



Department of Counseling & Social Services Helpful Information

Types of Support

The easiest way to understand the difference between **inpatient** and **outpatient** treatment is:

- Individuals in inpatient care live at the treatment facility and receive 24/7 support and supervision.
- Individuals in outpatient care live at home and participate in scheduled supports outlined in their treatment plan.

Common Types of Support Defined by AHCCCS (*Arizona Health Care Cost Containment System*)

Inpatient Hospitalization

A health care institution that provides continuous treatment to an individual experiencing a behavioral health issue or mental health challenge that causes that individual to:

- Have a limited or reduced ability to meet basic physical needs.
- Suffer harm that significantly impairs judgment, reason, behavior, or capacity to recognize reality.
- Be a danger to self or others.
- Be persistently, acutely, or gravely disabled.

Inpatient hospitals are primarily engaged in providing diagnosis, treatment, or care of individuals with mental health disorders.

Intensive Outpatient Programs (IOP)

Structured non-residential treatment programs which address mental health and/or substance use disorders through a combination of psychiatric services as well as individual, group, and family therapy.

- Typically programs operate at least 3 hours a day and at least 3 days a week and are used to address addictions, depression, eating disorders, or other dependencies that do not require detoxification or 24-hour supervision.

Partial Hospitalization Program (PHP)

Structured non-residential treatment programs intended to be an alternative to inpatient psychiatric care. PHP services include intensive therapeutic treatment and must be targeted to meet the goals of alleviating impairments and maintaining or improving functioning to prevent relapse or hospitalization.

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- Typically PHPs provide a minimum of 20 hours of services per week and include a combination of psychiatric services as well as individual, group, and family therapy, peer support services, and educational groups.

Crisis Services

If a situation exceeds a person's coping skills, they are in crisis. Crisis services are available to any Arizona resident regardless of health insurance coverage. Services include:

- 24/7/365 crisis telephone lines operated by trained crisis specialists.
- 24/7 mobile teams staffed by behavioral health professionals who travel to the individual experiencing a crisis and provide assessment, stabilization and may triage the individual to a higher level of care, as appropriate.

Inpatient/Outpatient Mental Health Services

(* Denotes Spanish Speaking Providers Available)

Adolescent Substance Abuse Program

2530 S. Alma School Rd., Mesa
(602) 434-0249

*Intensive Outpatient for Adolescents
(12-17) with Substance Use Disorders

Aurora Behavioral Health

6350 S. Maple Ave., Tempe
(480) 345-5400

*Inpatient and Intensive Outpatient
Programs for Adolescents (13-17)

Charlie Health

*Virtual Intensive Outpatient Program for
Adolescents

Community Bridges Inc

1855 W. Baseline Rd. #101, Mesa
(480) 831-7566

*Intensive Outpatient Program (13-17)

Copper Springs Behavioral Health

3755 S. Rome St., Gilbert
(480) 667-5500

*Virtual, Intensive Outpatient for
Adolescents (12-17)

*** Oasis Behavioral Health**

2190 N. Grace Blvd., Chandler
(844) 837-1249 (24-Hour Assistance)
*Inpatient, Intensive Outpatient, and
Residential Programs for Adolescents
(11-17)

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[The Pathway Program](#)

4820 S. Mill Ave. Suite 101, Tempe
(877) 921-4050
*Intensive Outpatient for Adolescents
(13-17) with Substance Abuse Disorders

[* Phoenix Children's Hospital](#)

1919 E. Thomas Rd., Phoenix AZ
602-933-0990
*Inpatient for Children 12 and Under

[Quail Run Behavioral Health](#)

2545 W. Quail Ave., Phoenix
(602) 455-5694 (24-Hour Assistance)
*Inpatient and Intensive Outpatient for
Adolescents (12-17)

[Via Linda Behavioral Hospital](#)

9160 E. Horseshoe Rd., Scottsdale
(480) 476-7000
*Inpatient and Intensive Outpatient for
Adolescents (12-17)

Local Mental Health Agencies

[Beacon of Hope](#)

2222 S. Dobson Rd. Building 3 Suite 301,
Mesa
(480) 581-0320

[Brain Solutions](#)

1930 S Alma School Road, Suite A206
Mesa 85210
(480) 779-9050

[*A Beautiful Soul Holistic Counseling](#)

1820 E. Ray Rd., Chandler
(602) 427-6302

[*The Bridge Counseling](#)

4625 S. Lakeshore Dr., Tempe
(480) 234-2266

[*Chicanos Por La Causa](#)

1112 E. Buckeye Rd. Phoenix 85034
(602) 257-0700

[Crisis Preparation & Recovery](#)

2314 S. Val Vista Dr. Suite 100, Gilbert
(480) 804-0326

[EMBARK Behavioral Health](#)

3133 W Frye Rd. Unit 525, Chandler
(480) 466-5388

[Evolve Counseling](#)

1206 E. Warner Rd. Suite 115, Gilbert
(480) 590-3915

[Family Service Agency](#)

1107 S. Gilbert Rd. Suite 104, Mesa
(480) 507-8619

[* Family Strategies Counseling Center](#)

1745 S. Alma School Rd. Suite 230, Mesa
(480) 668-8301

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× [Horizon Healing & Wellness](#)

1445 W. Chandler Blvd., Bld. B-10, Chandler
(480) 385-5055

[Ironwood Counseling](#)

7400 S. Power Rd. Suite 116, Gilbert
(480) 988-5003

× [Jewish Family & Children Services](#)

880 N. Coronado St., Gilbert
(480) 820-0825

× [Lifeline Professional Counseling Services](#)

335 N. Alma School Rd., Chandler
*Additional Locations in Chandler, Tempe & Mesa
(480) 641-1165

× [Lighthouse Psychiatry](#)

4001 E. Baseline Rd. Suite 204, Gilbert
(480) 565-6440

[The Meadows Ranch](#)

55635 N. Vulture Mine Rd., Wickenburg
(866) 390-5100
*Inpatient for Females with Eating Disorders

[Native American Connections](#)

4520 N. Central Ave. Suite 600, Phoenix
(602) 254-3247

× [New Horizons](#)

2121 N. Arizona Ave., Chandler
(480) 722-2730

[A New Leaf](#)

1655 E. University Dr. Suite 100, Mesa
(480) 969-6955

[New Song Center for Grieving Children](#)

2020 E. Woodside Ct., Gilbert
(480) 951-8985

[notMYkid](#)

5130 E. Shea Blvd., Scottsdale
(602) 652-0163
*Virtual Programs Available

[Open Hearts Wellness](#)

3280 S. Country Club Way Suite 110, Tempe
(480) 621-4122

[Paper Cranes](#)

5980 S. Cooper Rd. Suite 1, Chandler
(480) 704-3474

[Redemption Psychiatry](#)

600 S. Dobson Rd. Suite E36 & E38,
Chandler
*Additional Locations in Gilbert & Mesa
(480) 471-8560

[Resilient Health](#)

3271 E. Queen Creek Rd. Building 2 Suite
101, Gilbert
(480) 550-3193

[reVIBE](#)

3377 S Price Rd Suite 105 Chandler, 85248
*Additional Locations in Tempe & Scottsdale
(480) 674-9220

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[Rosewood Centers for Eating Disorders](#)

950 W Elliot Road Suite 201, Tempe
(844)537-2306

[Southwest Behavioral & Health Services](#)

777 E. Galveston St., Chandler
(602) 351-6965

[Solutions 4 Kids](#)

11011 S. 48th St. Suite 101, Phoenix
(480) 861-9624

[* Southwest Network Child & Adolescent](#)

3140 N. Arizona Ave., Suite 113, Chandler
(480) 497-4040

[* Strategies for Success](#)

3377 S. Price Rd. Suite 103, Chandler
(928) 370-7151

[Tackle Health](#)

2747 W. Baseline Rd. Suite 19, Tempe
(480) 219-9735

[Terros Health](#)

1111 S. Stapley Dr., Mesa
(602) 685-6000

[Transitions Counseling and Consulting](#)

1017 S. Gilbert Rd. Suite 205, Mesa
*Additional Locations in Phoenix
(602) 363-0629

[True Direction Counseling](#)

4365 E. Pecos Rd. Unit 119, Gilbert
(480) 712-2660

[The Wellness Tree](#)

3210 S. Gilbert Rd. Suite 1, Chandler
(480) 219-9421

[*Valleywise Health](#)

811 S. Hamilton St., Chandler
*Additional Locations in Mesa, Phoenix & More
(833) 855-9973

[*Valle Del Sol](#)

334 West 10th Place Unit 100, Mesa
*Additional Locations in Phoenix
(602) 258-6797

Other Support

[Psychology Today](#)

- Click on **Find a Therapist**
- Use the drop down to identify what you are looking for:
 - *Therapists*- mental health providers that provide counseling
 - *Psychiatrists*- mental health provider that prescribes medication
 - *Treatment Centers*- specialized facilities to address substance abuse, eating disorders, inpatient treatment, etc

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Support Groups- individuals with similar challenges that meet together with a mental health provider

- Enter the **City or Zip Code** where you would like to find a provider.
- The search will generate a list of providers. You can **use the tabs to narrow your search**. For example, you could click on insurance and identify that you have United Health Care or click on more and there will be options to identify preferences with language, ethnicity and others.
- **Click on providers** from the results to learn more about them, their practice, costs, insurances accepted, etc.
- Once you find a provider, *contact them* via phone or email to **make an appointment**. Some providers will provide a free consultation to see if it is a good match.
 - Please note there are a variety of professions that are able to provide therapy such as Licensed Professional Counselors (LPC), LMSW (Licensed Master Social Workers), Licensed Marriage & Family Therapist (LMFT).

2-1-1

- Arizona Information and Referral Services program operates 24/7, 365 days of the year.
- Operators will help find resources that are available locally, throughout the state, and provide connections to critical services that can improve lives.
- Live-operator service is available at all times in English and Spanish.

[FindHelp.org](#) allows individuals to search and connect to different support like free or reduced-cost resources based on location.

Crisis Services

9-8-8 Suicide and Crisis Lifeline

Crisis Text Line

741741

Crisis Response Network

(800) 327-9254

LA Frontera EMPACT Suicide Prevention

(480) 784-1500

Mind 24-7

1138 S. Higley Rd., Mesa
(844) 646-3247

National Domestic Violence Hotline

(800) 799-7233

Teen Lifeline

(602) 248-8336

The Trevor Project

(866) 488-7386

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Suicide Prevention

[The Hope Institute](#)

1845 E. Queen Creek Rd. Gilbert, AZ 85297
(480) 770-1773

[Find an In-Person Support Group](#)

[Online Support Group](#)

Helpful Apps/Websites

[The Jason Foundation](#)

[A Friend Asks App](#)

[notOK](#)

[TalkHeals.org](#)

[The Jed Foundation](#)

[Mental Health America](#)

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