

Counseling Services : Earnest Ford, LPC 890 W. Elliot Rd. Ste. 101, Gilbert, AZ 85234/Phone: (Office) 480-507-3340 ext.1 Fax: 480-507-3317

If you are experiencing an EMERGENCY, please dial new crisis line 988 then press "1"

988 or 911!



Crisis Lines & Support/Resources

Suicide 24 / 7 Hotline -1-800- 784-2433 Az. Suicide Prevention Center – 1-866-205-5229

Crisis Line: 602-222-9444 or 1-800-631-1314 (toll free) or 1-800-327-9254 hearing impaired

(TTY/TDD).//DETOX: 1-866-315=7061 ALANON 1-888-4AL-ANON (1-888-425-2666) for meeting information

TERROS - (602) 222-9444 / EMPACT -480-784-1500 / 1-800-656- 4673 - HOPE (National RAINN Sexual Assault Hotline) (480) 736-4949 (Sexual Assault Hotline– Maricopa County) Maricopa Crisis - 602-222-9444 Center for Prevention of Abuse and Violence) 602-254-6400 Sexual assault & abuse counseling Rape, Abuse and Incest National Network 800-656-4673 . VA helpline services :602-222-6550. 1-800-273-8255 :mental health emergency.

WARM LINES: Crisisnetwork.org

Vision of Hope: 602-347-1100 // NAZCARE WARMLINE: 1-888-404-5530//WarmLine: 480-276-1819

Crisis Line 800-631-1314 602-222-9444 Provides mental health crisis intervention for free

Crisis Response Network 800-631-1314 602-222-9444 Banner Health System 24 Hours - Crisis

and Referral - 602-254-4357 St. Luke's Medical Center - 800-821-4193

Arizona Mentoring Programs 1-888-513-6393 / Child and Family Resources, Inc. 520-881-8940

Florence Crittenton Services of Arizona 602-274-7318 / HomeBase Youth Services

602-263-7773

1-888-254-4297 **Youth On Their Own** /520-293-1136 **YouthBuild Phoenix** 602-534-3687

Drug Rehab.org at 888-292-4391 **Anger Management Hotline** Safehorizon offers support, anger management counseling, and resources to victims of anger and domestic violence and to those who need assistance controlling their anger. **1-800-621-HOPE (4673)**

Arizona Child Abuse or Neglect Hotline - 1-888-767-2445 //Arizona Coalition Against Domestic Violence - 602-279-2900 or 1-800-782-6400 //Autumn House (Crisis Hotline) - 480-835-5555 AZ Child Protective Services (CPS) Child Abuse Hotline - 602-530-1800 //AZ Adult Protective Services (APS) - 602-255-0996

Community Information and Referral Services - <http://www.mycommunitypt.com/arizona>

AA Meetings: The Pigeon Coop: 4315 S Rural Rd Tempe, AZ 85282
<http://www.pigeoncoop.org/meeting-list>

Sexual Addiction Support: <https://www.slaa-arizona.org>

GleefullyMe (Depression/Anxiety for women); Red Mountain Recreation Center 7550 E Adobe Road Contact/Elise Hurst/<https://elisehurst.wordpress.com/2017/04/15/womens->

Alanon/Alateen 602-249-1257 www.al-anon-az.org CASA Alzheimers support:
<http://supportnetwork.heart.org> / <https://www.alzheimers.org.uk>

Aspergers/Autism support: **Autism Society of America - Greater Phoenix Chapter** (480) 940-1093

Center for Autism & Related Disorders (602) 325-2485 1620 N. 48th Street Phoenix, AZ

ARIZONA POSTPARTUM DEPRESSION SUPPORT : Arizona Postpartum Warmline at 1-888-434-MOMS

Eating Disorders : [/www.opheliasplace.org](http://www.opheliasplace.org) /GRIEF SUPPORT: <https://www.griefshare.org/groups/search>

Gilbert – Pregnancy and Postpartum Support Group at Dignity Health. 480-412-5292

Free Marriage & Family Counseling **EVALUTATION:** www.crisisfamilycare.com

<http://www.dalylawfirmaz.com/ChildCustody/ChildCustodyEvaluations.aspx>

*******Teen Life Line 602-248-8336 (3pm – 9pm - Teen Peers) *******

Teens & Adolescent Residential Treatment Centers

Aurora Behavioral Health: 480-345-5400 //Banner Behavioral Health: 480-448-7500

Adolescent **S**ubstance **A**buse **P**rogram: 602-434-0249 Oasis Behavioral Health: 855-997-2026

Child & Adolescent Psychiatry Specialists

Transitions Center: 480-491-1898// Redemption Recovery: 480-471-8560

Family Behavioral Health: 480-481-0858// Mountain Health & Wellness (480) 983-0065// Horizon Health and Wellness 480-474-5668 or 5630//www.hhwaz.org

Full Circle Recovery - 5058 S. Price Rd., Tempe, Az. 85282 -480-620-7995

COVID -19 you're looking for general information about state COVID-19 resources: use covid19.ca.gov or call [833-544-2374](tel:833-544-2374) If you're looking for community services and support: Call [211](tel:211)

<https://www.paincare.org/>

Mind 24/7 Mental Health Clinic : MIND 24-7 Mesa provides walk-in urgent mental health care for adults and children 24 hours a day, seven days a week.

Call or text us

[1-844-646-3247](tel:1-844-646-3247) or <https://www.mind24-7.com>

[Men * Women Shelters](#)

<https://www.turnanewleaf.org/services/homelessness/homeless-shelters.html>

A New Leaf's Homeless Shelters

877-211-8661,

<https://www.shelterlistings.org/city/mesa-az.html>

Sexual Violence Survivor Support Group. Community Alliance Against Abuse (CAafa)
879 N Plaza Drive #101D Apache Junction www.caafaaz.org abigailp@caafaaz.org

Woman's incest/sexual abuse survivors group. www.veritascounselingcenter.com

Contact form on website

Shannon Spellman Veritas Counseling Center 3240 E union Hills Drive Suite 123
Phoenix. AZ 85050. 602-863-3939 Office

Reigniting love. Location

16815 South Desert Foothills Parkway Suite 134 Phoenix, AZ 85048 [\(480\) 613-5885](tel:4806135885)

This group is for couples who need tools and education to reconnect in their relationship after an affair

Sexual Addiction/Infidelity Group

This group is available for men who identify that they have crossed appropriate sexual/emotional boundaries in their relationships, violating and betraying their loved ones. [tel:-623-257-8779](tel:6232578779)

Beyond Affairs Network - BAN

Support Groups for Betrayed Spouses, Recovering from a Spouse's Extramarital Affair
ban@beyondaffairs.com

GRASP (Grief Recovery After Substance Passing) East Valley
GRASP Chapter

Contact Person: Tom Gwinn

Email Address: tgwinn@plpaz.com

Primary Phone Number: (602) 999-7734

<http://grasphelp.org/community/meetings/>

<https://mensgroup.com/mens-support-groups/>

VETERANS:

1-866-4AZ-VETS. Veterans crisis hotline

Call **1-800-273-8255**. Press "1" if you are a Veteran

VA helpline services :602-222-6550. 1-800-273-8255 :mental health emergency.

(Grief Recovery After Substance Passing) <http://grasphelp.org/community/meetings/>

Supportiv | The Peer Support Network

<https://www.supportiv.com>

Need someone to talk to? Supportiv is 24/7, judgment-free, troll-free Peer **Support** for any struggle.

Oasis Behavioral Health

Address: 2190 N Grace Blvd, Chandler, AZ 85225

Areas served:

Chandler and nearby areas

Hours:

[Open 24 hours](#) · [More hours](#)

Phone: [\(480\) 955-0937](tel:(480)955-0937)

Oasis Behavioral Health

Address: 3755 S Rome St, Gilbert, AZ 85297

Hours:

[Open 24 hours](#)

Phone: [\(480\) 667-5500](tel:(480)667-5500)

Aurora Behavioral Health S

Address: 6350 S Maple Ave, Tempe, AZ 85283

Hours:

[Open 24 hours](#)

Phone: [\(480\) 345-5400](tel:(480)345-5400)

ACKNOWLEDGEMENT

Verification of discussion and receipt of emergency numbers and support information.

On this date, I (print name) x _____ was informed on the use of this emergency list and provided a copy of this emergency list, by my therapist, Earnest Ford, LPC. By signing below, I agree to use this list in the event I am struggling with strong thoughts or feelings and unable to make safe decisions about my well-being.or the safety of others. If I choose not to use this list, agree to call someone (who I identified on my registration form to talk through my feelings.

Sign Name: _____

Today's Date: _____

Therapist:

Print: Earnest Ford, LPC Sign _____ Date: _____