National 24-Hour Crisis Hotlines

Phone

National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
National Substance Use and Disorder Referral and Treatment Hotline: **1-800-662-HELP (4357)**

Text

Text the word “HOME” to 741741

Suicide and Crisis Hotlines by County

- Maricopa County:
  - Served by Mercy Maricopa: **1-800-631-1314 or 602-222-9444**
  - Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties
    - Served by Arizona Complete Health - Complete Care Plan: **1-866-495-6735**
- Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties
  - Served by Health Choice Arizona: **1-877-756-4090**
- Gila River and Ak-Chin Indian Communities: **1-800-259-3449**
- Salt River Pima Maricopa Indian Community: **1-855-331-6432**
- Teen Life Line phone or text: **602-248-TEEN (8336)**