

What to do when you are concerned about someone's mental health, including your own.

[Learn Facts and Myths about Mental Illness](#)

[Learn How to Access Behavioral Health Services](#)

[Learn about the Court-Ordered Evaluation process in Arizona](#)

Does the individual appear to be an immediate danger to his/her own safety or to the safety of others?

YES

Call 911

NO

Does the individual appear to be in need of mental health assistance right away?

YES

Provide or Call a [Crisis Number](#):
24/7 National Hotlines:
1-800-SUICIDE and 1-800-273-TALK
Local Hotlines By County:
Maricopa: 1-800-631-1314
Pima: 1-800-796-6762
Graham, Greenlee, Cochise and Santa Cruz: 1-866-495-6735
Gila River and Ak-Chin Indian Communities: 1-800-259-3449
Yuma, LaPaz, Pinal and Gila: 1-866-495-6735
Mohave, Coconino, Apache, Navajo and Yavapai: 1-877-756-4090

NO

What is your relationship with this individual?

SELF or FAMILY MEMBER

View resources for [children](#), [adolescents](#), or [adults](#)

FRIEND

View resources for [friends](#), [acquaintances](#), [colleagues](#), [neighbors](#), [classmates](#), [etc.](#)

OTHER

View resources for [coworkers](#), [colleagues](#), [supervisors](#), [customers](#), [etc.](#)

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