

Community Resources

| Resource Type | Organization / Program | Contact Information | Description | County |
|--------------------|---|---|---|-----------|
| Resource Guide | Arizona Self Help http://arizonaselfhelp.org/ | (602) 604-0640 ArizonaSelfHelp@gmail.com | Arizona Self Help is a free and easy way to find out if your family may be able to get help from 40 different assistance programs in Arizona. | Statewide |
| Resource Guide | 2-1-1 Arizona https://211arizona.org | 2-1-1 or (877) 211-8661 | 2-1-1 Arizona is a hotline and web-based directory of services for a variety of different assistance programs specific to your community. | Statewide |
| Food and Nutrition | Association of Arizona Food Banks https://www.azfoodbanks.org | (800) 445-1914 | The Association of Arizona Food Banks represents regional food banks and pantries around the state, and can help you find the nearest emergency food option to you. | Statewide |
| Food and Nutrition | Arizona Department of Education, Health and Nutrition Services https://www.azed.gov/hns/ | (800) 352-4558, Option 6 | The Arizona Department of Education, Health and Nutrition Services provides nutritious meals to children in child care, school and after school care, at no or minimal cost. | Statewide |
| Food and Nutrition | Summer Food Service Program https://www.azhealthzone.org/summerfood | Text FOOD to 877-877 | The Summer Food Service Program (SFSP) ensures low-income children, ages 18 and younger, receive nutritious meals when school is not in session. | Statewide |
| Food and Nutrition | AZ Health Zone https://www.azhealthzone.org/ | | AZ Health Zone provides your family with opportunities and resources to stay healthy and active. | Statewide |
| Food and Nutrition | Breastfeeding 24-Hour Hotline | (800) 833-4642 | The Breastfeeding Hotline is a free, round-the-clock hotline that will answer your pregnancy and breastfeeding questions | Statewide |
| Food and Nutrition | Arizona Department of Economic Security, Supplemental Nutrition Assistance Program https://des.az.gov/na | (855) 432-7587 | The DES Family Assistance Administration determines eligibility for Nutrition Assistance, a monthly benefits program to help you and your family purchase nutritious foods. | Statewide |

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| Food and Nutrition | Double Up Food Bucks Arizona https://www.doubleupaz.org | 1-833-8-DOUBLE (1-833-836-8253) | The Double Up Food Bucks program doubles the value of Nutrition Assistance at farmers markets, community support agriculture farms, food banks and certain grocers. | Statewide |
| Food and Nutrition | Arizona Department of Health Services, Arizona WIC Program https://www.azwic.gov | (800) 252-5942 | The Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC) provides nutrition education and breastfeeding support services, supplemental nutrition foods and referrals to health and social services. | Statewide |
| Food and Nutrition | Arizona Department of Health Services, Farmers Market Nutrition Program https://azdhs.gov/prevention/azwic/farmers-markets/index.php | (602) 542-1886 azfmnp@azdhs.gov | The Farmers Market Nutrition Program provides checks to eligible women, children and seniors to purchase Arizona-grown produce at approved farmers markets. | Statewide |
| Children and Families | Arizona Helping Hands https://azhelpinghands.org/ | (480) 889-0604 | Arizona Helping Hands provides resources to foster care families to help meet the basic essential needs of children in foster care. | Statewide |
| Children and Families | Arizona Department of Child Safety https://dcs.az.gov/ | AZ Child Abuse Hotline: (888) 767-2445 DCS Family Advocate: (877) 527-0765 DCS Caregiver Warmline: (877)543-7633 | The Arizona Department of Child Safety provides services and resources to strengthen families and ensure the safety, permanency and well-being of children | Statewide |
| Employment Services | ARIZONA@WORK https://www.arizonaatwork.com/ | | ARIZONA@WORK plays an integral role in improving Arizona's workforce by assisting individuals who are unemployed and underemployed prepare for and obtain gainful employment. | Statewide |

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| Health Care | Arizona Health Care Cost Containment System (AHCCCS) https://azahcccs.gov | (855) 432-7587 | The Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency, offering healthcare programs to serve Arizona residents. | Statewide |
| Health Care | Federal Health Care Marketplace https://healthcare.gov | (800) 318-2596 | The Federal Healthcare Marketplace is an online resource and 24-hour hotline to provide information and help you apply for health care insurance through the federal marketplace. | Statewide |
| Behavioral/Mental Health | Crisis Response Network https://www.crisisnetwork.org | (855) 832-2866 | The Crisis Response Network reviews all applications for Serious Mental Illness (SMI) determination and services in Arizona. | Statewide |
| Behavioral/Mental Health | Crisis Text Line https://www.crisistextline.org | Text HOME to 741-741 | The Crisis Text Line provides free, 24-hour support for those in crisis. Text HOME to 741-741 to speak with a trained crisis counselor. | Statewide |
| Housing and Utility Assistance | EveryoneOn https://everyoneon.org | Contact your local telephone, internet or utility services for more information about low-cost options for eligible families | The EveryoneOn online directory lists options for low-cost internet and computers based on your zip code. | Statewide |
| Housing and Utility Assistance | United States Department of Housing and Urban Development https://hud.gov/states/arizona/renting | | The U.S. Department of Housing and Urban Development (HUD) works with local public housing authorities to provide public housing, housing choice vouchers (Section 8) and reduced rents to low-income tenants. | Statewide |
| Veterans Services | Arizona Department of Veterans' Services https://dvs.az.gov | (602) 255-3373 | The Arizona Department of Veterans' Services helps veterans connect with their VA benefits and other organizations and services available to them around the state. | Statewide |

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| Veterans Services | United States Department of Veterans Affairs https://va.gov | 844-698-2311 | The U.S. Department of Veterans Affairs provides those who've served with a large variety of services and benefits. | Statewide |
| Veterans Services | Arizona Coalition for Military Families https://www.Arizonacoalition.org | (602) 753-8802 | The Arizona Coalition for Military Families builds on Arizona's statewide capacity to care for, serve and support all service members, veterans, their families and communities. | Statewide |