



PVUSD FAMILY RESOURCE LIST

SERVICES/HOSPITALS

Arizona 211 (Formerly Community Information and Referral) **Dial 211** homeless/shelter/housing, financial/ economic support, unemployment, COVID response resources, Bilingual Available

Phoenix Children's Hospital 602-933-1000 (main number) <http://www.phoenixchildrens.com/>
Psychiatric Unit **602-933-0990** Mon-Fri 8a-5p

Phoenix Police Department Non-Emergency 602-262-6151 - Information **602-262-7626**

Scottsdale Police Department Non-Emergency 480-312-3701

Sondermind 1-844-843-7279 (1-844-THERAPY) Connects individuals with licensed therapists, no fee for matching, accepts most major insurance and private pay <http://sondermind.com/>

CRISIS SERVICES & HOTLINES

Mental Health Crisis Line- 24 hours crisis services- **602-222-9444** or **1-800-631-1314** Phone crisis services and mobile crisis services, Bilingual Available, behavioral health, suicidal thoughts, eating disorders, substance abuse, etc.

Teen Lifeline 602-248-8336 Teens talk to teens 3p-9p, phones are answered 24 hours by staff

National Suicide Prevention Crisis Line Hotline – 24-hour crisis services 1-800-273-8255

National LGBT Hotline 1-888-843-4564

BEHAVIORAL HEALTH AGENCIES

Child Crisis Center 480-969-2308 (shelter kids under 10yrs) **480-834-9424** <http://childcrisis.org/>
(languages English and Spanish)

Banner Behavioral Health 480-448-7500 (inpatient/intensive outpatient programs)

EMPACT 480-784-1500- Mobile Crisis Services, Mental Health, Substance Abuse, Suicidal, Crisis Line and Counseling, Bilingual Available

Touchstone Health Services 1-866-207-3882 <http://www.touchstonehs.org/>

Valleywise Health 602-344-5011 <http://www.valleywisehealth.org/>

National Alliance on Mental Illness (NAMI) 480-994-4407 <http://www.namiarizona.org/>

Substance Abuse & Mental Health Service Administration (SAMHSA) 1-800-729-6686

TERROS Behavioral Health 602-685-6000- Mobile Crisis Services, Mental Health, Substance Abuse, Suicidal, Crisis Line and Counseling, Bilingual Available

RESOURCES FOR FOOD

Az Hunger Hotline 602-528-3434 or **1-800-445-1914**

For additional food services including mobile pantries, meals, soup kitchens and food boxes

Arizona Food Banks- <http://Azfoodbanks.org/> to find other food resources, food for parents and caregivers, food boxes, soup kitchens, infant boxes, home meal programs and onsite meal programs

Desert Mission Food Bank- 602-870-6062

9229 N 4th St (4th St & Hatcher)

Mon-Fri 9:00am-3:00pm

Walk-In ok, BRING a current photo ID and 1 piece of mail (utility bill, etc.) with your current address .
Can also purchase a pantry bag for \$10 that has items at lower cost than the store. Bilingual Available

Harvest Compassion Center 602-788-2444

4744 E Thunderbird Rd Ste#9 (Tatum & Thunderbird)

Mon, Wed & Sat 9:00am-11:15am

Walk-In ok, BRING a current photo ID and 1 piece of mail for Proof of Residency (utility bill, etc) with your current address . Must be an Arizona resident. They have food, hygiene items and baby items.

Mom's Pantry 602.992.0083

13440 N. Cave Creek Rd. Phoenix

Sat 10am-2pm & Sun 10am-1pm

Walk In, ID & Proof of Residency (a utility bill from APS or a lease/rent/mortgage agreement)

Oasis Church 602-494-9557

15014 N 56th St (56th St & Greenway)

Tue, Thur & Saturday only 10:00am – 12:00pm

Walk In, Drive up and get a food box, no proof of address needed

Paradise Valley Food Bank 602-867-9228

<http://Pvefb.org/>

10862 N. 32nd St (32nd St & Shea)

Mon-Fri 9:00am-4:00pm

Must call for an appointment. BRING a current photo ID and 1 piece of mail (utility bill, etc from the last 60 days) with your current address within the PV Unified School District.

SEXUAL & DOMESTIC VIOLENCE

National Domestic Violence Hotline 1-800-799-7233

Arizona Coalition to End Sexual and Domestic Violence Helpline 602-279-2900 or

1-800-782-6400 <http://www.acesdv.org/helpline/>

Rainn National Sexual Assault Hotline 1-800-656-HOPE (4673) <http://www.rainn.org/> – free and confidential

SUBSTANCE ABUSE

Banner Behavioral Health 480-448-7500 (inpatient/intensive outpatient programs)

National Substance Use and Disorders and Mental Health Referral and Treatment Hotline

1-800-662-HELP (4357)

Not My Kid 602-652-0163 <http://www.notmykid.org/>

PAL Parents of Addicted Loved ones 480-300-4712 <http://www.palgroup.org/>

Substance Abuse & Mental Health Service Administration (SAMHSA) 1-800-729-6686

St. Luke's Behavioral Health 602-251-8535

HOUSING/HOMELESS

Central Arizona Shelter 602-256-6945 – emergency shelter, case management, budgeting, etc.

Maggie's Place 602-262-5555 -Housing and support for pregnant girls

Family Housing HUB 602-595-8700- connects to several shelters- <http://www.fhhub.org/>

Florence Crittenton 602-274-7318- Housing and services for pregnant girls including mental health, substance abuse, dual diagnosis, education, supportive housing, parenting classes, etc.

UMOM New Day Center 602-275-7852- 3333 E Van Buren Helps families, youth, single women and veterans with housing, job training, educational services, employment services, etc.

FINANCIAL

Individuals who become unemployed due to COVID-19 may be eligible to receive benefits. Go to <http://AZUI.gov/> or call **1-877-600-2722** for more information

Short-Term Crisis Services (STCS) 602-506-5911

Helps to prevent homelessness by helping with rent/mortgage payments, Emergency Shelter, Utility Assistance, etc. Apply through the Maricopa County Human Services 234 N Central Ave Ste#3000

For help with **City of Phoenix Services** call **602-262-3111** or email contactus@phoenix.gov or go to <https://www.phoenix.gov/Resources>

Arizona Department of Economic Security 602-861-0208 <http://des@az.gov/>

Help with unemployment, child support, food assistance, medical assistance, homelessness, domestic violence, utility assistance, refugee resettlement, child care, disabilities, aging and adult services and employment services.

Cox Communications 623-594-1143 Sign up BEFORE September 30, 2020 first 2 months free and \$9.95/month thereafter, other options and resources available

<https://www.cox.com/residential/internet/connect2compete/covid-19-response.html>

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