to, please bring bags for
groceries with you.
2500 N. Stone Tucson, AZ 85705
520-222-9242
tucsonfoodshare.org

General community resources

2-1-1 Arizona

A hotline and web-based directory to help
connect people with critical services in
their community.
Dial 2-1-1

211arizona.org

**Alzheimer's Association |
Alzheimer's Disease & Dementia Help**

24/7 Helpline: 1-800-272-3900
AZDHS 24-hour Breastfeeding Hotline
150 North 18th Ave., Phoenix, AZ 85007
For individuals with breastfeeding questions.
1-800-833-4642
azdhs.gov

Area Agency on Aging by county**Maricopa County:**

1-602-264-2255
Helpline: 1-602-264-4357
aaaphx.org

Pima County:

1-520-790-0504
Helpline: 1-520-790-7262
pcoa.org

**Yavapai, Coconino, Navajo,
Apache Counties:**

1-877-521-3500
nacog.org/aaa/

Mohave County:

1-928-753-6247

La Paz and Yuma Counties:

1-928-217-7137
wacog.com

Pinal and Gila Counties:

1-800-293-9393 or 1-520-836-2758
pgcsc.org

**Cochise, Graham, Greenlee,
Santa Cruz Counties:**

1-520-432-2528
seago.org

**Division of Aging & Long Term
Care Support**

1-928-871-6869
daltcs.navajo-nsn.gov/

Inter-Tribal Council of Arizona

1-602-258-4822
itcaonline.com

AZDHS Birth to Five Helpline

A free service open to all Arizona families with young children looking for the latest child development information from experts in the field.
1-877-705-KIDS (5437)
Monday–Friday from 8 a.m.–8 p.m.

AZ Pet Project

3905 N 7th Avenue #7611, Phoenix, AZ 85011
602-882-8627

The Arizona Pet Project provides resources that support pet owners with supplies, vet visits, vaccinations, and spay/neuter operations.
azpetproject.org/

Chicanos Por La Causa

1112 E. Buckeye Rd., Phoenix, AZ 85034
Helps individuals and families get access to health care, housing, education, work and more.
1-602-257-0700
cplc.org

City of Phoenix Family Services Centers

John F. Long Family Services Center

3454 N. 51st Ave., Phoenix, AZ 85031
1-602-534-AIDE (1-602-534-2433)

Sunnyslope Family Services Center

914 W. Hatcher Rd., Phoenix, AZ 85021
602-495-5229

Travis L. Williams Family Services Center

4732 S. Central Ave., Phoenix, AZ 85040
602-534-4732

Disability Benefits 101

1-866-304-9675
az.db101.org

Dress for Success

3110 N. Central Ave., Suite D-200,
Phoenix, AZ 85012
602-489-7397
dfsphoenix.org/
Clothing assistance to people seeking employment for women, teens and some men's clothes.

Eagles Wings of Grace

Eagles Wings of Grace provides women with

interview outfits and work attire so they may secure and maintain employment.

2925 N. Country Club Rd.

Tucson, AZ 85716

520-906-9915 or After Hrs. 520-539-6171

eagleswingsofgrace.org

Human Trafficking

Arizona Tip Line

1-877-4AZ-TIPS (429-8477)

Governor's Office of Youth, Faith, and Family- Human Trafficking Resources

goyff.az.gov/humantrafficking/resources

Optum Community Centers

Chandler

985 W. Chandler Heights Rd., Ste. 12
Chandler, AZ 85248
1-888-547-7691

Deer Valley

20414 N. 27th Ave., #100, Phoenix, AZ 85027
1-623-707-2895

East Mesa

6005 E. Southern Ave., Mesa, AZ 85206
1-866-458-9012

Goodyear

1981 N. Pebble Creek Parkway, Ste. 8
Goodyear, AZ 85395
1-888-203-8310

Surprise

15800 N. Litchfield Rd., Ste. 115
Surprise, AZ 85374
1-855-539-0484

Tucson

4780 E. Grant Rd., Tucson, AZ 85712
1-877-549-8813

optum.com/en/care/locations/arizona/optum-arizona/community-centers.html#locations

Peer & Family Referral Center

Serves people who are recovering from a serious mental illness (SMI). Connects them with other services beyond what's provided at their clinics.

1-844-736-PFRC (1-844-736-7372)
referralhelp.org

Public Libraries

Access to computers, Wi-Fi and more.
Some libraries require a library card to use the computers. Use this directory to find a library near you.
azlibrary.gov

Senior Help Line

24/7: 1-602-264-4357

Grief, loss and funeral support

American Foundation for Suicide Prevention

1-888-333-AFSP (1-888-333-2377)
afsp.org

Carson's Village

Assists families in navigating through tasks that must be completed when a loved one passes.
carsonsvillage.org/contact-us/

The Compassionate Friends

Support after the loss of a child, any age, any cause.
1-877-969-0010
www.compassionatefriends.org/find-support/chapters/chapter-locator/

Grief Recovery After a Substance Passing (GRASP)

Support for those who have lost someone to substance use or addiction.
1-302-492-7717
grasphehelp.org

Grief SHARE

You don't have to go through the grieving process alone.
1-800-395-5755
griefshare.org

Parents of Murdered Children

For the families and friends of those who have died by violence.
1-513-721-5683
pomc.com

The Pet Loss Support Page

pet-loss.net

The TEARS Foundation

Helps ease the financial burden for families who have lost a baby. Provides funds to help with the cost of burial or cremation.
1-253-200-0944
thetearsfoundation.org

Health, wellness and dental

Arizona Department of Health Services Breastfeeding Hotline

Get answers from a breastfeeding expert 24/7.
1-800-833-4642
gobreastmilk.org

AZ Links

Offers help and information on aging and disability.
azdaars.getcare.com/consumer

Boys & Girls Clubs – Bob & Renee Parsons Children's Dental Clinic

1601 W. Sherman St., Phoenix, AZ 85007-3303
Serves children aged 5-18 who lack dental insurance and do not qualify for state assistance.
1-602-271-9961
bgcaz.org/parsons-dental-clinic

Health-e-Arizona PLUS

Arizona residents can apply online for medical coverage, nutrition assistance and cash assistance.
1-855-HEA-PLUS (1-855-432-7587)
healthearizonaplus.gov

Keys to Change- Brighter Way Dental

230 S. 12th Ave., Phoenix, AZ 85007
602- 282-0853
brighterwaydental.org/

Office for Children and Youth with Special Health Care Needs

Get information on programs for car seats, child care, breastfeeding and more.
Helpline: 1-602-542-1860
azdhs.gov/prevention/womens-childrens-health/cyshcn/index.php

Reduced Fee and Community Dental Clinics

View the list of community dental clinics in Arizona.

azdhs.gov/documents/prevention/womens-childrens-health/oral-health/reduced-fee-dental-clinics.pdf

St. Vincent De Paul Free Dental Clinic Phoenix

420 W. Watkins Rd., Phoenix, AZ 85002

1-602-261-6842

stvincentdepaul.net/get-help/dental-care

WIC Arizona

Serves women, infants and children (WIC).

1-800-252-5942

azdhs.gov/prevention/azwic

Housing

A New Leaf

868 E. University Dr., Mesa, AZ 85203

Support for families and individuals facing difficult challenges.

1-480-969-4024

turnanewleaf.org

Arizona Department of Housing

1110 W. Washington, #280, Phoenix, AZ 85007

Serves as the Collaborative Applicant and Homeless Management Information System (HMIS) lead agency for the Continuum of Care for the 13 non-metro counties in the state.

1-602-771-1000

housing.az.gov/general-public/homeless-assistance-agencies

Arizona Housing Coalition

1495 E Osborn Rd., Phoenix, AZ 85014

Solving homelessness and housing disparities while making housing security more equitable.

azhousingcoalition.org/housing-instabilityresources/

Arizona Public Housing Authorities

There are 24 Public Housing Authorities (PHAs) in Arizona. PHAs administer HUD housing programs including Housing Choice Vouchers (Section 8) and project-based voucher

programs that provide subsidies to units of particular housing developments.

1-602-771-1000

hud.gov/states/arizona#Affordable

Central Arizona Shelter Services (CASS)

Central Arizona Shelter Services (CASS) provides shelter, support, and resources to individuals and families experiencing homelessness in Arizona. Their services include emergency shelter, case management, and programs aimed at helping people achieve housing stability and self-sufficiency

230 S. 12th Ave., Phoenix, AZ 85007

Operates adult and family shelters 24/7, 365 days of the year.

Other locations:

Vista Colina Family Shelter:

1050 W Mountain View Rd.,

Phoenix, AZ 85021

Norton and Ramsey Social Justice Empowerment Center:

7031 N. 56th Ave. Glendale AZ 85301

The Haven Senior Shelter:

I-17 and Northern Phoenix, AZ 85051

East Valley Housing Navigation:

Mesa and Gilbert

If you are in need of assistance, please call the Welcome Center at 602-256-6945

cassaz.org

Child Crisis Arizona

Child Crisis Arizona provides emergency residential care, foster care, adoption services, early education, counseling, and family support to vulnerable children and families in Arizona. Their mission is to prevent abuse and neglect and build strong, resilient families.

childcrisisaz.org/

Coordinated Entry

Anyone who is homeless or at risk of homelessness should go to the Coordinated Entry system in their community. Visit the websites below to learn more about services available in each region.

Arizona Balance of State CoC

The Arizona Department of Housing is the

lead agency for the Continuum of Care for the 13 non-metro counties in the state.
housing.az.gov/programs/homeless-special-needs

Phoenix/Mesa/Maricopa County Regional CoC

Supports more than 40 homeless assistance programs in 13 different agencies.

maricopahousing.org/services-2/#rentalassistanceprograms

Tucson/Pima County CoC

A group made up of community and faith-based organizations, government, businesses and individuals, all working together to end homelessness.

tpch.net

Housing Search AZ.gov

List and search Arizona housing to fit your needs and budget, from market-rate to affordable rentals, accessible units, disaster housing, accommodations for seniors and veterans, and more.

1-877-428-8844

housingsearch.az.gov/index.html

Homeless Shelters Directory

<https://www.homelessshelterdirectory.org/foodbanks/city/az-tucson.html>

HUD Resource Locator

Search for subsidized apartments, public housing authorities, emergency rental assistance and more.

hud.gov/resources

Maricopa Association of Governments

302 N. First Ave., Ste. 300, Phoenix, AZ 85003

The Maricopa Association of Governments (MAG) provides a forum for local governments working together on issues that affect the lives of everyone in the greater Phoenix region.

1-602-254-6300

azmag.gov/Programs/Homelessness/Continuum-of-Care

Salvation Army Family Services

2707 E. Van Buren St., Phoenix, AZ 85008

1-602-267-4100

salvationarmyphoenix.org

ShelterList.com

Search online for local homeless resources in your area.

shelterlist.com

Tucson Pima Collaboration to End Homelessness

A coalition of community and faith-based organizations, government entities, businesses, and individuals committed to the mission of ending homelessness and addressing the issues related to homelessness in our community.

tpch.net

UMOM New Day Centers

3333 E. Van Buren St., Phoenix, AZ 85008

Provides shelter, housing and services for people experiencing homelessness.

1-602-275-7852

umom.org

Jobs and training

Arizona@Work

A statewide workforce development network that helps employers of all sizes and types recruit, develop and retain the best employees for their needs. For job seekers throughout the state, services and resources are provided to help pursue employment opportunities.

1-602-542-2460

arizonaatwork.com

Arizona Department of Economic Security

For job seekers:

des.az.gov/services/employment/job-seekers

GED Information and Testing

Study, practice and take the GED test online.

1-877-EXAM-GED (1-877-392-6433)

ged.com/

Goodwill

1-800-Goodwill (1-800-466-3945)

goodwill.org

PHX Works

Burton Barr Central Library

1221 N. Central Ave., Phoenix, AZ 85004
602-262-4636

Ocotillo Library

102 W. Southern Ave., Phoenix, AZ 85041
602-262-4636

The PHXWorks initiative at both Phoenix Public Library & Ocotillo Library supports people in their job searches, career development goals, and paths to becoming career-ready and part of the workforce.

Hours:

Monday, Friday, Saturday 9 am-5 pm,
Tuesday-Thursday, 9 am-7 pm,

Sunday, 1 pm-5 pm

phoenixpubliclibrary.org/phxworks

Unemployment Insurance Benefits

des.az.gov/services/employment/unemployment-individual

LGBTQ+

onenten

1101 N. Central Ave #202, Phoenix, AZ 85004

Serves LGBTQ youth and young adults ages 11-24. Programs promote self-expression, self-acceptance, leadership development and healthy life choices.

1-602-400-2601, ext. 2

onenten.org

Phoenix Pride

Promotes unity, visibility and self-esteem through community activities and services.

1-602-27-PRIDE (1-602-277-7433)

phoenixpride.org

PFLAG

Provides support for parents and friends of lesbians and gays.

1-202-467-8180

pflag.org

Trans Lifeline

All operators are transgender.

1-877-565-8860

translifeline.org

The Trevor Project

Specializes in gay and lesbian youth suicide prevention.

1-866-488-7386

thetrevorproject.org

Special needs

Resources to help those with developmental and intellectual challenges (I/DD).

The University of Arizona Sonoran Center for Excellence in Disabilities

The UA Sonoran Center for Excellence in Disabilities helps individuals with intellectual and developmental disabilities access the support they need to fully engage in community life.

505-626-0442

<https://sonorancenter.arizona.edu/>

Arizona Autism Coalition

Arizona Autism Coalition helps improve the lives of individuals with Autism Spectrum Disorder and their families in Arizona by sharing resources and affecting autism systems reform through state-wide collaboration and advocacy.

azautism.org/

Arizona Commission for the Deaf and Hard of Hearing (ACDHH)

The purpose of the ACDHH is to ensure, in partnership with the public and private sector, accessibility for the deaf and hard of hearing to improve their quality of life.

1-602-542-3323

acdhh.org

Autism Society of America

1-800-3AUTISM (1-800-328-8476)

autism-society.org

Autism Speaks

1-888-288-4762

En Español: 1-888-772-9050

autismspeaks.org

Children's Rehabilitative Services

AHCCCS members who have qualifying health conditions.

150 N. 18th Ave, Phoenix, AZ 85007
1-602-417-4545 or 1-855-333-7828
azahcccs.gov/AHCCCS/Initiatives/CareCoordination/CRS.html

Federal Disability Resource Guide

usa.gov/disability-services

Goodwill

1-800-GOODWILL (1-800-466-3945)
goodwill.org

Encircle Families

(formerly Raising Special Kids)

Strengthening families and systems of care to improve outcomes for children with disabilities and special health care needs.

Phoenix: 1- 602-242-4366

Tucson: 1-520-441-4007

Yuma: 1-928-444-8803

encirclefamilies.org

Southwest Autism Research & Resource Center

1-602-340-8717
autismcenter.org

Special Needs Directory

This resource is also helpful for finding adaptive equipment and special needs products.

1-877-664-4565
especialneeds.com

Special Olympics of Arizona

1-602-230-1200
specialolympicsarizona.org

The ARC

1-800-433-5255
thearc.org

United Cerebral Palsy Association

1-800-872-5827
ucp.org

Stop smoking

AshLine

Arizona Tobacco Cessation.
24/7 Helpline: 1-800-556-6222

Tobacco Free Arizona

Making sure Arizonans know help is here if they want to quit tobacco. And helping to stop kids from ever starting.

azdhs.gov/prevention/chronic-disease/tobacco-free-az/index.php

Quit for Life

1-866-784-8454 TTY 711
quitnow.net

Substance abuse

AHCCCS

Arizona has 4 Access Point locations that provide opioid treatment services 24/7.

CODAC Health, Recovery and Wellness

380 E. Ft. Lowell Rd., Tucson, AZ 85705
1-520-202-1786

Community Bridges, East Valley Addiction Recovery Center

560 S. Bellview, Mesa, AZ 85204
1-480-461-1711

Community Medical Services

2301 W Northern Ave., Phoenix, AZ 85021
602-866-9378
azahcccs.gov/Members/BehavioralHealthServices/OpioidUseDisorderAndTreatment/Locating_Treatment.html

Intensive Treatment Systems

4136 N 75th Ave, #116, Phoenix, AZ 85033
623-247-1234
azahcccs.gov/Members/BehavioralHealthServices/OpioidUseDisorderAndTreatment/Locating_Treatment.html

Adult Children of Alcoholics

1-310-534-1815
adultchildren.org

Al-Anon/Alateen

Al-Anon is a support group for people who are worried about someone with a drinking problem. Alateen is similar, but for teens.

1-888-425-2666

al-anon.org

Alcoholics Anonymous (AA)

1-800-839-1686

aa.org/find-aa

AZDHS Opioid Prevention

Naloxone (Narcan) is available at no cost at various distribution sites across Arizona, including community locations and pharmacies participating in the Arizona Department of Health Services naloxone access program.

azdhs.gov/opioid/naloxone/index.php

Connections Health Solutions

For resources that provide personalized treatment 24/7 for people with urgent mental health needs.

Phoenix: 1-602-416-7600

Tucson: 1-520-301-2400

Families Anonymous

1-800-736-9805

familiesanonymous.org

Healthy PHX

The City of Phoenix offers no-cost Narcan Kits for community members through the Naloxone Program. These kits can be picked up at no cost from all 17 Phoenix public libraries and the Bookmobile.

phoenix.gov/administration/departments/health/substance-use-help/narcan-kits.html

Hushabye Nursery

3003 E. McDowell Rd., Phoenix, AZ 85008

480-628-7500

hushabyenursery.org

Jacob's Hope

1150 N. Country Club Dr, Unit 12, Mesa, AZ 85201

Jacob's Hope is a special care nursery that gives 24-hour medical help to newborns who were exposed to drugs before birth and are going

through withdrawal. They give short-term care to these babies after they leave the hospital NICU and before they are ready to go home.

(480) 398-7373

jacobshopeaz.org

Marijuana Anonymous

1-800-766-6779

marijuana-anonymous.org

Narcotics Anonymous (NA)

1-800-861-9372

narcotics.com/na-meetings/arizona/

Substance Abuse and Mental Health Services Administration (SAMHSA) Alcohol/Drug Abuse

1-877-SAMHSA-7 (1-877-726-4727)

samhsa.gov

Suicide

AZ Suicide Prevention Coalition

Helping reduce suicidal acts in Arizona.

1-866-205-5229 or 1-480-784-1500

azspc.org

Crisis Text Line

Text HOME to 741741 to connect with a crisis counselor.

crisistextline.org

EMPACT

1-800-273-8255

lafronteraaz-empact.org/

National Suicide and Crisis Hotline

Call or text 988

988lifeline.org

National Suicide Prevention Lifeline

Online chat is also available.

1-800-273-TALK (1-800-273-8255)

suicidepreventionlifeline.org

Suicide Prevention Resource Center

Call or text 988

sprc.org

Teen Lifeline

1-602-248-TEEN (1-602-248-8336) or

1-800-248-TEEN (1-800-248-8336)

teenlifeline.org

Yellow Ribbon Suicide Prevention Program

Call or text 988

yellowribbon.org

Technology assistance

ATAZ (Assistive Technology Arizona)

3100 E. Roosevelt St., Phoenix, AZ 85008

AT AZ is a project to support Disability Awareness and related Assistive Technology as a tool to support employment for persons with disabilities.

1-602-273-7411

atarizona.com

AZ TAP (Arizona Technology Access Program)

2400 N. Central Ave., Ste. 300, Phoenix, AZ 85004

The Arizona Technology Access Program or AzTAP is Arizona's Assistive Technology resource program.

aztap.org

Televeda

1 N. 1st St., #603, Phoenix, AZ 85004

Education on technology use and how to use/set up technology. Offer live programs for yoga, strength training, meditation, support groups.

1-833-299-1449

televeda.com

Transportation

Most area agencies provide some type of transportation for people 60 and older.

AHCCCS – Non-Emergency Medical Transportation (NEMT)

For Medicaid members who do not have their own transportation.

UnitedHealthcare Community Plan

Call Member Services at 1-800-348-4058 or transportation directly at 1-888-889-0358, TTY/TDD 711.

uhccp.com/AZ

Arizona Department of Economic Security

Community resources to help with transportation needs.

<https://des.az.gov/services/disabilities/developmental-disabilities/community-resources/transportation>

Disability.gov – Guide to Transportation

dol.gov/agencies/odep/program-areas/employment-supports/transportation

Eldercare Locator

1-800-677-1116

eldercare.acl.gov

National Aging and Disability Transportation Center

nadtc.org

Valley Metro

Provides service and transportation options for all citizens.

1-602-253-5000

valleymetro.org

Tribal Resources

Native Americans For Community Action (NACA)

Native Americans for Community Action (NACA) provides holistic, culturally respectful care to people of all ages and backgrounds, supporting their overall well-being while honoring their customs and beliefs.

928-773-1245

www.nacainc.org

Native American Connections (NAC)

Native American Connections is a non-profit organization serving the Phoenix community with affordable housing, behavioral health, and community development services.

602-424-2060

<https://www.nativeconnections.org/>

Native Health

Native Health offers culturally sensitive medical, dental, behavioral, and wellness services to urban American Indians, Alaska Natives, and

others facing barriers to care in Metro Phoenix.
602-279-5262
www.nativehealthphoenix.org

Phoenix Indian Center

The Phoenix Indian Center is a 'gateway' for American Indians and others seeking assistance with job readiness and employment services, prevention services, youth programs, and language and culture revitalization.
602-264-6768
www.phxindcenter.org

Tucson Indian Center

The Tucson Indian Center (TIC) serves Native American and Alaska Native individuals of all tribal backgrounds in the Metro Tucson area. Open to the public, TIC supports children, adolescents, adults, and elders through three departments: Social Services, Health Services, and Wellness Services.
520-884-7131
www.ticenter.org

StrongHearts Native Helpline

24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering support and advocacy.
844-7NATIVE
(844-762-8483)
www.strongheartshelpline.org

Tribal Warm Line

The Tribal Warm Line is a free, confidential, non-emergency hotline staffed by trained peer support specialists offering a caring voice to Native American and Alaska Native individuals before a crisis develops.
855-728-8630

Arizona Department of Education - Office of Indian Education

The Arizona Department of Education - Office of Indian Education administers federal and state programs to meet the educational and cultural needs of Native American students.
602-542-5235
www.azed.gov/oie

Two-Spirit & Native LGBTQ+ Center for Equity

The Two Spirit & Native LGBTQ+ Center for Equity is a national non-profit developed to address the needs for advocacy, resources, violence prevention, and healing in the Two-Spirit & Native LGBTQ+ and broader communities.
800-123-4567
www.twospiritcenter.org

Native American Disability Law Center

The Native American Disability Law Center is a nonprofit that advocates for the rights of Native Americans with disabilities, helping them live independently through legal support and education.
800-862-7271
www.nativedisabilitylaw.org

Veterans

American Legion

The American Legion is a veteran's organization that advocates for the rights and well-being of veterans and supports community service initiatives.
1-602-627-3281
legion.org

American Veterans (AMVETS)

AMVETS is open to and fighting for all who honorably served in the United States military, including the Reserve and Guard. With more than 250,000 members nationwide, we are veterans serving veterans.
1-877-726-8387
1-602-627-3276
amvets.org

Arizona Department of Veterans' Services (ADVS)

Provides help directly to veterans and their dependents throughout the state. Services include processing VA compensation and pension applications, appeals, filing for survivor benefits, getting service records and more.
1-602-255-3373
dvs.az.gov

Arizona State Veteran Home

Skilled nursing facility for veterans

Phoenix

4141 S Herrera Wy, Phoenix, AZ 85012

1-602-248-1550

dvs.az.gov/phoenix-veteran-home

Flagstaff

2100 N Gemini Rd, Flagstaff, AZ 86004

1-602-255-3373

dvs.az.gov/services/veteran-homes-mission/asvh-flagstaff

ASD Vets

asdveterans.com

ASD Vets empowers veterans and their families by providing compassionate care and assists them with navigating VA benefits, mental health education and employment.

Be Connected/Arizona Coalition for Military Families

Connect with hundreds of statewide organizations that serve the military, veterans and their families.

1-866-4AZ-VETS (1-866-429-8387)

beconnectedaz.org

Disabled American Veterans

3333 N. Central Ave., Ste. 053, Phoenix, AZ 85012

DAV is dedicated empowering veterans to lead high-quality lives with respect and dignity.

1-602-627-3286

dav.org

Hire Heroes USA

hireheroesusa.org

Hire Heroes USA is a national nonprofit that provides free, personalized career support to help veterans, service members, and military spouses secure meaningful civilian employment.

Home Base

550 N 3rd St

Phoenix, AZ 85004

1-480-328-5145

Home Base is a national nonprofit that provides no-cost clinical care, wellness services, and support to veterans, service members,

and military families to heal the invisible wounds of war.

homebase.org

Military Assistance Mission

1428 E Northern Ave.

Phoenix, AZ 85020

1-602-246-6429

Military Assistance Mission is a Phoenix nonprofit that provides financial help and morale support to Arizona active-duty military members, their families, and post-9/11 Purple Heart recipients.

azmam.org

Paralyzed Veterans of America

Veteran Service Organization dedicated to helping Veterans with spinal cord injuries, disorders and diseases.

1-602-627-3311

pva.org

Soldiers Best Friend

14505 N 75th Ave

Peoria, AZ 85381

1-623-218-6486

Provides veterans with PTSD and/or TBI with services or therapeutic companion dog.

soldiersbestfriend.org

Valors Veteran Community

1001 E 8th St, Unit 3004, Tempe, AZ 85281

1-602-390-8348

Valors Veterans Community AZ is a Tempe nonprofit that connects veterans with one another and links them to community support and helpful resources through social events and camaraderie-building activities.

vvcavets.org

VA Benefits

To find out about transition, disability and compensation, home loans, pensions and more.

MyVA411: 1-800-827-1000, TTY 711

benefits.va.gov/benefits

Veterans Medical Leadership Council

arizonavmlc.org

The Veterans Medical Leadership Council is a Phoenix-based nonprofit that works to improve the health and welfare of Arizona veterans by advocating for better care and providing emergency financial assistance to veterans in crisis, particularly those served by the Phoenix VA Health Care System.

Veterans Rally Point

Phoenix- 618 South Madison Drive

Tempe, AZ 85281

1-480-284-1514

Tucson- 1082 E Ajo Way, Ste 100

Tucson, AZ 85713

1-520-838-5703

Veterans Rally Point provides free support services that help veterans and their families with crisis assistance, counseling, employment support, and navigating community resources. rallypointaz.org

Vietnam Veterans of America

VVA's goals are to promote and support Vietnam veterans, to create a new identity for this generation of veterans, and to change public perception of Vietnam veterans.

1-602-627-3299

vva.org

Wounded Warrior Project

1-877-TEAM-WWP (1-877-832-6997)

woundedwarriorproject.org

Homeless resources

Catholic Charities

MANA (Marines, Army, Navy, Airforce) House

1-602-254-6785

manahouseaz.org

Community Bridges

For help with finding housing, alcohol or drug treatment, health care, job training and more.

1-877-931-9142

communitybridgesaz.org

Department of Veteran's Affairs

Community Resource & Referral Centers (CRRCs)

For help with housing, health and mental health care, accessing VA and non-VA benefits and more.

1-602-248-6040

va.gov/HOMELESS/CRRC.asp

VA Medical Centers

Phoenix- 650 E. Indian School Rd, Phoenix, AZ 85012

1-602-277-5551

va.gov/phoenix-health-care/

Tucson- 3601 S 6th Ave, Tucson, AZ 85723

1-520-792-1450

va.gov/southern-arizona-health-care/locations/tucson-va-medical-center/

VA Caregiver Support

1-855-260-3274

caregiver.va.gov/

VA Vet Centers

Community-based counseling centers to make a successful transition from military to civilian life or after a traumatic event.

1-877-927-8387

vetcenter.va.gov

Veterans Administration

Benefits: 1-800-827-1000

Health Care: 1-877-222-VETS
(1-877-222-8387)

MyVA411: 1-800-698-2411, TTY 711

VA Inspector General: 1-800-488-8244

Veterans Crisis Line: 1-800-273-8255 Press 1

24-Hour Talk/Crisis Line: 1-877-WAR VETS
va.gov

Notes



Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, UnitedHealthcare Community Plan prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. UnitedHealthcare Community Plan must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that, if necessary, UnitedHealthcare Community Plan must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that UnitedHealthcare Community Plan will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in an alternative format or for further information about this policy please contact UnitedHealthcare Community Plan, **1-800-348-4058, TTY 711** (ACC/DD members), ALTCS-EPD members please call **1-800-293-3740, TTY 711**.

We provide no cost aids and services to help you communicate with us. You can ask for interpreters and/or for communications in other languages or formats such as large print. We also provide reasonable modifications for persons with disabilities. If you need these services, please call the toll-free number above or on the back of your member identification card.