

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.

Arizona Department of Health Definitions

Inpatient Hospitalization

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

1. Have a limited or reduced ability to meet the basic physical needs.
 2. Suffer harm that significantly impairs the judgment, reason, behavior, or capacity to recognize reality.
 3. Be a danger to self.
 4. Be a danger to others.
 5. 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)

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

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.

This list is not comprehensive and will be updated as more providers are located. Please know this is **not a provider recommendation and you have to identify what agency/individual works best to support your need.**

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

The Pathway Program

4820 S. Mill Ave. Suite 101, Tempe

(877) 921-4050

*Intensive Outpatient for Adolescents
(13-17) with Substance Abuse Disorders

Aurora Behavioral Health System

6350 S. Maple Ave., Tempe

(480) 345-5400

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

*** Phoenix Children's Hospital**

1919 E. Thomas Rd., Phoenix AZ

602-933-0990

*Inpatient for Children 12 and Under

Copper Springs Behavioral Health

3755 S. Rome St., Gilbert

(480) 667-5500

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

Quail Run Behavioral Health

2545 W. Quail Ave., Phoenix

(602) 455-5694 (24-Hour Assistance)

*Inpatient and Intensive Outpatient for
Adults/Adolescents (12-17)

*** Oasis Behavioral Health**

2190 N. Grace Blvd., Chandler

(844) 837-1249 (24-Hour Assistance)

*Inpatient, Intensive Outpatient, and
Residential Programs for Adults/Adolescents
(11-17)

St Luke's Behavioral Health

1800 E. Van Buren St., Phoenix

(602) 251-8535

*Inpatient for Adults/Adolescents (5-17)

Via Linda Behavioral Hospital

9160 E. Horseshoe Rd., Scottsdale

(480) 476-7000

*Inpatient and Intensive Outpatient for
Adults/Adolescents (12-17)

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Mental Health Agencies

Beacon of Hope

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

*A Beautiful Soul Holistic Counseling

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

*The Bridge Counseling

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

Community Bridges (CBI)

358 E. Javelina Ave., Mesa
560 S. Bellview Rd., Mesa
(877) 931-9142 (24-Hour Assistance)
*Support for Substance Use Disorders

Crisis Preparation & Recovery

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

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

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

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[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

[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

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*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

Additional 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
 - *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.

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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

Child Crisis Arizona

Suicide Prevention

Find an In-Person Support Group

Online Support Group

Suicide Prevention Therapists

Helpful Apps/Websites

The Jason Foundation

A Friend Asks App

notOK

TalkHeals.org

The Jed Foundation

Mental Health America

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