



Paradise Valley School District United Parent Council RESOURCE LIST

Resources for Food

Paradise Valley Food Bank- 602-867-9228

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.

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 (utility bill, etc) with your current address. Must be an Arizona resident. They have food, hygiene items and baby items.

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

Oasis Church- 602-494-9557

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

Saturday only 10:00am – 12:00pm

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

Do you need help managing the stress and anxiety? Having Suicidal thoughts? Feeling Depressed? Need help with an addiction? OR do you know someone who needs help?

Crisis Services

Crisis Recovery Network- 24 hours crisis services- 602-222-9444

Phone crisis services and mobile crisis services

Bilingual Available

24 hour Crisis Line for Teens and Young Adults- 602-841-5799

Teen Lifeline- 602-248-8336

Teens talk to teens 3pm-9pm, phones are answered 24 hours by staff

EMPACT - 480-784-1500

Mobile Crisis Services, Mental Health, Substance Abuse, Suicidal, Crisis Line and Counseling
Bilingual Available

TERROS Behavioral Health - 602-685-6000

Mobile Crisis Services, Mental Health, Substance Abuse, Suicidal, Crisis Line and Counseling
Bilingual Available

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

National LGBT Hotline - 1-888-843-4564

Domestic Violence & Sexual Assault

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

www.acesdv.org/helpline

Rape, Abuse & Incest National Network Hotline- 1-800-656-4673

Financial

Individuals who become unemployed due to COVID-19 may be eligible to receive benefits. Go to www.AZUI.gov or call 1-877-600-2722 for more information

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

Helps to prevent homelessness and helps 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>

For additional resources please go to our website at www.pvupc.org and click on the blue area “UPC’s PV Community Resource Document” and follow UPC on facebook @UPCPVUSD

We are all in this together and we care about you!!