

## Hotline Resources

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## COVID-19 Resources

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- Arizona Poison and Drug Hotline
  - Temporarily, used for general questions and the most up-to-date information regarding Coronavirus.
    - 1-800-222-1222
- Arizona Statewide COVID-19 Hotline
  - Call 2-1-1
- City Services Impacts Hotline
  - Hotline for Tucson city services and information on coronavirus
    - (520) 791-2540
- Pima Council on Aging
  - Speak with a member of our staff about how we can assist you. Information on COVID-19 too.
    - (520) 790-7262

# Suicide/Crisis Resources

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- Crisis Text Line
  - Specialized crisis counselors are just a text message away on this free, confidential 24-hour support line. To further protect your privacy, these messages do not appear on a phone bill. The text line also provides services and support if you are upset, scared, hurt, frustrated, or distressed.
    - Text HOME to 741741
- National Suicide Prevention Lifeline
  - If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is confidential and available 24/7 across the United States.
    - English: 1-800-273-8255
    - Spanish: 1-888-628-9454
    - Options for Deaf and Hard of Hearing: 1-800-799-4889
- NAMI Community Wide Crisis line (Tucson)
  - If you are in immediate crisis, whether it be for you or your loved one
    - 520-622-6000 or 1-866-495-6735
- SAMHSA Disaster Distress Hotline
  - 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
    - Call 1-800-985-5990 (press 2 if needing Spanish)
    - TDD (Telecommunications Device for the Deaf): 1-800-846-8517

- Text TalkWithUs to 66746
- Trevor Project Lifeline
  - Hotline for LGBT Youth
  - If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk
    - 1-866-488-7386
- Veteran Crisis Line
  - Hotline for veterans who are experiencing feelings of being alone, anxiety/depression, or suicidal thoughts
    - 1-800-273-8255 (press 1) or text 838255
    - Support for Deaf and Hard of Hearing: 1-800-799-4889

# Mental Health/Social Support Resources

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- Hope Inc. Warm Line
  - Non-emergency free phone line for anyone living in Pima County who needs to talk. Peer support operators have first-hand experience in living with mental illness and/or substance use – either through personal experience or the experience of a close family member.
    - Open 8AM-10PM, 7 days a week (Holidays: open 8AM-6PM)
    - (520) 770-9909
    - Same number for Youth Warm Line as well (specific for 13-17 years old)
  
- LGBT National Hotline
  - Provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the U.S.
  - Monday-Friday (1pm-9pm PST), Saturday (9am-2pm PST)
    - 1-888-843-4564
  
- NAMI Help Line (National Alliance on Mental Illness)
  - Call for peer-support, questions, practical next steps, and concerns regarding living with a mental illness
    - 1-800-950-6264
  
- SAMHSA National Helpline
  - For individuals and family members facing mental and/or substance use disorders. Provides referrals to local treatment facilities, support groups, and community-based organizations.
    - English and Spanish: 1-800-662-4357

- TDD: 1-800-487-4889
- The Samaritans Hotline
  - Offers emotional support to anyone who calls feeling lonely, depressed, suicidal, or just are looking for someone to talk to. If you're concerned about someone you care about in your life, they can also help with advice and resources.
    - Call or Text: 1-877-870-4673
- Veteran Be Connected Support Line
  - A support line for veterans who may need support with: resources for yourself or family, concern about a friend, getting help for a family member, feeling overwhelmed, wanting to help people in your community.
    - 1-866-4AZ-VETS (429-8387)

# Elder Resources

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- Arizona Adult Protective Services (APS) and Elder Abuse Hotline
  - APS assists vulnerable older adults to stop and prevent abuse, neglect, or exploitation
    - Monday-Friday: 7am-7pm, Saturday-Sunday: 10am-6pm
    - Voice: 1-877-SOS-ADULT (1-877-767-2385)
    - TDD (Telecommunications Device for the Deaf): 1-877-815-8390
    - FAX: 1-602-277-4984
- Elderly Victims of Crime Services via Pima County Attorney's Office
  - Victim Services will assist you by helping to restore your confidence, maintain your dignity, and ensure your rights as a victim in the state of Arizona.
    - (520) 740-5525
- Pima Council on Aging
  - Speak with a member of our staff about how we can assist you. Information on COVID-19 too.
    - (520) 790-7262

## Abuse Resources

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- Child Help USA National Hotline
  - 24/7 line, for youth who are suffering child abuse
    - 1-800-4-A-CHILD (1-800-422-4453)
- National Domestic Violence Hotline
  - 24/7 line, for anyone affected by abuse and needing support, supporting survivors
  - Serves also as National Teen Dating Violence Hotline
    - 1-800-799-7233 or text LOVEIS to 22522
    - Deaf or Hard of Hearing: 1-855-812-1001
- National Sexual Assault Telephone Hotline
  - Call for: support from a trained staff member, support finding a health facility, someone to help you talk through what happened, local resources that can assist, information about laws in your community, and basic information about medical concerns
    - 1-800-656-4673
- SACASA (Southern Arizona Center Against Sexual Assault)
  - Individuals and families impacted by sexual trauma can call for crisis services, advocacy, support, therapy, and education 24/7
    - (520) 327-7273



## Veteran Resources

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- Veteran Be Connected Support Line
  - A support line for veterans who may need support with: resources for yourself or family, concern about a friend, getting help for a family member, feeling overwhelmed, wanting to help people in your community.
    - 1-866-4AZ-VETS (429-8387)
- Veteran Crisis Line
  - Hotline for veterans who are experiencing feelings of being alone, anxiety/depression, or suicidal thoughts
    - 1-800-273-8255 (press 1) or text 838255
    - Support for Deaf and Hard of Hearing: 1-800-799-4889

## Youth Resources

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- Trevor Project Lifeline
  - Hotline for LGBT Youth
  - If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk
    - 1-866-488-7386
- Child Help USA National Hotline
  - 24/7 line, for youth who are suffering child abuse
    - 1-800-4-A-CHILD (1-800-422-4453)
- Boys Town National Hotline
  - 24/7 line, serving all at-risk teens and children
    - 800-448-3000 (including Spanish-speaking counselors)
    - Hearing impaired: email at [hotline@boystown.org](mailto:hotline@boystown.org)

## Other Resources

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- Arizona Poison and Drug Hotline
  - Still 24/7 use: If you think someone has been poisoned or has taken too many drugs or unknown medications. If you need to know more about a drug. If you or your pet has been stung or bitten by a poisonous creature. If you need information about preventing accidental poisonings. If you have *any question* at all about medications, household products, venomous insects and reptiles.
    - 1-800-222-1222