



Mental Health Resources in Arizona

At a Glance...

RBHA's

In Arizona, community-based organizations called Regional Behavioral Health Authorities (RBHA's) administer behavioral health services. In addition to RBHAs, the state has agreements with five of Arizona's American Indian Tribes to deliver behavioral health services to persons living on the reservation.

Magellan	serves Maricopa County	• 1-800-564-5465
Community Partnership of Southern Arizona (CPSA)	serves Pima County	• (800) 771-9889
Northern Arizona Behavioral Health Authority (NARBHA)	serves Mohave, Coconino, Apache, Navajo, and Yavapai Counties	• 1-800-640-2123
Cenpatico Behavioral Health of Arizona	serves La Paz, Yuma, Greenlee, Graham, Cochise, Santa Cruz, Gila, and Pinal Counties	• (866) 495-6738

Outpatient Care

Outpatient providers are housed in clinics. Outpatient teams typically consist of a psychiatrist or nurse practitioner, a nurse, and a case manager. Along with the person and their family they will create a treatment plan and will refer to other services as indicated (such as therapy or work programs). The outpatient team will be the ones to help work through any difficulties and will provide support in a crisis.

Rehabilitation Options

Many options are available to support a person's wellness, depending on the community. Find out from the case manager what is available in your area. Some examples include supportive work programs, day programs, individual or group therapy, and much more.

Housing

Residential placements are usually home or apartment settings where staff is present and that provide treatment in the home for the residents. Included in this group are structured treatment settings for co-occurring mental health and substance use disorders.





Community placements are homes or apartments where the person signs a lease. They usually have staff available to the home for support, but people in this setting are often more independent and will receive treatment outside the home.

Peer Support

Services provided by people with “live experience” of mental illness. Peers provide support to people in the mental health system and can help a person remain compliant with treatment and communicate concerns to their treatment teams. They can also help reintegrate a person into the community through healthy leisure activities, creating wellness plans, and helping a person learn transportation systems.

Crisis

In a mental health emergency, these hotlines can send teams out to assess a person and help get them into inpatient settings if necessary.

Magellan (800) 631-1314

CPSA (800) 796-6762

NARBHA 1-877-756-4090

Cenpatico 866-495-6735

