















Arizona Resource List

	Organization/Program	Contact Information	Description
Eligibility Screening	 Arizona Self Help	http://arizonaselfhelp.org arizonaselfhelp@gmail.com (602) 604-0640	Website provides information and eligibility screening for 40 programs in Arizona.
	 2-1-1 Arizona	https://211arizona.org 2-1-1 or (877) 211-8661	Website and hotline provide a directory of services in your community for food, clothing, housing, shelter, crisis, domestic violence, health, mental health, substance abuse, employment, veterans, and individual and family services. Download the app on your mobile phone or tablet.
Apply for Services	 Health-e-Arizona Plus	https://www.healtharizonaplus.gov/ (855) 432-7587	One-stop website to apply for Nutrition Assistance (NA), Cash Assistance (CA), and Medical Assistance (MA). AHCCCS is Arizona's Medicaid agency that offers health care programs to serve Arizona residents.
	 Arizona DES Supplemental Nutrition Assistance Program (SNAP)	https://des.az.gov/services/basic-needs/food/nutrition-assistance-formerly-food-stamp-program (855) 432-7587	Provides eligible families with a debit card (SNAP/EBT) to purchase qualifying food products. Screen for eligibility and apply online at https://www.healtharizonaplus.gov/ .
	 Arizona WIC Program (Women, Infants & Children)	https://azwic.gov (800) 252-5942	Serves pregnant, breastfeeding, and postpartum women, and infants and children under age five with nutritious foods, nutrition education, and referrals. Screen for eligibility at https://azwic.gov .
	IMPORTANT: You may be eligible for more than one assistance program. We encourage you to explore all available programs listed.		
Food and Nutrition	 Association of Arizona Food Banks	http://www.azfoodbanks.org/index.php/foodbank/index/ (800) 445-1914	Search the online directory by zip code to find the nearest emergency food options in Arizona, including food banks, pantries, soup kitchens, shelters, and others that distribute emergency food.
	 Health and Nutrition Services - Child Nutrition Programs	http://www.azed.gov/hns/ (800) 352-4558, Option 6	Provides nutritious meals to children at no or minimal cost in childcare, school, and after school care settings. Talk with your child's school or care provider to access meals.
	 Summer Food Service Program (SFSP)	Text FOOD to 877-877 or visit https://www.azhealthzone.org/summerfood to find summer meal locations and times.	Ensures that low-income children, ages 18 and younger, receive nutritious meals when school is not in session. Free meals are provided to all children at approved SFSP sites.
	 AZ Health Zone	https://www.azhealthzone.org	Provides families with opportunities and resources to be active and healthy.
	 Breastfeeding 24-Hour Hotline	(800) 833-4642	Free, 24/7 hotline that provides answers for pregnancy and breastfeeding questions for any Arizona resident.
	 Double Up Food Bucks Arizona	www.doubleupaz.org 1-833-8-DOUBLE (1-833-836-8253)	Doubles the value of SNAP/EBT at farmers markets, CSAs, food banks, and grocers across Arizona. Find locations at www.doubleupaz.org .
	 Farmers' Market Nutrition Program	https://azdhs.gov/prevention/azwic/farmers-markets/index.php (602) 542-1886 azfmnp@azdhs.gov	Provides checks (\$30 value - once a year) to eligible women, children, and seniors to purchase Arizona grown fresh vegetables, fruits, and/or herbs at approved Farmers' Markets. Find your local Farmers' Market at https://www.azhealthzone.org/farmersmarkets .
Children and Families	 Arizona Caregiver Coalition	https://azcaregiver.org/ (888) 737-7494 – AZ Caregiver Resource Line	Provides information and resources for Arizona caregivers and their families through partnerships, advocacy, resources, and respite support.
	 Arizona Helping Hands	https://azhelpinghands.org/ (480) 889-0604	Provides resources for foster care families to help meet basic essential needs of children in foster care in Arizona.

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Children and Families	 Arizona Department of Economic Security (DES)	https://des.az.gov/ (855) 432-7587 – TANF Cash Assistance (800) 882-4151 – Child Support Services (800) 308-9000 – Child Care Resources (877) 767-2385 – Adult Protective Services (602) 542-4446 – Aging and Adult Services	<p>Provides services and resources including Cash Assistance (CA), child support, child care, and crisis services. Visit https://www.healtharizonaplus.gov/ to apply for Cash Assistance.</p> <p>Provides services and resources for adults including health care, nutrition, legal, refugee resettlement, and adult protective services.</p>
	 Arizona Department of Child Safety (DCS)	https://dcs.az.gov/ (888) 767-2445 – AZ Child Abuse Hotline (877) 527-0765 – DCS Family Advocate line (877) 543-7633 – DCS Caregiver Warmline	<p>Provides services and resources for children and families, such as foster and adoption services, to strengthen families and ensure the safety, permanency, and well-being of Arizona’s children.</p>
Education/ Employment	 Arizona DES Employment Services	https://des.az.gov/ (602) 542-4910 – Employment Services (877) 600-2722 – Unemployment Services	<p>Provides services and resources including unemployment benefits, and employment supports, and veterans’ services.</p>
	 Arizona@Work	https://www.arizonaatwork.com/	<p>Website provides services and resources for job seekers to pursue employment opportunities in Arizona.</p>
Health	 Arizona DES Medical Assistance (AHCCCS)	https://www.healtharizonaplus.gov/ (855) 432-7587	<p>Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Visit https://www.healtharizonaplus.gov/ to apply.</p>
	 Arizona DES Disabilities Services	(844) 770-9500 – Developmental Disabilities DDDCustomerServiceCenter@azdes.gov (800) 237-3007 – AzEIP Referral Line AzEIP.Info@raisingspecialkids.org	<p>Provides services and resources for developmental disabilities, Arizona Early Intervention Program (AzEIP) for children, and rehabilitation for a disability.</p>
	 Federal Healthcare Marketplace	https://localhelp.healthcare.gov/ (800) 318-2596	<p>Online resource and 24/7 hotline to obtain information about and apply for health care insurance through the federal marketplace (i.e. Obamacare).</p>
Behavioral/ Mental	 Crisis Response Network	https://www.crisisnetwork.org/ (855) 832-2866	<p>Reviews all applications for Serious Mental Illness (SMI) determination and services in Arizona.</p>
	 Crisis Text Line	https://www.crisistextline.org/ Text HOME to 741741	<p>Free, 24/7 support for those in crisis. Text HOME to 741741 from anywhere in the US to text with a trained Crisis Counselor.</p>
Housing and Utility Assistance	 EveryoneOn	https://www.everyoneon.org/ Contact your local telephone, internet, and/or utility services for more information about low-cost options for eligible families.	<p>Online directory lists options for low-cost internet and computers based on your zip code.</p>
	 Low-Income Home Energy Assistance Program (LIHEAP)	https://des.az.gov/services/basic-needs/shelter-housing/utility-assistance (602) 604-0640 To apply, contact your local Community Action Program at https://wildfireaz.org/ .	<p>Helps low-income households to pay current and past due energy bills, utility deposits, and energy efficiency.</p>
Veterans Services	 Arizona DES Veteran’s Program	https://des.az.gov/services/employment/veterans (602) 542-4910	<p>Supports programs that increase opportunities for veterans to obtain employment and job training in Arizona. Eligible veterans are entitled to receive priority services in job referrals and training, as well as other employment-related services.</p>
Domestic Violence	 National Domestic Violence Hotline	https://www.thehotline.org/ (800) 799-7233 (National Hotline) (800) 787-3224 (TDD/TYY)	<p>Free, 24/7 hotline that provides tools and support to enable victims to find safety and live lives free of abuse.</p>
	 Arizona DES Domestic Violence Program	https://des.az.gov/services/basic-needs/shelter-housing/domestic-violence-services (602) 542-4446	<p>Directory of organizations in Arizona that provide a variety of services to victims of domestic violence and their families.</p>