

Behavior and Mental Health Resources

These 20 sources are within 5 miles of NSAA. Most insurance companies provide behavioral health services; the agencies on this list are free or minimal. In any event if there is a question of safety, refer to the nearest emergency room.

<https://www.findhelpphx.org/en/SearchResults/GetBySearch>

- 1. La Frontera Arizona / EMPACT - Suicide Prevention Center

Trauma Healing Services

914 S 52nd Street,, Suite 100 , Tempe, AZ 85281

Website

480-784-1514

3.0 Miles

Free

Clients served include victims of sexual or physical abuse, domestic violence, hate crimes, trafficking, terrorism, arson, bullying, kidnapping, mass violence, robbery, stalking, and survivors of homicide, as well as those affected by someone else's victimization. Services include 24-hour crisis hotline support, weekly individual trauma therapy for up to 6 months, DBT (very effective for trauma) and life skills groups, and processing groups for adolescents and adults. We serve clients in downtown Phoenix, Glendale, and Tempe. All services are in-office, except for crisis support which can occur in the community or in home. General Information: (480) 784-1514, Crisis Line (480) 784-1500 (24 hrs) Trauma Healing Services (480) 736-4949

- 2. Crisis Response Network, Inc.

24-hour help for mental health crisis

Maricopa County/Parts of Pinal County

Website

(602) 222-9444

3.1 Miles

24 Hour Hotline

Free

CRN provides 24/7/365 Mental Health Crisis Services for Maricopa County and parts of Pinal County. The services we provide include: Crisis Intervention over the phone, Mobile Crisis Teams, Crisis Transportation, Rapid Response (Hospital/CPS) and Suicide Prevention/Intervention.

- 3. Crisis Response Network, Inc.

Crisis Hotline

VALLEYWIDE - TODO EL VALLE

Website

(602) 222-9444 or (800) 631-1314

3.1 Miles

24 HOUR HOTLINE

Free

Trained crisis intervention specialists are available around the clock, every day of the year, to help over the phone. The Crisis Line is confidential and is open to anyone who needs help. Our experienced, professionally trained Crisis Specialist are ready to respond 24/7/365 to whatever crisis an individual is facing. Languages: English and Spanish

Read more...

- 4. Crisis Response Network, Inc.

Peer Support Warm Line

VALLEYWIDE- TODO EL VALLE

Website

(602) 347-1100

3.1 Miles

M-F 12PM-12AM, Sat-Sun 4PM-12AM

Free

The Warm Line is a telephone service that is staffed by peers who have, themselves, dealt with behavioral health issues.

[Read more...](#)

- 5. Hospice of the Valley

Grief Support Group - St. Matthew's United Methodist Church

2540 W. Baseline Road , Mesa, AZ 85202

Website

602-530-6970

3.1 Miles

Meets 1st and 3rd Tuesday from 6:00 pm - 7:30 pm

Free

Hospice of the Valley offers grief support groups; open to adults who have experienced a loss through death. Groups are free of charge, no registration is needed. If the meeting date falls on a national holiday, please call to verify if the group will be held: 602-530-6970, or check hov.org for maps and updates.

[Read more...](#)

- 6. Mental Health Guild

Together for Wellness Peer Support Group- All Mental Health Disorders

1432 S. Dobson Road , Mesa, Arizona 85202

Website

480-994-4407

3.1 Miles

Fridays 7:00-9:00 p.m.

Free

Peer Support Groups provide empowerment, support, education and socialization for individuals diagnosed with a mental illness. They are for those living with a mental illness & facilitated by peers. Also, family members and loved ones are welcome to attend. This group meets on Fridays from 7:00-9:00pm at the Desert Medical Pavilion in the Rosati Education Center, Ocotillo Room. Go to main entrance on Dobson. Pull in and come to stop sign. Turn left and then a right into the parking garage. Go thru the garage to the opposite end and park. Enter doors to the right (Rosati Education Center). Then turn right and go straight ahead to the Ocotillo Room. The groups are FREE and there is no registration required. Language: English

[Read more...](#)

- 7. La Frontera Arizona / EMPACT - Suicide Prevention Center

Suicide Prevention Center- 24 hour Crisis Hotline
618 South Madison Drive , Tempe, AZ 85281
Website
(480) 784-1500
3.2 Miles
Free

La Frontera Arizona EMPACT-Suicide Prevention Center offers comprehensive behavioral health services to youth, adults, and families. Services are provided in the home or at one of our office locations. When crisis intervention is needed we provide specialized crisis services for those needing immediate help. Our Crisis Hotline is anonymous and our Crisis Mobile Teams provide immediate community-based crisis intervention services. Our Prevention Program provides support groups for survivors of suicide, community training, and outreach for suicide awareness and prevention.

Read more...

- 8. Stand Together and Recovery Centers (STAR)

STAR East
1310 W. University Drive , Mesa, Arizona 85201
Website
(480) 649-3642
3.5 Miles
M-Th 7:30AM-7:30PM, F 7:30AM-3:30PM, Sat 7:30AM-2P
Free

STAR East offers a variety of options for improving both physical and mental health. We have fieldtrips to the local gym as well as an on-site gym for members not yet ready to work out in the general public. We have a cooking class that can help to improve independent living skills and teach healthy eating for a variety of medical conditions as well. We have a twice weekly on-site meeting of the Bi-Polar Bears support group and we provide easy access to community resources and supports. STAR East is also equipped with an extensive arts and crafts studio, in which members can learn skills from drawing and painting, to pottery, to jewelry design and various needle crafts, such as sewing, embroidery, knitting, and dress making. Members are then able to offer their projects for sale during our monthly art walk. Many of our members choose to volunteer while at the center, which allows them to learn and utilize various employment skills, as well as share their personal knowledge with their peers.

Read more...

- 9. City of Scottsdale

Senior Social Services- The Granite Reef Senior Center
1700 N. Granite Reef Road , Scottsdale, Arizona 85257
Website
(480) 312-1700
3.7 Miles
Mon - Fri 8am - 9pm Sat 8am - 5pm
Free

The Granite Reef Senior Center offers social services, case management & support groups to senior adults & their families. Support groups include: Low Vision, Grief & Loss, Depression, Bi-polar, Multiple Sclerosis, Alzheimer's, Peripheral Neuropathy, Chronic Pain, Stroke/Brain Injury, Peer Support, and many more. Please call or visit for more information

Read more...

- 10. Compassionate Friends

Grief Group for the death of a child - Eastside Chapter
1810 S. Longmore , Mesa, Arizona 85202

Website

(480) 286-4885 or (602) 826-0072

3.7 Miles

Free

The mission of The Compassionate Friends (TCF) is to assist families toward the positive resolution of grief following the death of a child at any age and to provide information to help others be supportive. We provide support to parents, grandparents and siblings regardless of the age or the circumstances of the death of a child, grandchild or sibling. Groups are led by experienced members who are bereaved. Meetings are held the 2nd Thursday of the month at 7PM

- 11. Hospice of the Valley

Grief Support Group HOV - Granite Reef Senior Center
1700 N. Granite Reef Road, Room 8 , Scottsdale, AZ 85257

Website

602-530-6970

3.7 Miles

Meets 2nd and 4th Monday from 1:30 pm to 3:00 pm.

Free

Hospice of the Valley offers grief support groups; open to adults who have experienced a loss through death. Groups are free of charge, no registration is needed. If the meeting date falls on a national holiday, please call to verify if the group will be held: 602-530-6970, or check hov.org for maps and updates.

[Read more...](#)

- 12. Mental Health Guild

Obsessive Compulsive Disorders Group- Peer Support
1700 N. Granite Reef Road, Room 8 , Scottsdale, Arizona 85257

Website

480-994-4407

3.7 Miles

2nd & 4th Tuesday, 6:45-8:45 p.m.

Free

Peer Support Groups provide empowerment, support, education and socialization for individuals diagnosed with a mental illness. They are for those living with a mental illness & facilitated by peers. Also, family members and loved ones are welcome to attend. This group meets on the 2nd and 4th Tuesday from 6:45-8:45pm at the Granite Reef Senior Center in Room 8. Granite Reef Rd. is between Hayden and west of the 101. Granite Reef Senior Center is 1 block north of McDowell on the west side of Granite Reef Rd. behind the AM/PM gas station. The groups are FREE and there is no registration required. Language: English

[Read more...](#)

- 13. Ability360

Brain Injury and PTSD Veterans Support Group
5025 E. Washington Street , Phoenix, AZ 85034

Website

(602) 456-3866

3.8 Miles

M-F 6AM-8:30PM; SAT 8AM-4PM

Free

Support group for veterans with a brain injury and PTSD. Meeting are held the 2nd Wednesday of each month through December 2018. Languages: English

- 14. NAMI Valley of the Sun

Education Programs and Support Group for people living with a mental illness and their families
VALLEYWIDE- EN TODO EL VALLE

Website

(602) 244-8166

3.8 Miles

Free

This agency provides education programs and support groups for families and individuals living with a mental illness. The classes and support groups are offered Valleywide. The Family to Family program is a 12 week course for family/friends/loved one of individuals with a mental illness. The class meets 1 day a week for 2 ½ hours and covers information on the major illnesses, treatment and medications, self-care, communication and problem solving workshops, and resources for obtaining services. NAMI Basics is a class for parents of school aged children with a diagnosed mental illness, and follows a similar format of the Family to Family education program. The Connections Support Group is for those individuals living with a mental illness. This organization does not provide personal advocates, however they can provide you with information and referral resources for additional assistance with locating services and support.

15. Mercy Maricopa Integrated Care

Behavioral health and addictions services for low-income individuals on AHCCCS and those who can't afford mental health services

VALLEYWIDE- EN TODO EL VALLE

Website

Inquire: Member Services 1-800-564-5465 Crisis Line: 1-800-631-1314 hearing i

4.2 Miles

24 Hours/7 days a week

Mercy Maricopa Integrated Care, known as Mercy Maricopa, provides integrated – behavioral and physical health care – for people who have been determined to have a serious mental illness (SMI). We also administer services for Medicaid-eligible children, youth and adults who have general mental health and substance abuse issues, children and youth. We work with peer and family-run organizations, and medical and behavioral health care professionals to make sure our members receive the care they need, when and where they need it. Our community providers offer crisis services, psychiatric evaluations and follow-up appointments, case management, counseling, support groups, peer support, employment support and other services aimed at helping members meet their recovery goals. Languages: English and Spanish

Read more...

FREE/LOW-COST

- 16. Jewish Family and Children's Service

Behavioral Health Services

1255 W. Baseline Road, Suite B258 , Mesa, AZ 85202

Website

(480) 820-0825

4.3 Miles

Behavioral health services for children, adults and families that include individual, family and group counseling, psychiatric evaluation and medication management services. Youth services include counseling, Child Crisis Hospital Team, Youth in Transition and Job Development. Serves all ages. Intake inquiries accepted Mon-Fri 8:00AM-5:00PM

Read more...

LOW-COST, Multiple Insurance Plans accepted

- 17. Catholic Charities

Pathways - Domestic violence counseling

CONFIDENTIAL LOCATION - CALL FOR ADDRESS

Website

(480) 287-6503

4.6 Miles

Call for support group time

Free

Supportive services for survivors of domestic abuse including one-on-one counseling with a licensed professional, assistance navigating the legal system for orders of protections, court accompaniment, safety planning, etc. Pathways also facilitates survivor support groups on Wednesday evenings. Call for more information. Languages: English and Spanish

Read more...

- 18. Marc Community Resources

Recovery support services

924 N. Country Club Drive , Mesa, Arizona 85201

Website

(480) 969-3800

4.7 Miles

Free

Assists families in supporting recovery goals for their loved ones. Support is offered by parents who have raised their children or supported adult family members with behavioral health needs. Free to families who have adults who are non-Medicaid eligible and who enrolled in the Maricopa Behavioral Health Authority and who do not qualify for AHCCCS.

- 19. Terros Health

East McDowell Rd. Primary Care and Counseling, LADDER, Families FIRST
4909 E. McDowell Rd. , Phoenix, AZ 85008

Website

602-685-6000

4.7 Miles

Clinic provides same day and ongoing medical services including lab work and prescription pick-up. There is also the LADDER and Families FIRST programs at this location. Visit our website for more information. Multiple languages

[Read more...](#)

Cost: Sliding scale, fee for service, AHCCCS, private insurance

- 20. Child Crisis Arizona

Child & Family Counseling/Classes

817 N. Country Club Drive , Mesa, Arizona 85201

Website

(480) 834-9424

4.8 Miles

Free

Counseling services for children birth to 17 years of age that address a variety of situations such as abuse and trauma. Parenting skills training, anger management for the family. Classes are also in Spanish.