Great Hearts Arizona Mental Health & Emergency Family Resource Directory
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**This guide is a list of local agencies and resources. Great Hearts does not endorse nor recommend any of the resources or agencies on this list.**
West Valley Resources

Mental Health Agencies/Community Practices

Redemption Psychiatry – Multiple Locations
17505 North 79th Avenue, #203
Glendale, AZ 85308
480-471-8560
https://redemptionpsychiatry.com/
Outpatient psychiatric group providing mental health treatment to children.

Jewish Family and Children’s Services
Multiple Locations
5701 West Talavi Blvd, Suite 180
Glendale, AZ 85306
623-486-8202
https://www.jfcsaz.org/
Counseling and behavioral health services for children of all ages.

Yee Psychological Services, PLLF
17505 N. 79th Avenue, #213
Glendale, AZ 85308
623-670-2927
http://yeepsychology.com/
Dr. Yee is a Licensed Clinical Psychologist who provides services to people age 12 and up. Specializing in treatment of anxiety disorders, Obsessive Compulsive Disorder and traumatic stress disorders.

Touchstone Behavioral Health
15648 N 35th Ave
Phoenix AZ 85053
1-866-207-3882
https://www.touchstonehs.org/
Assessment and treatment of behavioral, educational and developmental challenges in children and adults.

Hope Community Services (formerly West Valley Child Crisis)
13760 North 93rd Avenue, Suite 101
Peoria, AZ 85381
https://hcs-az.org/behavioral-health/
Family, child, adolescent counseling support, as well as crisis support
West Valley Resources

Mental Health Agencies/Community Practices Continued

Bayless Health Care
926 E McDowell Rd
Phoenix AZ 85008
602-230-7373
https://www.baylesshealthcare.com/
Counseling support for individuals and families, focusing on emotional and behavioral health.

Melmed Center
4848 E Cactus Rd #940
Phoenix AZ 85254
480-443-0050
http://www.melmedcenter.com/
Assessment and treatment of behavioral, educational and developmental challenges in children and adults.

Valleywise Behavioral Health Center - Maryvale
5102 W. Campbell Ave., Phoenix, AZ 85031
https://valleywisehealth.org/locations/behavioral-health-center-maryvale/
Behavioral Health treatment facility

Southwest Network
9051 West Kelton Lane, Suite 13
Peoria, AZ 85382
Phone: 623.815.5700
http://www.southwestnetwork.org/nt19rg/default.asp
Individual and family counseling for mental illness, substance abuse and comorbid disorders. Services for children with Autism and their families.

Spectrum Village
4150 West Peoria Avenue Suite 122
Phoenix, AZ 85029
Phone: 602-909-7051
http://www.spectrum-village.com/ServicesProvided.en.html
West Valley Resources

Grief Support

A New Leaf Glendale
8581 N 61st Ave Glendale, AZ
623-934-1991

New Song at Hospice of the Valley Central Phoenix
1510 E. Flower Street
Phoenix, AZ 85014

Stepping Stones of Hope
4000 North 7th Street, Suite 108
Phoenix, Arizona 85014
602-264-7520
https://steppingstonesofhope.org/services
Comprehensive support-based programs, continuum of care and education to grieving children, teens, families, adults and communities.

Grief Share Groups
National grief recovery groups that run in various locations throughout the valley
1- 800-395-5755
Email: info@griefshare.org
https://www.griefshare.org/countries/us/states/az/cities/glendale
https://www.griefshare.org/countries/us/states/az/cities/peoria
https://www.griefshare.org/countries/us/states/az/cities/phoenix

Hope Community Services (formerly West Valley Child Crisis)
13760 North 93rd Avenue
Suite 101
Peoria, AZ 85381
(93rd Ave. & Thunderbird)
https://hcs-az.org/behavioral-health/
Family, child, adolescent counseling support, as well as crisis support.

Updated 3/24/20
West Valley Resources

Food Resources

West Valley Community Food Bank
7205 N. 51st Ave., Glendale
Call for Days/Hours: 623.848.8278

Grateful Hearts – Hot Breakfast/Lunch
8066 N. 49th Ave., Glendale
Call for Days/Hours: 602.809.9282

Hope for Hunger
5605 N. 55th Ave., Glendale
Call for Days/Hours: 602.773.4344

St Mary’s Food Bank
(602) 242-FOOD (3663)
Our office hours are 8:00 am to 5:00 pm, Monday to Friday.
Proof of residency required such as an electric or water bill as well as a valid I.D.- upon call to the main number direction will be given to the proper location

Phoenix School District
Click Here
Interactive map that shows all the schools in the Phoenix School District offering school breakfast and lunches. School campuses will open from 10:00 am - 12:00 pm to serve food to any individual 18 years old or younger (up to 21 for students with a disability).

Harvest Compassion Center Maryvale
4002 N. 67th Ave., Phoenix, Arizona 85033
1-623-247-0039
Our mission is to provide food and clothing in a hope-filled environment to the underserved in the greater Phoenix area.

Salvation Army
17420 Ave. of the Arts
Surprise, AZ
623-977-1084
Free hot breakfast drive-thru starting March 23 from 07:00am to 09:00am
Sack lunches will also be provided
West Valley Resources

Day Care/ Day Camp Options

Champions
Pre School, Pre-K, and Extended Day Kinder
Before and After School K-6
9450 W Encanto St., Phoenix, AZ 85037
(602) 245-2983
8150 W Durango St., Phoenix, AZ 85043
(602) 245-2983
https://www.discoverchampions.com/

Lifeprints Childcare and Learning Center
6am - 6pm
5680 W. Peoria Ave, Glendale, AZ
https://www.lifeprintschildcare.com/

Imagination Childcare
5220 N. Dysart Rd, Litchfield Park
(623) 535-9960
6:00 am to 6:30 pm
Waiving all enrollment fees. We serve ages 1 through 5.

Boys and Girl’s Club
Offering emergency childcare:

Luis and Elizabeth Sands Branch
4730 W. Grovers Ave.
Glendale, AZ 85308
(602) 375-0400

Swift Kids Branch
6420 W. Maryland Ave.
Glendale, AZ 85301
(623) 939-6952
West Valley Resources

Day Care/Day Camp Options

Tri City West/Thornwood Branch
301 E. Western Ave.
Avondale, AZ 8532
(623) 932-1154

YMCA
Providing emergency childcare

Legacy Foundation Chris-Town YMCA
5517 North 17th Avenue, Phoenix, AZ 85015, United States
(602) 242-7717

Northwest Valley Family YMCA
12450 W. Cinnabar Avenue, El Mirage, AZ 85335
(602) 688-5335

Glendale/Peoria Family YMCA
14711 North 59th Avenue, Glendale, AZ 85306
(602) 588-9622

Southwest Valley Family YMCA
2919 N. Litchfield Road, Goodyear, AZ 85395
(623) 935-5193

Maryvale YMCA
3825 N. 67th Ave Phoenix, 85033
623-873-9622

Programs include educational/tutorial classes, recreational programs and activities, and enrichment programs. Specific centers are youth focused while some centers provide programming and classes for all age groups

Updated 3/24/20
West Valley Resources

Medical Resources

County Health Department
4041 N Central Ave #1400
(602) 506-6820
maricopa.gov
County Health Departments offer a variety of low-cost services to the public. You do not have to be on AHCCCS to be eligible.

Lion’s Club of Peoria
Eyeglasses
(602) 583-9340

Banner Children’s Healthmobile
Our Healthmobile team, including a nurse practitioner and a bilingual medical assistant, provide caring, compassionate and free healthcare services to children from uninsured and underinsured families around the Valley.

Healthmobile Locations, Days and Hours of Operation

- Buckeye Elementary School
  - Located at 210 S. 6th Street, Building 700, in Buckeye
  - The Healthmobile is generally parked at this location from 9 a.m. to 4 p.m. Mondays*
- Vineyard Church North Phoenix
  - Located at 6250 W Peoria Avenue in Glendale
  - The Healthmobile is generally parked at this location from 8:30 a.m. to 4:30 p.m. Tuesdays*
- Banner Health Center in Maricopa
  - Located at 17900 N. Porter Road
  - The Healthmobile is generally parked at this location from 8 a.m. to 4 p.m. Wednesdays*
- Banner Ironwood Medical Center
  - Located at 37000 N. Gantzel Road, in San Tan Valley
  - The Healthmobile is generally parked at this location from 9 a.m. to 5 p.m. Thursdays*
West Valley Resources

Medical Resources

Mission of Mercy Mobile Medical Clinic
(602) 861-2233
360 E Coronado Road #160
Phoenix
Services include: Continuing Care and Medical Services, Prescription Services, Diagnostic Services, Kids Kare
West Valley Resources

Financial Resources

Surprise Resource Center
We have received additional utility assistance funding for electric and gas bills for El Mirage and Surprise residents. Please call 623-222-HOPE on Monday after 8am.

Other Resources

Community Resource Guide for Surprise and West Valley

Corps Community Center- Salvation Army
6010 W. Northern Avenue, Glendale
623-934-0469
Click here for Website
Provide assistance with Emergency Financial Assistance, Food and Nutrition Services and Food/Nutrition Services
Central Valley Resources

Mental Health Agencies/Community Practices

**Touchstone Behavioral Health**
15648 N 35th Ave
Phoenix AZ 85053
1-866-207-3882
[https://www.touchstonehs.org/](https://www.touchstonehs.org/)
Assessment and treatment of behavioral, educational and developmental challenges in children and adults.

**Bayless Health Care**
926 E McDowell Rd
Phoenix AZ 85008
602-230-7373
[https://www.baylesshealthcare.com/](https://www.baylesshealthcare.com/)
Counseling support for individuals and families, focusing on emotional and behavioral health.

**Melmed Center**
4848 E Cactus Rd #940
Phoenix AZ 85254
480-443-0050
Assessment and treatment of behavioral, educational and developmental challenges in children and adults.

**Doorways Counseling**
4747 North 7th Street, Suite 450
Phoenix, AZ 85014
602-997-2880
[https://www.doorwaysarizona.com/](https://www.doorwaysarizona.com/)
Doorways is an outpatient mental health treatment center in Phoenix, Arizona, that specializes in helping teens and young adults with issues such as eating disorders, substance abuse, trauma, depression, bipolar disorder, mood disorders, ADHD and ADD, self-harm, suicide prevention, and more.
Central Valley Resources

Mental Health Agencies/Community Practices Continued

Yee Psychological Services, PLLF
17505 N. 79th Avenue, #213
Glendale, AZ 85308
623-670-2927
http://yeepsychology.com/
Licensed Clinical Psychologist specializing in treatment of anxiety disorders, Obsessive Compulsive Disorder and traumatic stress disorders.

Restored Living Counseling
8114 E. Cactus Road, Suite 240, Scottsdale, AZ 85260
Reception: 480-427-3350
Phone Consultation: 480-779-0058
http://restoredlivingcounseling.com/
Counseling services for adolescents, adults, and couples

Julie Caldwell, LMFT
42104 N. Venture Drive, Bldg. E, Anthem, AZ 85086
602-791-0894
http://www.juliecaldwellcounseling.com/
Therapeutic services for individual adults, children and adolescents, couples, families and groups.

Arizona Youth and Family Services
3707 North 7th Street, Phoenix, AZ 85014
602-277-4833
http://www.azyfs.org
Non-profit outpatient community mental health agency serving children, adolescents, families.

Arizona Child Psychology
10210 N 32nd Street #213, Phoenix, AZ 85028
602-824-8804
https://arizonachildpsychology.com/
Multidisciplinary psychology and counseling practice serving children, adolescents, young adults, and parents.

Updated 3/24/20
Central Valley Resources

Mental Health Agencies/Community Practices Continued

Southwest Network
Central Valley (birth to age 21)
2444 East University Dr., Suite 150, Phoenix, AZ 85034
602-304-0014
http://www.southwestnetwork.org/ni/locations.shtml
Behavioral health services to infants, children, adolescents and adults

Mindfully Integrated Health PLLC
8585 East Hartford Drive Suite 103, Scottsdale, AZ 85255,
(480) 562-6600
https://www.mindfullyintegratedhealth.com/our-providers
Small psychiatric practice in Scottsdale, AZ providing psychiatry and counseling services, full
diagnostic evaluations with a comprehensive treatment plan that may include medications
and/or therapy.

Devereux Outpatient Treatment
11024 N. 28th Drive, Suite 110, Phoenix, AZ 85029
(602) 944-6222
https://www.devereux.org/site/SPageServer/?pagename=az_programs_preventative_oc_2015
Outpatient Counseling: Devereux offers comprehensive outpatient counseling services for
individuals, families, and groups in the office, school & or home setting. Specialties include the
treatment of ADHD, Conduct Disorders, Mood Disorders, Physical Abuse, Sexual Abuse and
Anxiety Disorders.

ASU Clinical Psychology Center
1100 E University Dr, Tempe, AZ 85281
Phone: 480-965-7296
https://psychology.asu.edu/asu-clinical-psychology-center
Services Provided: Psychotherapy for Anxiety & Depression, Stress, Anger, Relational
Problems, ADHD, Child and Family problems, adjustment to health problems. Group therapy
programs such as Weight management, Social Skills, Sleep Improvement, Depression
prevention for girls. Evaluations – Learning disorders, ADHD, Giftedness, Anxiety,
Psychological.
Central Valley Resources

Mental Health Agencies/Inpatient Facilities

Quail Run Behavioral Health
2545 W Quail Ave, Phoenix, AZ 85027
602-455-5700
https://quailrunbehavioral.com/
Quail Run Behavioral Health offers acute inpatient treatment to adolescents ages 12 to 17.

Aurora Behavioral Health
24hr Assessment Line: 877-870-7012
West Valley:
6015 W. Peoria Ave. Glendale, AZ 85302
Main: 623.344.4400
East Valley:
6350 S. Maple Ave. Tempe, AZ 85283
Main: 480.345.5400
https://www.auroraarizona.com/programs/arizona-adolescent-programs
Intensive outpatient programs for adolescents in areas including mood management, self-esteem, anger, communication skills, social skills, grief, loss and trauma, and self-injurious behaviors. Holistic personalized care, detox and chemical dependency services, and a specialized Autism unit.

Banner Behavioral Health Hospital
7575 E Earll Dr. Scottsdale, AZ 85251
480-448-7500
https://www.bannerhealth.com/locations/scottsdale/banner-behavioral-health-hospital

Devereux Inpatient Treatment
6436 E. Sweetwater Avenue, Scottsdale, AZ 85254
480-998-2920
https://www.devereux.org/site/SPageServer/?pagename=az_rtc

Phoenix Children's Hospital
1919 E. Thomas Road, Phoenix, AZ 85016
602-933-1000
https://www.phoenixchildrens.org/centers-programs/psychiatry-program/services

Updated 3/24/20
Central Valley Resources

Grief Support

New Song at Hospice of the Valley Central Phoenix
1510 E. Flower Street
Phoenix, AZ 85014
A safe, nurturing environment where children, teens and young adults and their caregivers can address issues of grief and loss in a straightforward way. Also offers workshops, in-services and talks to school, work and community groups.

New Song at Saint Barnabas on the Desert
6715 N. Mockingbird
Scottsdale, AZ 85253

Stepping Stones of Hope
4000 North 7th Street, Suite 108
Phoenix, Arizona 85014
602-264-7520
https://steppingstonesofhope.org/services
Comprehensive support-based programs, continuum of care and education to grieving children, teens, families, adults and communities.

Grief Share Groups
National grief recovery groups that run in various locations throughout the valley
1- 800-395-5755
Email: info@griefshare.org
https://www.griefshare.org/countries/us/states/az/cities/anthem
https://www.griefshare.org/countries/us/states/az/cities/scottsdale
Central Valley Resources

Food Resources

Vista del Camino Food Bank
7700 E Roosevelt Ste
Scottsdale, AZ, 85257
Main Line: 480-312-2323
https://www.scottsdaleaz.gov/human-services/vista-del-camino
Call Vista's Main Line to schedule an appointment to receive a food box fitting your needs (to the best of their ability). Other services at this location: Rent and utility assistance, job preparation, emergency prevention rental assistance, emergency financial assistance (transportation, prescriptions, and special needs), and back-to-school program. CFSP distributed on Wednesday following the second Tuesday of the month

United Food Bank’s Help Yourself Food Distribution
Each Friday, from 8 a.m. - noon, those with an "immediate need" can visit United Food Bank's Help YourSelf Co-Op to receive food, as long as supplies last. The food bank is located at 358 E. Javelina Ave., Mesa, AZ 85210.

Rock Church Food Pantry
2012 N. Scottsdale Rd. Ste A
Scottsdale, AZ - 85257
(480) 945-8155
Food Pantry Hours: Thursday from 6:00pm - 8:00pm

Food Bank
(602) 528-3434
1-800-445-1914
Website: www.azfoodbanks.org/index.php/foodbank

Harvest Compassion Center- Phoenix
4744 E Thunderbird Rd Ste 9
Phoenix Az, 85032
Main Line- 602-788-2444
Hours of Operation / Horario:
Mon, Wed 9:00 am - 11:30 am
Sat 9:00 am - 11:30 am
Central Valley Resources

Food Resources

Paradise Valley Emergency Food Bank
10862 N 232nd St
Phoenix AZ, 85028
Hours of Operation / Horario:
Mon - Fri 9:00 am - 4:00 pm

Desert Mission Food Bank
9229 North 4th St
Phoenix Az 85020
Main Line: 602-870-6062
Hours of Operation / Horario:
Mon, Tue, Thu 8:30 am - 4:00 pm
Wed 8:30 am - 5:30 pm
Fri 8:30 am - 2:30 pm
Closing at noon Tues Mar 31

Neighborhood Ministries
18181 W. Van Buren Street, Phoenix 85009
602-252-5225
Fridays 9:30-11:00am
Food boxes, clothing bank, and social services provided. No referral required.

Cultural Cup Food Bank
324 E. Thomas Road, Phoenix, 85012
602-243-1773
Tuesday to Thursday 9am-1:45pm
Food boxes; walk-ins are welcome. No referral required

St. Mary’s Food Bank
2831 N. 31st Ave
Phoenix, 85009
602-242-3663
Monday through Friday 8am-4pm
Emergency food boxes provided. You may need to provide proof of address
Central Valley Resources

Food Resources

Desert Christian Food Bank
1445 W. Northern Ave
Phoenix, 85021
602-861-4008
Food boxes provided on Sundays. Walk-ins served. No referral required. Mobile pantry is offered on the 3rd Friday of each month.

Phoenix Rescue Mission
1801 S. 35th Ave
Phoenix, 85009
602-233-3000
Soup kitchen. Walk-ins welcome. No referral required. Monday through Friday: Breakfast, lunch and dinner provided; Breakfast, lunch, dinner, and snacks also provided Saturday and Sunday 8-9; M-F 6:30-8 (Brkfst); M-F 11:30-1 (Lunch); M-F 4:30-6 (Dinner)

ICM Food & Clothing Bank
501 S. 9th Ave
Phoenix, 85007
602-254-7450
Food boxes provided. Walk-in welcome. No referral required. Proof of address not required during this time. Food boxes will be distributed outside the building. Clothing room will be closed until further notice. Access to toiletries, baby formula, and diapers upon request
Scottsdale School District Free Meals for Kids - Multiple Locations
https://www.susd.org/Page/3954
Each child present between the ages of 1 and 18 will receive a free breakfast and lunch!
In order to assist families in meeting their children's nutritional needs during the school closure, the following locations will serve as meal distribution sites. Free meals are available for all children ages 1 – 18 each weekday, beginning Monday, March 23 per the schedule and locations below. **Look for a Scottsdale Unified school bus at these locations:**
(Simply pull up to the bus. There is no need to exit your vehicle.)

Navajo Elementary, 7501 E. Oak St., Scottsdale
Tavan Elementary, 4610 E. Osborn Rd., Phoenix
Yavapai Elementary, 701 N. Miller Rd., Scottsdale
Tonalea K-8, 6720 E. Continental Dr., Scottsdale

Hohokam Elementary, 8451 E. Oak St, Bus Lane: 9:30 -10 a.m.
City of Scottsdale Apache Park, 1201 N. 85th Pl, South Parking Lot: 10:30 – 11 a.m.
Navajo Granite Reef Campus, 4525 N. Granite Reef Rd: 9:30 -10 a.m.
Pueblo Elementary, 6320 N. 82nd St, Bus Lane: 10:30 – 11 a.m.
SUSD Bus Stop, 7440 E. Thomas Rd. Parking Lot at northeast corner of Thomas Rd. and Civic Center Dr: 9:30 – 10 a.m.
Oasis of Scottsdale Apartments, 7777 E. Heatherbrae (Just West of 78th St) : 10:30 -11 a.m.
Redfield Elementary, 9181 E. Redfield Rd. (west parking lot off of Redfield Road): 9:30 -10am
City of Scottsdale Horizon Park, 15444 N. 100th St, West Entrance: 10:30 – 11 a.m.
The Bridge United Methodist Church, 4900 E. Thomas Rd, Phoenix: 9:30 -10 a.m.
Salem Lutheran Church, 6701 E. Osborn Rd, Scottsdale: 10:30 – 11 a.m.
Scottsdale 59 Apartments, 5900 E. Thomas Rd: 9:30 – 10 a.m.

Phoenix Union School District - Multiple Locations
All PXU school cafeterias will open from 10:00 am - 12:00 pm to serve food to any individual 18 years old or younger (21 or younger for students with a disability.).
https://www.google.com/maps/d/viewer?mid=1iPYOLyy7xe3o4rlNLoL45AMAEXLgrkXK&ll=33.43288225300171%2C-112.13320738918259&z=11
Central Valley Resources

Day Care/ Day Camp Options

Lincoln Family Downtown YMCA
350 N. 1st Ave
Phoenix, 85003
602-404-9622
M-F 5am - 9pm
Sat-Sun 9am - 7pm
Teen leadership programs, youth workforce, exercise & swim facility

Christown YMCA
5517 N. 17th Ave
Phoenix, 85015
602-242-7717
M-F 5am - 9pm
Sat-Sun 9am - 7pm
Teen leadership programs, youth workforce, exercise & swim facility

Boys & Girls Club: Harry & Sandy Rosenweig branch
2242 W. Missouri
Phoenix, 85015
602-249-1338
M-F 8am - 6pm (Extended hours during school closures)
Unique mix of opportunities for kids & teens, including leadership development, activities, etc.
**Free breakfast and lunch available and extended hours are in place during school closures.

Boys & Girls Club: IG Homes
1601 W. Sherman St
Phoenix, 85007
602-254-5814

Children’s Learning Adventure Daycare Centers - Multiple Locations
www.childrenslearningadventure.com
Three locations in the Phoenix metro: Laveen, Maricopa, and Scottsdale. They offer full camp programs from 6 am- 6:30 pm. The camps will waive all registration fees for families affected by school closures.
Central Valley Resources

Day Care/ Day Camp Options

Valley of the Sun YMCA - Multiple Locations
https://valleymca.org/spring-break-camp
The YMCA has extended its spring break programs until March 27 because of the recent school closures. There are fifteen branches in the state. Programs may vary between branches. You will have to call each branch to check availability and costs.

Impact Gymnastics Academy
7812 N 12th St B, Phoenix.
602-870-7574
www.impactgymaz.com
Day camp will be hosted for every day that school is closed. The camp is $25 per day for any amount of time between the hours of 8 a.m. and 4 p.m. Children will be in groups of 10 or fewer, for children ages 4 (and potty-trained) to 17.

Dysart Unified School District Spring Camp and Growing Minds Preschool
www.dysart.org/communityeducation.
Priority for these programs will first be given to essential medical, public safety and military personnel, second to current Den Club participants, and then to the general public. Limited space is available and will be based on staffing capacity. Please note that we are taking additional precautions to ensure the health and safety of the children and staff in these programs.

Imagination Childcare Childcare/Preschool
5220 N. Dysart Rd, Litchfield Park
623-535-9960
www.imaginationchildcare.com
Imagination Childcare remains open (6:00 am to 6:30 pm) and has 10 openings for preschool age children. Waiving all enrollment fees; serving children ages 1 through 5. Imagination Childcare/Preschool has implemented increased cleaning and monitoring during the corona virus outbreak and is following AZ DHS and CDC guidelines.
Central Valley Resources

Financial Resources

Sunnyslope Family Services Center
914 W. Hatcher Rd, Phoenix, 85021
602-495-5229
Multipurpose center offers rent and mortgage payment assistance, and utility assistance for electric, natural gas and City of Phoenix water bills. Call Mondays at 8:00 am for appointments.
**To schedule an emergency assistance appointment, call 602-534-2433 or 1-866-882-1778

Travis L. Williams Family Services Center
4732 S. Central Ave, Phoenix, 85040
602-534-4732
Multipurpose center offers rent and mortgage payment assistance, and utility assistance for electric, natural gas and City of Phoenix water bills. Call Mondays at 8:00 am for appointments.

Find Help Phoenix
www.findhelpphx.org
An on-line directory of services and resources divided by categories of service (medical services, legal help, affordable housing, childcare and many other services)

APS
602-371-7171
Reach out to their New Customer Support Fund; APS will NOT disrupt service

SRP
602-236-8888
SRP will not turn service off for non-payment and waive all late fees during COVID-19 pandemic

City of Phoenix Water
602-216-800
Water services will not be turned off and have reconnected anyone suspended for nonpayment

Cox Communications
www.cox.com
Cox is offering free WiFi hotspots and Connect to Compete program for parents and families with students.
Central Valley Resources

Other Resources

City of Scottsdale Community Assistance Office
Federal Housing Choice Voucher (HCV) Program; Federal Community Development Block
Grant (CDBG) Program; Federal HOME Investments Partnership (HOME) Program
A variety of local funding sources including Scottsdale Cares, General Funds and Endowment.
A variety of housing rehabilitation programs including Green Housing Rehabilitation, Roof
Repair and Replacement Program and Emergency Repair Program.
https://www.scottsdaleaz.gov/human-services/community-assistance-office

UMOM New Day Centers
(602) 275-4533
Website: www.umom.org
Provides safe shelter, housing, and supportive services to help families meet basic needs,
including parent support, housing, wellness center, domestic violence support, and child
development.

Community Information and Referral
(602) 263-8856, or call 211
Website: www.cir.org

Community Network for Accessing Shelter
24 hours / 7 days a week
(602) 263-8900
1-800-799-7739
Shelter and housing services, domestic violence, emergency housing, transitional housing,
rental assistance, utility assistance, food banks/pantries, legal representation, clothing and
furniture assistance.
East Valley Resources

Mental Health Agencies/ Community Practices

Terros Health
1232 E Broadway Rd #120
Tempe, AZ 85282
602-685-6000
https://www.terroshealth.org/
Individual, group, family therapy, EMDR, DBT, crisis services, day treatment, intensive and standard outpatient, serious mental illness services, residential care, psychiatric medication services, addiction, sober living, support groups, telehealth, wellness classes.

Southwest Behavioral & Health Services
1255 W. Baseline Road #138
Mesa, AZ 85202
480-820-5422
https://www.sbhservices.org/
Individual and family counseling for mental illness, substance abuse and comorbid disorders. Services for children with Autism and their families.

Oasis Behavioral Health
2190 N Grace Blvd
Chandler, Arizona 85225
480-917-9301
https://www.obhhospital.com/
Treatment for mental health disorders including ADHD, anxiety, aggression, addiction, bi-polar, borderline personality, conduct disorder, depression, ODD, PTSD, psychosis, schizophrenia, self-harm and suicidal ideation.

Aurora Behavioral Health
6350 S. Maple Ave.
Tempe, AZ 85283
480-345-5400
https://www.auroraarizona.com/
Intensive outpatient programs for adolescents in areas including mood management, self-esteem, anger, communication skills, social skills, grief, loss and trauma, and self-injurious behaviors. Other services include holistic personalized care, detox and chemical dependency services, and a specialized Autism unit.
East Valley Resources

Mental Health Agencies/ Community Practices

SanTan Behavioral Health Services
459 North Gilbert Rd, Ste. C-100
Gilbert, AZ, 85234
480-507-3644
https://www.santanbhs.com/
In-home counseling services, therapies including martial arts, dance, boxing, and basketball. Therapeutic weekend programs, behavior coaching, mentoring and more.

Red Mountain Behavioral Health Services
2915 E. Baseline Rd, Ste.115
Gilbert, AZ 85234
480-641-9552
https://www.rmbhs.com/
Individual, family and group counseling through various interventions including talk, trauma-based, mindfulness, CBT, EMDR and others. Focus areas include depression, ADHD, self-esteem, substance abuse, anger, grief and loss, anxiety and stress, social skills and communication. Sessions may be home, community or office based.

Crisis Preparation and Recovery
2120 S. McClintock Drive #105
Tempe, AZ 85282
480-804-0326
https://www.crisisprepandrecovery.com/
Counseling for individuals, couples and families, through modalities such as CBT, DBT, EMDR, in areas including anxiety, anger, depression, grief, trauma, gender identity, etc. Provides holistic approaches including nutrition and physical wellness; offers in-home counseling services.

Unique Family Services
4801 S. Lakeshore Dr. Suite #101,
Tempe, Arizona 85282
480-462-0142
https://uniquefamilyservices.com/
Counseling to individuals and families for coping skills, regulation, communication, self esteem, etc.; behavior coaching for parents and caregivers to help manage their youth’s struggling behaviors.
East Valley Resources

Mental Health Agencies/ Community Practices

**Lifeline Professional Counseling**
(Multiple Valley locations)
335 N Alma School Rd Suite E
Chandler, AZ 85224
1423 S Higley Rd STE 103
Mesa, AZ 85206
480-641-1165
[http://www.lifelinepcs.com/#home](http://www.lifelinepcs.com/#home)
Counseling for children and teens for ADHD, mood management, anger, gender and sexual identity, anxiety and stress, trauma and more.

**Desert Eagle**
1835 W Chandler Blvd #100
Chandler, AZ 85224
480-269-1733
[https://deserteaglecounseling.com/](https://deserteaglecounseling.com/)
Cognitive Therapy and EMDR

**Total Life Counseling**
690 E Warner Rd #115
Gilbert, AZ 85296
480-444-2434
[https://www.totallifecounseling.net/](https://www.totallifecounseling.net/)
Children and adolescent specialists to address social emotional and behavioral health needs

**Evolve Counseling and Behavioral Health Services**
1206 E. Warner Rd. Ste. 115
Gilbert, AZ 85296
480-590-3915
[https://www.evolvecounselingaz.com/](https://www.evolvecounselingaz.com/)
Counseling for children and teens, ADD/ADHD support, and rotating groups such as social skills for adolescent males, self-esteem for adolescent females and parenting skills.

**Strategies For Success**
10440 E. Riggs Road #207
Mesa, AZ 85284
[https://strategiesforsuccessaz.com/](https://strategiesforsuccessaz.com/)

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Mental Health Agencies/ Community Practices

Bayless Integrated Healthcare
Dobson Ranch Therapeutic Wellness
2204 S. Dobson Road, Suite 201
Mesa, AZ 85202
480-281-2637
https://www.baylesshealthcare.com/locations/dobson-ranch-therapeutic-wellness/
Counseling support for individuals and families, focusing on emotional and behavioral health

Jewish Family & Children Service
880 N Colorado St,
Gilbert, AZ 85233
480-820-0825
https://www.jfcsaz.org/
Counseling and behavioral health services for children of all ages.

Catholic Charities Community Services
2220 S. Country Club Drive, Suites 106, 108
Mesa, AZ 85210
602-749-4405
https://www.catholiccharitiesaz.org/
General counseling support for all ages
East Valley Resources

Inpatient Treatment Centers

Oasis Behavioral Health
2190 N. Grace Blvd
Chandler, AZ 85225
480-917-9301
https://www.obhhospital.com/
In-patient care: 11-17 year olds in need of acute support for crisis management and stabilization.
Residential care: 11-17 year olds who are experiencing emotional, behavioral and/or substance abuse difficulties.

Aurora Behavioral Health
6350 S. Maple Ave.
Tempe, AZ 85283
480-345-5420
https://www.auroraarizona.com/
In-Patient Mental Health Services for adolescents 13-17 years old. Treatment for emotional and psychological problems, including: depression, substance abuse, aggression, rebellion, self-injury, suicidal behavior, mood disorders, anxiety disorders, violence towards others, lusions, hallucinations, medication stabilization.

Anasazi Foundation
1424 South Stapley Dr. Mesa
Arizona 85204
480-892-7403
https://www.anasazi.org/
Wilderness programs for boys and girls, ages 13-17, struggling with substance abuse, emotional or behavioral concerns.
East Valley Resources

Grief Services

GriefShare
480-600-8352
https://www.griefshare.org/countries/us/states/az
Support for grief journey after the loss of a loved one. Multiple location

New Song Center for Grieving Children
480-951-8985
Support groups and activities for children, teens or young adults who have lost a loved one

Hospice of the Valley
602-530-6900
https://hov.org/our-care/grief-support/
Support for teens and adults who have suffered a loss

Empact Survivors of Suicide
480-784-1514
empactsos.org
Support group for youth and adults

Banner Hospice
480-657-1167
https://www.bannerhealth.com/services/hospice/support
Grief Support Groups for families- 12 week program, $15 materials fee

The Dougy Center- The National Center for Grieving Children and Families
https://www.dougy.org/
Search various supports and locations within the state
Grief support programs for children, teens, young adults and adults; resource materials; tips sheets and more.
East Valley Resources

Food Resources

**United Food Bank’s Help Yourself Food Distribution**
Each Friday, from 8 a.m. - noon, those with an "immediate need" can visit United Food Bank's Help YourSelf Co-Op to receive food, as long as supplies last.
The food bank is located at 358 E. Javelina Ave., Mesa, AZ 85210.

**Association for Arizona Food Banks**
Largest database for food banks and emergency food options - will provide you with the closest location to support you
1-800-445-19149
Monday-Friday 8am-5pm

**Valley School Districts**
Offering sack, breakfast & lunches during school closure
School Meals Link

**Chandler Care Center**
777 E. Galveston St. Chandler, AZ 85225
480-812-7900
Food Bank Hours: M&F 8am-11am; T&W 8am-1pm
Free Farmers Market TH 7:30-8:30am (bring photo ID bags/boxes for food)
[www.chandlerCAREcenter.com](http://www.chandlerCAREcenter.com)

**Chandler Christian Community Center and Food Bank**
(will determine where you can get food, including gov't assistance)
345 S. California St., Chandler, AZ 85225
480-963-1423
Monday-Friday 8am-4pm
[www.Chandlerfoodbank.org](http://www.Chandlerfoodbank.org)

**Chandler First Church of Nazarene**
(Get a grocery cart of food for $10, cash only. Ticket required: on sale Friday 6-7pm; first come first serve)
301 N. Hartford, Chandler, AZ 85225
480-963-4464
4th Saturday of every month, 7-11am

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East Valley Resources

Food Resources

Chandler WIC
(State supplemental nutrition and breastfeeding program for qualifying women, infants and children)
3002 N. Arizona Ave, #13, Chandler, AZ 85225
480-892-7702
www.azdhs.gov/prevention/azwic

Matthew's Crossing Food Bank
www.matthewscrossing.org
Drive-through food distribution *Not located at the food bank
Monday-Friday, 9-11am
2541 N. Arizona Ave, Chandler, AZ 85225

Paz de Cristo Community Center
*Grab-n-go meals, alternative to evening meal service which is currently suspended (COVID-19)
Paz de Cristo Community Center
424 West Broadway Road, Mesa, Arizona 85210

Open Arms Care Center
522 N. Gilbert Road #103, Gilbert, AZ 85234
480-539-0157
www.openarmscc.com
Pantry Hours: M/W 1-3pm T/Th 9-11am & 6-8pm Sat 9-11am

Vineyard Community Church Food Pantry
601 S Cooper Rd, Gilbert, AZ 85233
480-892-5828
Pantry Hours: Tuesdays 10:00am - 2:00pm

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East Valley Resources

Day Care/Day Camp Options

Boys and Girls Clubs of the East Valley
Multiple locations (Chandler, Gilbert, Mesa, etc.)
https://bgcmp.org/updates/

Valley YMCA (multiple locations)
Emergency Child Care services until April 10. This service includes breakfast, snacks, and lunch. Also, anyone under the age of 18 years old can pick up a free meal at one of the locations listed here:
- Jacobs/City YMCA (central) - 7 a.m. - 6 p.m.
- Lighthouse/City YMCA (midtown) - 7 a.m. - 6 p.m.
- Lohse Family YMCA (downtown) - 6 a.m. - 6 p.m.
- Northwest YMCA, Pima County Community Center (northwest) - 6 a.m. - 6 p.m.
- Ott Family YMCA (east) - 7 a.m. - 6 p.m.
- Cottonwood Elementary School (south east) - 7 a.m. - 6 p.m.
- Mulcahy/City YMCA Child Care Center (south) - 6 a.m. - 6 p.m.
https://operations.daxko.com/Online/5242/ProgramsV2/Search.mvc

Life Christian Preschool & Childcare
11530 E. Queen Creek Rd. Chandler 85286
(between Arizone Ave & McQueen on Queen Creek Rd)
Open 6a-6p Monday - Friday
Serving Infants - 5th grade
Phone: 480 539-8933
http://lifechildcare.org/index.html

Children’s Learning Adventure (multiple locations):
1-877-797-1417
https://www.childrenslearningadventure.com/
East Valley Resources

Medical Resources

Adelante Healthcare Mesa
1705 W. Main St. Mesa, AZ 85201
1-877-809-5092
https://adelantehealthcare.com/locations/#

Chandler Care Center
777 E. Galveston St. Chandler, AZ 85225
480-812-7900
https://www.cusd80.com/Page/999

Care Partnership Clinic (general medical and dental care)
466 S. Belleview St. Mesa, AZ 85204
480-833-8987
M-F 8am-5pm; call to schedule an appointment
https://www.catholiccharitiesaz.org/
East Valley Resources

Financial Resources

Department of Economic Security (DES)
Resources including housing, rent and emergency assistance
(855) 432-7587
https://des.az.gov/services/coronavirus

COX Low-cost internet
Effective Monday, March 16, we are providing:
● Limited-time, first two months free of Connect2Compete service, $9.95/month thereafter
● Until May 15, 2020, we are providing phone and remote desktop support through Cox Complete Care at no charge to provide peace of mind and ease for technology needs
● Resources for discounted, refurbished equipment through our association with PCs for People
● A Learn from Home toolkit for schools, including instructions on how to fast-track eligible students without internet access Download toolkit
https://www.cox.com/residential/internet/connect2compete.html?sc_id=cr_dm_camp_z_c2c_vanity

Chandler Care Center
777 E. Galveston St. Chandler, AZ 85225
480-812-7900; appointment required
(help applying for TANF- Temporary Cash Assistance for Needy Families)

US Government Benefits
Search for government assistance programs
1- 800-333-4636
Monday- Friday 6am-6pm
https://www.benefits.gov/
East Valley Resources

Other Resources

Arizona Students Recycling Used Technology (AZ StRUT)
Individuals, schools, non-profits and others who need affordable refurbished computer.
1720 W. Broadway Road
Mesa, AZ 85202
http://azstrut.org
480-222-4066
Valley Wide Resources

Crisis Services

Crisis Response Network
602-222-9444
Crisis Response Network provides immediate and confidential help.

AZ Teen Crisis Solutions
1-623-879-9600 (24-hour hotline)
For parents of struggling and troubled teens.

Arizona Department of Child Safety (DCS)
1-888-767-2445
Reporting abuse or neglect https://dcs.az.gov/

NAMI of the Sun
Maricopa Crisis Line: 800-631-1314
Crisis Line Hearing impaired (TTY/TDD) 1-800-327-9254
https://namivalleyofthesun.org/about/
Crisis support, educational programs, community resources

Suicide Prevention

EMPACT Suicide Prevention Hotline
1-800-273-8255
Suicide Prevention Center: comprehensive crisis and community behavioral health services to children, adults, and families. Services are provided in the home or at one of the office locations

National Suicide Prevention Lifeline
1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

Teen Lifeline
602-248-8336
To prevent teen suicide in Arizona through enhancing resiliency in youth and fostering supportive communities.

Trevor Project
1-866-488-7386
https://www.thetrevorproject.org/
Providing crisis intervention/suicide prevention services to LGBTQ young people under 25.
Valley Wide Resources

Behavioral Health State Associations

The following organizations are professional state associations representing various practitioners specializing in behavioral health. These associations provide a search feature on their websites to find practitioners that may meet your individual needs.

**Arizona Association for Marriage and Family Therapy**
Search for a Marriage and Family Therapist
Website: [http://www.azamft.com](http://www.azamft.com)

**Arizona Branch of the Association of Play Therapy**
Search for a Play Therapist
Website: [http://www.azapt.org/directory.php](http://www.azapt.org/directory.php)

**Arizona Counselors Association**
Search for a Counselor
Website: [http://azca.org/find-a-counselor/](http://azca.org/find-a-counselor/)

**Arizona Psychological Association**
Search for a Psychologist by specialty
Website: [http://www.azpa.org](http://www.azpa.org)

**Arizona Board of Medical Examiners**
The AZ Board of Medical Examiners Website allows searches by specialty (e.g., psychiatry).
Website: [http://www.azmd.gov/GLSPages/DoctorSearch.aspx](http://www.azmd.gov/GLSPages/DoctorSearch.aspx)

**Arizona Nurse Practitioner* Council**
Search for a Nurse Practitioner
Website: [http://www.arizonanp.com/search.aspx](http://www.arizonanp.com/search.aspx)

*Nurse Practitioners have a master's degree in nursing and can prescribe medication and manage minor psychiatric disorders.
Valley Wide Resources

Education Resources

**Glendale Public Library Brainfuse**
Online, live-chat, all-subject homework assistance for library card-holding students from kindergarten through college — available in Spanish or English, from 1-10 p.m. daily.

**PBS Kids**
programming for PreK to 3rd grade will remain in the 5-6:30 a.m then will continue uninterrupted on Arizona PBS KIDS at [www.atpbskids.org](http://www.atpbskids.org) and [https://azpbs.org/arizona-pbs-on-demand/our-channel-offerings/](https://azpbs.org/arizona-pbs-on-demand/our-channel-offerings/)

**Johnson Space Center**
Join Boeing and Discovery Education on a mission to inspire the world through aerospace innovation with an exclusive virtual field trip to historic Johnson Space Center in Houston, Texas [https://www.boeingfutureu.com/](https://www.boeingfutureu.com/)

**Virtual Museum Tours**
Since museums will also be closed, Google partnered with hundreds of museums to offer virtual tours. The Lourve Museum also has a virtual tour on their site. [https://artsandculture.google.com/partner?hl=en&tab=pop](https://artsandculture.google.com/partner?hl=en&tab=pop)

**Virtual Field Trips:**
A collection of sites to live webcams, virtual tours/trips, and other miscellaneous fun academic sites. [https://virtualschoolactivities.com/](https://virtualschoolactivities.com/)

**Khan Academy** (academic subject areas K-12)
[https://www.khanacademy.org/](https://www.khanacademy.org/)

**GoNoodle** (movement, social/emotional learning)

**Cosmic Kids Yoga** (movement, social/emotional learning)
[https://www.youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)

**National Geographic Kids**
[https://kids.nationalgeographic.com/](https://kids.nationalgeographic.com/)

**Virtual Museum and Zoo tours Google Arts & Culture**
[https://artsandculture.google.com/](https://artsandculture.google.com/)

**Google National Parks Tour**
[https://artsandculture.google.com/project/national-park-service](https://artsandculture.google.com/project/national-park-service)

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Valley Wide Resources

Education Resources

**Virtual Ocean Dives**
https://sanctuaries.noaa.gov/vr/

**Paiute Neighborhood Center**
Digital Library containing free resources for families, parenting workshops, parenting support, activities for children and parents (web-based and in person)

**Switcheroo Zoo** (watch, listen and play games to learn about animals)
https://www.switchzoo.com/

**Fun Brain** (play games to practice math and reading skills. K-8)
https://www.funbrain.com/

**PBS Kids- Parent Resource** (learning activities themed around PBS programming)
http://pbsfan.etvendowment.org/?gclid=EAIaIQobChMIp5y64Kay6AIIVlddkCh2FjgjeEAAYASAAEgJs2iD_BwE

**Into the Book** (go “into the book” to play games that practice reading strategies)
https://reading.ecb.org/

**Seussville** (read with Dr. Seuss and his friends)
https://www.seussville.com/

**ABC YA** (Practice math and reading skills through games, K-6+)
https://www.abcya.com/

**Storyline Online** (Have your favorite stories read to you)
https://www.storylineonline.net/

**Highlights Kids** (read, play games and conduct cool science experiments)
https://www.highlightskids.com/

**San Diego Zoo Live Webcams**
https://zoo.sandiegozoo.org/live-cams

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Valley Wide Resources

Financial Resources

Mortgage Assistance
Fannie Mae: Coronavirus (COVID-19) Help
https://www.knowyouroptions.com/covid19assistance
1-800-2FANNIE (1-800-232-6643)

Freddie Mac: Extending Help to Homeowners Impacted by COVID-19
1-800-FREDDIE (1-800-373-3343)

Arizona Public Service (APS)
Currently suspending shutting off power to customers of non-payment and waiving late fees. Contact the Customer Support fund if you need assistance paying your bill.
Phoenix (602) 371-7171
Or (800) 253-9405

SRP
SRP encourages customers who are experiencing difficulty paying their electric bill for any reason, to notify us as quickly as possible so we can make arrangements that can help avoid a worsening financial situation. Call us 24/7, even on holidays, at (602) 236-8888

Dept. of Economic Security
To apply for Nutrition, Cash and Medical Assistance, visit https://www.healthearizonaplus.gov/ or call (855) 432-7587.

Small Business Administration (SBA) Loans for Small Businesses
To learn more about the process for accessing SBA’s COVID-19 disaster relief lending, please go https://www.sba.gov/ or contact the SBA disaster assistance customer service center: 1-800-659-2955

Other Resources

211 Arizona
General resource for food, clothing, paying bills, housing/shelter, etc
https://211arizona.org/

Arizona Non-Profits
Multiple supports throughout the valley
https://greatnonprofits.org/city/phoenix/AZ

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