



Mental Health Resources in Arizona

Highlights from Around the State...

Community Bridges

Substance Abuse services around the state including Detox, group therapy, peer support, and Rural Stabilization and Recovery Units

Rural Stabilization and Recovery Units offer:

- Crisis Intervention, Triage, Stabilization & Short-term Recovery Services (three-five days)
- Peer Support & Community-based Outreach
- Counseling Services, Transition & Referral
- Continuing Care
- Family Support Programs

Community Bridges (and agencies like them) offer not only substance abuse services for our family members, but sources of employment as well.

Verde Valley Guidance Clinic

- An outpatient clinic in Cottonwood AZ with integrated health care, peer support, therapy, and psychiatric services in a beautiful setting. They also have an independent living apartment setting with frequent check-ins by outpatient team.

Art Awakenings

Provides expressive arts programs in Phoenix and Tucson using creativity to explore feelings and process issues. Services are offered to adults and youth with behavioral health challenges in studios. Services include psychosocial rehabilitation with individual, group and family supportive counseling along with case management. Depending on the Studio location, instruction is also offered in visual art, writing, poetry, music, movement, & drama in addition to pre-job training and education.





Hope Lives

Peer support services in Phoenix that think outside the box! Emphasis is on support services for individual/group skill building, employment, community re-entry, psycho-education and prevention services for fathers, mothers, veterans, youth in transition and those individuals who have unmet needs. Hope Lives - Vive La Esperanza utilizes partnerships with community-based organizations, health care providers, social/human service providers, faith-based organizations and a variety of neighboring institutions.

Marshall Home for Men

A non-profit, state licensed personal care facility for elderly men with limited means. We pride ourselves on maintaining a safe, home-like atmosphere while providing care and assistance for those who need extra help.

To find more services...

Arizona 211 www.az211.org includes searchable categories including clothing, legal services, financial services, recreation, etc.

www.FindHelpPhx.org includes over 1000 holistic health care and social services resources, and an interactive asset map.

