SEDONA/VERDE VALLEY MENTAL HEALTH RESOURCES GUIDE

This resource guide has been compiled to help people obtain information and select various mental health and other related treatment and support services in the Sedona/Verde Valley communities.
This Mental Health Resources Guide is a partnership production of NAMI Sedona, the Mental Health Coalition Verde Valley, and Spectrum Healthcare (formerly Verde Valley Guidance Clinic). The main focus of this Guide is to provide mental health resources in the Sedona / Verde Valley areas. Please note that the Guide includes some resources in Prescott and Flagstaff as well as at the Arizona state and federal level. This is because these resources are not available in the Sedona/Verde Valley communities. The Table of Contents on page 3 provides the various categories of services and the corresponding page numbers where these resources can be found in the Guide. Inclusion in this Guide should in no way be construed to constitute an endorsement of a practitioner, an agency, organization, or its service, nor should exclusion be construed to constitute disapproval. It is up to a person using these resources to determine if they offer something needed and whether or not they are appropriate for a particular situation.

Emergency/crisis phone numbers are also provided on this page, as follows:

Crisis Contact Numbers:

- **Spectrum Healthcare (formerly Verde Valley Guidance Clinic):** For immediate emergency, call 911. For other crisis situations, call Spectrum Healthcare at 928-634-2236, available 24/7.
- **NAZCARE:** If you feel like you just need to talk to someone, call the NAZCARE Warmline at 1-888-404-5530, or 928-649-3771; the staff is available from 5:00 to 10:30 p.m., 7 days a week, including holidays.
- **NARBH:** The crisis line is available 24/7, at 1-877-756-4090; for the hearing-impaired, 1-800-367-8939.

Crisis Hotlines

24-Hour Crisis Hotlines – National

- 1-800-SUICIDE – [HopeLine Suicide Hotline](#)
- 1-800-273-TALK or 1-800-273-8255 National Suicide Prevention Lifeline

Arizona Suicide/Crisis Hotlines by County

- 1-800-631-1314 and 602-222-9444 (Maricopa County)
- 1-800-796-6762 or 520-622-6000 (Pima County)
- 1-866-495-6735 (Graham, Greenlee, Cochise and Santa Cruz Counties)
- 1-800-259-3449 (Gila River and Ak-Chin Indian Communities)
- 1-866-495-6735 (Yuma, LaPaz, Pinal and Gila Counties)
- 1-877-756-4090 (Mohave, Coconino, Apache, Navajo and Yavapai Counties)

Call **1-800-662-HELP** for 24-hour free and confidential information (in English and Spanish) on substance use disorder issues and referral to treatment.

For updates/revisions to the Resources Guide, please contact Rose Boerner at rboerner14@gmail.com or complete the form included at the end of this Guide.
Contents

Coconino / Yavapai Counties ........................................... 4
Advocacy ........................................................................ 4
Behavioral Health & Substance Abuse ......................... 4
Children’s Services ......................................................... 8
Counseling Services ........................................................ 9
Developmental Disabilities ............................................... 10
Educational/Vocational ..................................................... 10
Elder Care Services .......................................................... 11
Employment .................................................................... 12
End-Of-Life Care/Hospice ............................................... 12
Estate Planning ................................................................. 12
Financial Aid ................................................................. 13
Food Banks / Assistance .................................................. 13
Health Information .......................................................... 14
Hotlines ........................................................................ 15
Legal Assistance .............................................................. 19
Outreach Programs .......................................................... 21
Parenting ....................................................................... 22
Prescription Drugs / Rx Drug Assistance
Information ........................................................................ 23
Respite ........................................................................ 23
Shelters/Housing ............................................................... 23
Support Groups ................................................................. 24
Transportation - Long Distance ....................................... 26
Northern Arizona Domestic Violence Resource
Directory .......................................................................... 26
Northern Arizona Native American Resource
Directory ........................................................................ 28
Services & Agencies .......................................................... 28
Programs and Services ...................................................... 28
Yavapai-Apache Nation & Yavapai Prescott
Indian Tribe ...................................................................... 28
A Guide to Veterans Services in Northern Arizona
.................................................................................. 29

General Information and Services ......................... 29
Behavioral Health & Substance Abuse .................. 30
Education ................................................................. 31
Employment ................................................................. 31
Financial Assistance ....................................................... 32
Health Care ................................................................. 32
Housing ................................................................. 33
Legal Aid ................................................................. 33
Form to Report Revisions to Mental Health
Resources Guide .......................................................... 34
Coconino / Yavapai Counties

COCONINO COUNTY
Coconino County Community Services Department (CCCSD)
2625 N King St., Flagstaff, AZ
928-522-7979
Coconino County Health Department
Access to Health Care Unit: 928-522-7830
Southern region (Flagstaff, Williams, Sedona, Grand Canyon): 928-522-7800 or 877-522-7800
Responsible for maintaining and safeguarding the health of the residents of Coconino County.
CCHD provides a wide range of health care services in the following programs: Nursing, Nutrition, Health Promotion, Immunization, Communicable Disease, Dental Clinic, Environmental Health, Health Education, Home Care, Developmentally Disabled, Prenatal Care, Teen Clinic.

YAVAPAII COUNTY
YCCHS Cottonwood
Phone: (928) 639-8130
51 Brian Mickelsen Parkway, Cottonwood, AZ 86326
WIC Offices – Cottonwood
Phone: (928) 639-8134
10 South 6th Street, Cottonwood, AZ 86326
YCCHS Prescott
Phone: (928) 771-3122
1090 Commerce Drive, Prescott, AZ 86305
YCCHS Prescott Valley
Phone: (928) 771-3377
3212 Windsong Drive, Prescott Valley, AZ 86314
Yavapai County Community Health Services
http://www.yavapaihealth.com/

Advocacy

Adult Protective Services (APS)
1-800-SOS-ADULT
Use APS when there is a situation where the person may be considered at risk or vulnerable and is unwilling to seek services, but there is no element of harm. If the individual is in a situation where self-care, safety, and well-being are compromised, this is considered an inability to care for basic needs. APS also investigates reports of abuse or neglect of adults and elderly individuals. If you suspect abuse or neglect, or are a victim of abuse, exploitation, abandonment or neglect, call the numbers above. If you or another is in immediate danger, call 911.
Adult Abuse Hotline 1-877-767-2385
TTY: 877-815-8390

Court Appointed Special Advocate (CASA)
928-226-5423
1001 E. Sawmill Rd. Flagstaff, AZ. 86001
Volunteer advocates for children who are wards of the court and who have been abused and/or neglected.

NAMI Flagstaff
National Alliance on Mental Illness
Flagstaff, AZ / admin@nami-flagstaff.org
928-214-2218

NAMI Sedona/Verde Valley
National Alliance on Mental Illness
P.O. Box 3865, Sedona, AZ 86340
928-282-4827 / 928-300-9013 / 928-274-1542
www.nami-sedona.org
Support group meetings on the 1st and 3rd Friday of each month at 9:45 AM, Sedona Guidance Clinic, 2880 Hopi Dr., Sedona.
Support, information, resources, and advocacy are provided.

NAMI Yavapai County
National Alliance on Mental Illness
Prescott, AZ / jimfrost.nami@yahoo.com
928-717-2045

Behavioral Health & Substance Abuse

Arizona Department of Health Services (ADHS)
Division of Behavioral Health Services (DBHS)
150 N. 18th Avenue, 2nd Floor
Phoenix, AZ 85007
(602) 364-4558 / Toll-free: 1-800-867-5808
http://www.azdhs.gov/bhs/index.htm
ADHS/DBHS Office of Individual and Family Affairs
http://www.azdhs.gov/bhs/oifa.htm

ADHS/DBHS Provider Manual Section 3.18 - Pre-Petition Screening, Court-Ordered Evaluation, and Court-Ordered Treatment

ADHS/DBHS Substance Addiction
http://www.azdhs.gov/bhs/recipients/addiction.htm
Call 1-800-662-HELP which offers 24-hour free and confidential information (in English and Spanish) on substance use disorder issues and referral to treatment.

Arizona State Hospital
2500 E. Van Buren St., Phoenix, AZ 85008
(602) 244-1331

Community Health Center of Yavapai County
http://www.chcy.info/
Adult, outpatient, behavioral health counseling and psychiatric services are available to Community Health Center patients who are receiving their primary care medical services from the Community Health Center of Yavapai and are not eligible for behavioral health services elsewhere. These counseling services are provided to children and adolescents on a limited basis.
Cottonwood: 928-639-8132
51 Brian Mickelsen Parkway, Cottonwood, AZ
Prescott: 928-583-1000
1090 Commerce Drive, Prescott, AZ
Prescott Valley: 928-583-1000
3212 N. Windsong, Prescott Valley, AZ
Hours: Monday through Friday 8:00 AM to 5:00 PM

Flagstaff Medical Center Behavioral Health Services
928-213-6400 (outpatient)
928-213-6300 (Inpatient)
1200 N Beaver St. (West Campus)
Flagstaff, AZ. 86001
www.nahealth.com/pp_fmc/dept_services/bhs.htm
Adult and adolescent services, inpatient and outpatient care, mental health, including treatment for compulsive gambling and chemical dependency, 24 hours, 7days-a-week.

Marc Community Resources
http://marccr.com/marc-services/
Andy Arnowitz
Information & Referral Coordinator
480-994-4407

MATFORCE
Working together reducing substance abuse in Yavapai County
8056 E. Valley Road, Suite B
Prescott Valley, AZ 86314 /928-708-0100
matforce@cableone.net

Mental Health America of Arizona
(480) 982-5305
info@mharizona.org
Crisis Line – Yavapai/Coconino Counties: 877-756-4090

Mental Help.net
http://www.mentalhelp.net/
The Mental Help Net website exists to promote mental health and wellness education and advocacy.

Mingus Mountain Academy
928-335-2000 / Prescott Valley, AZ 86301
Accredited residential treatment center for emotionally and behaviorally at-risk adolescent girls.

NAMI Flagstaff
National Alliance on Mental Illness
Flagstaff, AZ / admin@nami-flagstaff.org
928-214-2218

NAMI Sedona/Verde Valley
National Alliance on Mental Illness
P.O. Box 3865, Sedona, AZ 86340
928-282-4827 / 928-300-9013 / 928-274-1542
www.nami-sedona.org
Support group meetings on the 1st and 3rd Friday of each month at 9:45 AM, Sedona Guidance Clinic, 2880 Hopi Dr., Sedona.
Support, information, resources, and advocacy are provided.

**NAMI Yavapai County**
**National Alliance on Mental Illness**
Prescott, AZ / jimfrost.nami@yahoo.com
928-717-2045

**National Institute of Mental Health**
Information Center: 1-866-615-64664

**National Suicide Crisis Hotline**
(800) 273-TALK

**NAZCARE**
928)-442-9205 / [www.nazcare.org](http://www.nazcare.org)
If you feel like you just need to talk to someone, call the NAZCARE Warmline at 1-888-404-5530. The staff is available from 5:00 to 10:30 p.m., 7 days a week.

Life skills training and peer support services for adults with a mental health diagnosis and/or co-occurring substance abuse issues.

Transportation provided. Hours: Monday through Thursday, 8-3. Funding through NARBHA

Wellness Centers in Cottonwood, Prescott, Flagstaff provide services such as: recovery support services, individual support, support groups, recreation, arts/crafts, supportive housing services, community integration and wellness programs such as: diet/nutrition, peer whole health, wellness checks, and Wellness in Action.

**Serenity Circle Wellness Center, Cottonwood:**
1229 E. Cherry St. Cottonwood, AZ 86326
(928) 634-1168

**New Hope Wellness Center**
599 White Spar Rd. Prescott, AZ 86303
(928) 442-9205 Ext. 7

**A.Z.P.I.R.E. Wellness Center**
201 N. Vickey St. Flagstaff, AZ 86004
(928) 213-0742

**Northern Arizona Council of Governments**
(NACOG) 928-774-1895
119 E Aspen Ave, Flagstaff, AZ 86001
928-778-1895 / 928-778-1422
221 N. Marina St. #201, Prescott, AZ 86302

**Northern Arizona Regional Behavioral Health Authority (NARBHA)**
NARBHA was founded in 1967. It is a private, not-for-profit managed care corporation designated by the Arizona Department of Health Services as being responsible for the planning, implementation, funding, monitoring and administration of publicly funded comprehensive behavioral health services in Northern Arizona. NARBHA serves over 700,000 people throughout 62,000 square miles (or ½ of the state) of northern Arizona, including the Hopi Reservation. NARBHA subcontracts with ten Responsible Agencies (RAs), over 70 additional behavioral health providers, and operated under Memorandums of Understanding (MOU) with 10 Native American tribes, offering choice of services to members throughout northern Arizona.

NARBHA contracts with NAZCARE, Recovery Innovations of Arizona (RIAZ), and MIKID to offer peer and family support programs and services. Consumer/ family involvement is included on eight standing NARBHA and numerous ad hoc NARBHA Committees and Workgroups.

1300 South Yale Street, Flagstaff, AZ 86001
Business Phone: (928) 774-7128
Toll Free: 1-877-923-1400
Business Fax: (855) 408-3400
Member Services: 1-800-640-2123

**24-Crisis Line**: 1-877-756-4090
[http://www.narbha.org/](http://www.narbha.org/)
[http://www.narbha.networkofcare.org/](http://www.narbha.networkofcare.org/)

**NARBHA Community Service Agencies**:
[http://www.narbha.org/includes/media/docs/02-CommunityServiceMap.pdf](http://www.narbha.org/includes/media/docs/02-CommunityServiceMap.pdf)

**NARBHA Level II & Level III Residential Facilities - Adult Services**
[http://www.narbha.org/includes/media/docs/04-Level-2-&-3Map.pdf](http://www.narbha.org/includes/media/docs/04-Level-2-&-3Map.pdf)

**NARBHA Member Handbook**
[http://www.narbha.org/services/member-handbook/](http://www.narbha.org/services/member-handbook/)

**Pronghorn Psychiatric Hospital**
(formerly Valle del Sol)
5940 E. Copper Hill Dr., Suite B
Prescott Valley, AZ. 86314
928-583-7799 - Main Phone
928-583-7891 - Fax
Pronghorn Psychiatric Hospital is a provider of court ordered evaluation, psychiatric hospitalization, and drug and alcohol detoxification services.

**RIAZ - Recovery Innovations of Arizona**
Mission: To create opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect to themselves, others and to meaning and purpose in life.
Robyn Kelley, Program Director
365 N. Main St., Camp Verde, AZ 86322
928-567-3834 / robyn.kelley@recoveryinnovations.org

**SMART Recovery**
The leading self-empowering addiction recovery support group. The SMART Recovery 4-Point Program* helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.
http://www.smartrecovery.org/

**For veterans only:** Tuesdays, 7:00 PM, Center for Positive Living, 45 Castle Rock Rd., Unit 1A, VOC, Sedona glamunyon@aol.com

**Steps to Recovery Homes**
Mission is to provide a safe environment, free from any illicit drugs or alcohol, for people with substance abuse issues. We focus on behavior modifications and are dedicated to consistency, structure, and direction in our homes.
Stepstorecoveryhomes@gmail.com
748 N. Main St. Cottonwood AZ 86326
Cottonwood / Anne: 928-821-3526
Damien: 928-592-2603

**TASC**
Treatment Assessment Screening Center
Camp Verde: (928) 567-8671

**Cottonwood:** (928) 649-1312
Primary Focus: Substance Abuse Counseling, Anger Management Counseling, Domestic Violence Counseling, DUI Classes
Services Provided: Referrals, group and individual counseling
Type of Care: Outpatient
Population Served: Women, men
Qualifications to receive services: Refers out for dual diagnosis
Forms of Payment Accepted: Flat fees for different services (Cash, checks)
Payment Assistance: Willing to work with client
Language Accommodations: None
Required Referrals: None
Warmline (non-crisis support):
928-443-5800 / 6:30-11p.m.
609 West Gurley, Prescott, AZ

**Spectrum Healthcare (formerly Verde Valley Guidance Clinic)**
Founded in 1965, the Spectrum is Northern Arizona's oldest community behavioral health clinic, with offices in Camp Verde and Sedona, and the main campus at 8 E. Cottonwood St. in Cottonwood. In addition to Behavioral Health, Spectrum offers two Family Practices. Valley Medical Center, a family medicine and pediatric practice located at 214 S. Main St. in Cottonwood and also Verde Valley Connections Primary Care on the Clinic's Cottonwood Campus. Spectrum is contracted through NARBHA, the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache and Mohave counties.
Main Number: 928-634-2236
8 E Cottonwood St., Cottonwood, AZ 86326
2880 Hopi Drive, Sedona, AZ 86336
452 Finnie Flat Road, Camp Verde, AZ 86322

Crisis Contact Numbers: for immediate emergency, call 911. For other crisis situations, call 634-2236, available 24/7.

**Verde Valley Medical Center**
Behavioral Health Unit (for adults 18+)
Sandy Roberge, Clinical Manager
269 S. Candy Ln., Cottonwood, AZ / 928-639-6450

**Visions of Hope**
Visions of Hope Arizona is a recovery-based organization, with the vision and goal to be a center that not only provides the services written in the guidelines defining the organization, but also puts the recovery of their members first, whatever those needs may be.

**Visions of Hope Arizona, Scottsdale Office**
6411 E. Thomas Rd., Scottsdale, AZ 85251
480-994-4407 / 480-994-4744 fax

**Information & Referral areas may include, but not limited to:**
- Mental health support groups
- Depression, Bipolar Disorder (manic depression), Anxiety Disorder, Schizophrenia, Obsessive Compulsive Disorder (OCD), Eating Disorder and others
- Substance Abuse (mental illness and substance abuse, dual diagnosis or co-occurring disorders)
- State assistance (AHCCCS, Medicaid)
- Seriously mentally ill (SMI) individuals
- Counseling (therapy, therapists, counselors, psychologists)
- Medication management, psychiatrists, nurse practitioners)
- Prescription Assistance
- Services on a sliding scale, reduced fee or free
- Behavioral health or psychiatric hospitals
- Psychiatric urgent care facilities
- Involuntary commitment to a psychiatric facility (petitioning)
- Mental Health Care Power of Attorney, Advance Directives, Health Care Directives
- Assisted living or supportive living
- Social Security Disability
- Teen suicide prevention
- Magellan and RHBAs (Regional Behavioral Health Authorities)
- And many other resources in Maricopa County and throughout Arizona.

**Visions of Hope Warm Line**
The Warm Line is a non-crisis, non-judgmental, non-clinical and confidential telephone support service at 602.347.1100. The Warm Line is available Monday – Friday: from 12pm – midnight and Saturday, Sunday: 4pm – midnight

**Women in New Recovery**
928-776-1828 or 717-0603, Prescott, AZ
[www.winr.org](http://www.winr.org)
Structured living environment for women in recovery from alcohol and/or drug addiction. Must have at least 3 days of sobriety to enter. A seven-month commitment is required.

**Children’s Services**

**Arizona’s Children Association**
928-443-1991 or 1-888-771-3435
Information and Referral: 928-772-3435
440 N. Washington Ave, Prescott, AZ 86301
Website: [www.arizonaschildren.org](http://www.arizonaschildren.org)

In-home family counseling; foster care and adoption; counseling and consultation; Child Haven (crisis nursery); respite; independent living services.

**Arizona DES-Division of Children, Youth, and Family services**
Substance Abuse case management
928-634-7561 or 928-669-6800
1500 E Cherry St., Cottonwood, AZ

**Arizona Early Intervention Program (AzEIP)**
928-759-5591, 3343 N. Windsong Dr. Suite 5
Prescott Valley, AZ 86314
Website: [www.azdes.gov/AzEIP](http://www.azdes.gov/AzEIP)
Services bring families and professionals together, working in collaboration to support a child’s growth, development and learning. Available to infants and toddlers, birth to three years of age, with disabilities or developmental delays.

**Arizona Reach Out and Read**
602-616-6448
2600 N. Central Ave, Suite 710 Phoenix, AZ 85004. Web site: [www.rorarizona.org](http://www.rorarizona.org)
E-mail: azroar@azaap.org
At every well-child check-up, doctors and nurses encourage parents to read aloud to their young children. Every child, age six months to six years, is given a new, developmentally appropriate children’s book to keep. Support sites in Yavapai County include: Cornerstone Pediatrics, Yavapai
Regional Medical Center/Partners for Healthy Students, Ponderosa Pediatrics & North County Community Health Care Center / Ash Fork and Seligman Clinics.

**Boys and Girls Club of Cottonwood**
928-639-3057
Smart Moves and Street Smarts-resistance training for drugs, alcohol and gang involvement.

**Buena Vista Children’s Services**
A community based, grassroots, nonprofit organization that designs, develops, and implements model programs for children, parents and educators. Programs address emerging needs in the areas of child care, education, parenting, resource and referral.

**Child Abuse Hotline**
Child Youth and Family Administration
**Cottonwood:** 24 hours: 928-634-7561
24 hours - Toll Free: 888-530-1831
1645 E. Cottonwood St., Cottonwood, AZ
**Sedona:** 1-888-767-2445

**Childcare Resource & Referral Service**
1-800-308-9000

**Yavapai Community Health Center**
Counseling services are provided to children and adolescents on a limited basis.
**Cottonwood:** 928-639-8132
51 Brian Mickelsen Parkway, Cottonwood, AZ
**Prescott:** 928-583-1000
1090 Commerce Drive, Prescott, AZ
**Hours:** Monday - Friday 8:00 AM to 5:00 PM

**Department of Economic Security - Child Protective Services (CPS)**
**Flagstaff:** 928-779-3681
397 Malpais Lane, Suite 11, Flagstaff, AZ. 86001
Investigates abuse and neglect referrals reported to the statewide hotline, and provides services to children and families.
**Prescott:** 928-277-2825

1519 W. Gurley St. Ste. 2, Prescott, AZ 86305
**Prescott Valley:** 928-759-0316
8128 E. Hwy. 69 Ste. 101, Prescott Valley, AZ
Provide childcare and/or counseling for any open CPS case, including psychological evaluations. We place children in foster care whose lives are at risk from abuse/neglect. Assist in transporting CPS clients to services.
**Cottonwood:** Child Protective Services
928-649-6844

**Kids Care 1-877-764-KIDS**
Health Insurance for kids in low income families.

**Northern Arizona Regional Behavioral Health Authority (NARBHA)**
928-774-7128 or 1-800-640-2123
1300 S. Yale, Flagstaff, AZ 86001
Website: [www.narbha.org](http://www.narbha.org)

**SADD (Students Against Destructive Decisions) -- National Office**
1-877-SADD-INC. (1-877-723-3462)
Website: [www.azsadd.org](http://www.azsadd.org) (Arizona)

**TORC (Teen Outpatient Rehab Center)**
928-649-9479 / Cottonwood, AZ

**Spectrum Healthcare (formerly Verde Valley Guidance Clinic)**
928-634-2236
8 E. Cottonwood St., Cottonwood, AZ 86326
2880 Hopi Drive Sedona, AZ 86336
452 Finnie Flat Road Camp Verde, AZ 86322

**Counseling Services**

**Catholic Charities Community Services**
Cottonwood: 736 N. Main St., Cottonwood, AZ 86326 / 928-634-4254
434 W. Gurley, Prescott, AZ 86301 / 928-778-2531
Website: [www.catholiccharitiesaz.org](http://www.catholiccharitiesaz.org)
Catholic Charities offers an array of programs in Yavapai County, which include: PATH – a program that connects seriously mentally ill homeless with treatment and housing through outreach and also...
distributes items such as tents, sleeping bags and water, as well as referrals and transportation to treatment or shelter - 928.634.4254 ext. 54135; adoption services; pregnancy counseling; medical equipment to low income elderly, disabled and persons with immediate health needs; financial assistance for utility payment; referral resources; emergency shelter (waiting lists and eligibility criteria apply); in-home parenting support; supportive services to veteran families; housing programs; foster care; North Star Youth Partnership; The Loft (a daytime drop-in center in Cottonwood for homeless people, where clients can do laundry, bathe, cook a meal, apply for work and maintain social connections). Catholic Charities helps people of all faiths, backgrounds and abilities.

H.E.L.P.
Free counseling services now available online
334-357-6404

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
928-634-2236
8 E. Cottonwood St., Cottonwood, AZ 86326
2880 Hopi Drive Sedona, AZ 86336
452 Finnie Flat Road Camp Verde, AZ 86322

Developmental Disabilities

DES Division of Developmental Disabilities
Cottonwood: 928-649-6883 / 928-649-6800
1500 E. Cherry St., Cottonwood, AZ 86326
Flagstaff: 928-773-4957
2705 N 4th St., Suite A, Flagstaff, AZ 86004
Website: www.azdes.gov/ddd/
Prescott: 928-277-2700
1519 W. Gurley St. Ste. 3, Prescott, AZ 86305
Provides an array of home and community-based services, including information, referral and respite care.

IHD Child and Family Program
928-523-7010 or 877-628-3180 Toll Free
P.O. Box 5630, Flagstaff, AZ 86011
Website: www.nau.edu/ihd/cfs/

Provides home-based early intervention services for children (birth to 3 years) with developmental disabilities and their families. Developmental monitoring and support are provided.

Four County Conference on Developmental Disabilities
928-778-3391 / 4ccdd@commspeed.net
325 N. Arizona Avenue, Prescott, AZ 86302
Mailing Address: P.O. Box 3262, Prescott, AZ
An advocacy group for persons with developmental disabilities and their families. Seminars, workshops, training opportunities, newsletters, lending library, and toy library are offered.

Educational/Vocational

Camp Verde Adult Learn Center
395 S. Main St., Room 305, Camp Verde
928-567-3187 / www.cvarp.org

DES Job Services Office 928-649-6856
1500 Cherry Street, Cottonwood

Make-A-Wish Foundation of Northern Arizona
nazmaw@esedona.net 928-282-2625
105 Roadrunner Dr., Ste. 7, Sedona, AZ 86336
The Make-A-Wish Foundation grants wishes to children under the age of eighteen who suffer from life threatening medical conditions. Recipients must be qualified by a doctor.

Mental Health First Aid / Youth Mental Health First Aid
Mental Health First Aid (MHFA) is a FREE 8-hour program that teaches family members, friends, teachers, co-workers, and neighbors how to recognize and help someone who may be developing a mental health problem or experiencing a mental health or substance abuse crisis.

Youth Mental Health First Aid is a FREE 8-hour public education program that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents,
builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

Participants in both of these programs will receive a book on MHFA and a certificate of completion.

Spectrum Healthcare (formerly Verde Valley Guidance Clinic) offers classes for both of these programs. Contact Richard Dehnert, 928-634-2236, for information and to register.

Christ Lutheran Church in Sedona also offers these classes periodically. Contact 928-282-1022 for information and scheduling.

Yavapai Workforce Connection
928-634-3337
1500 E. Cherry St., Suite F, Cottonwood, AZ

Yavapai Community College
928-445-7300 or 800-922-6787

Elder Care Services

Adult Protective Services
Adult Abuse Hotline 1-877-767-2385
TTY: 877-815-8390
Investigates reports of abuse or neglect of adults and elderly individuals. If you suspect abuse or neglect, or are a victim of abuse, exploitation, abandonment or neglect, call the numbers above. If you or another is in immediate danger, call 911.

Arizona Care Management Solutions
Bonnie Shimko, Certified Senior Advisor and Elder Care Advisor for JacksonWhite Attorneys at Law. 928-300-0172
Bonnie@AZCareManagement.com

C.A.S.A. Senior Center
928-772-3337
Telephone and face to face contact, homebound elders receive companionship and know that someone “out there” cares. Activities vary by program but may include having a listening ear, playing cards, receiving telephone calls, and more.

JacksonWhite Attorneys at Law
1-800-243-1160 / 1-480-464-1111
www.ArizonaSeniorLaw.com
JacksonWhite will prescreen anyone for Arizona Long-Term Care System (ALTCS) and VA for free and give guidance in this area. Ask for an elder care advisor (Bonnie Shimko in Northern Arizona – see listing in this section under Arizona Care Management Solutions).

National Committee for the Prevention of Elder Abuse
202-682-4140
1612 K Street NW, Washington DC 20006
Website: www.preventelderabuse.org
The mission of the NCPEA is to prevent abuse, neglect and exploitation of older adults through research, advocacy, public and professional awareness, interdisciplinary exchange and coalition building.

Northern Arizona Council of Governments (NACOG) – Area Agency on Aging, Family Caregiver Program
928-213-5245 or 877-521-3500

Northern Arizona Homecare and Hospice
Cottonwood: 928-639-6674/800-654-5910
A nurse and certified nurse assistance provides personal in home care and social services for patients. They also help with community resources. Physical and speech therapy is offered within the home. Most insurance companies cover the fees for services, but private pay or financial assistance is available for those who are not covered.

Northern Arizona Seniors in Action Coalition (NAZSAC)
Established 2001: Verde Valley Seniors in Action Coalition - 501(c)3, dba Northern Arizona Seniors in Action Coalition
Established 2007: Seniors in Action Business Alliance (SABA)
Christine Bryson-Lazo, Chair & President
Certified Senior Advisor – 2009 CSA Trailblazer Award Recipient
Sedona / Verde Valley Mental Health Resources Guide

PO Box 305, Sedona, AZ 86339-0305
928.282.1122 / 928.282.5074 (fax)
www.nazsac.org

Ask about the Arizona Elder Economic Security Initiative Coalition (AZEESI)

Employment

Arizona Department of Economic Security (DES)/Rehabilitation Services
Administration Vocational Program
928-445-6432
1555 Iron Springs Road, Ste. 11, Prescott AZ 86305
Serves people with a physical, emotional, or mental disability impairing employment.

Arizona Women’s Education & Employment
928-778-3010 / 202 North Granite Street, Suite 203
Prescott AZ 86301
Helps set a career path, teaches new skills and provides job coaching. Many resources are available to assist with finding employment.

Arizona Workforce Connection of Yavapai County
928-778-1422 / www.arizonaworkforceconnection.co
221 North Marina, Suite 201, Prescott AZ 86301
Provides services for anyone looking for a job including a database of jobs that can be accessed online or at the one-stop career center. Programs, classes, and training opportunities are available.

Circles of Support
928-445-8382 / 505 W. Gurley, Prescott, AZ 86305
Coach the families in the areas of job acquisition and retention, medical insurance, housing, nutrition, clothing, childcare, budgeting and finance and car acquisition.

National Network for Women’s Employment
Website: www.womenwork.org

New Horizons 928-772-1266

End-Of-Life Care/Hospice

Arizona Hospice and Palliative Care

Organization 1-866-552-4726
PO Box 5189, Sun City West AZ 85376-5189
Website: www.arizonahospice.org
Provides consumer information on hospice care. Offers assistance with palliative and local hospice care contacts.

Hospice Family Care 928-541-1740
100 E. Sheldon, Ste. 100, Prescott AZ 86301
Serving the Tri-City area and most of Yavapai County; Medicare Licensed Hospice Inpatient Care Center in Yavapai County.

National Hospice and Palliative Care Organization
1-800-658-8898 / www.nhpco.org

Northern Arizona Homecare and Hospice
Flagstaff: 928-773-2238 Winslow: 928-289-0980
Cottonwood: 928-639-6674/800-654-5910
107 E Oak Ave. Suite 102, Flagstaff, AZ. 86001
A nurse and certified nurse assistance provides personal in home care and social services for patients. They also help with community resources. Physical and speech therapy is offered within the home. Most insurance companies cover the fees for services, but private pay or financial assistance is available for those who are not covered.

Estate Planning

NAMI - Special Needs Estate Planning Guidance System
This site contains information to assist families in understanding the process and working with qualified attorneys, as well as state specific information, resources, and protocols.
http://www.nami.org/Template.cfm?Section=Special_Needs_Estate_Planning&Template=/ContentManagement/ContentDisplay.cfm&ContentID=8120

NAMI - Special Needs Estate Planning Resources
The goal of Special Needs Estate Planning is to provide for the special needs of loved ones with disabilities when we are no longer there to organize and advocate on their behalf. It is important to plan now for the coordination of the legal, financial, and
care components that will provide for the maintenance of the quality of life and dignity of the beneficiary of the plan.

http://www.nami.org/Content/NavigationMenu/Find_Support/Legal_Support/Special_Needs_Estate_Planning_Resources.htm

NAMI - PLAN (Planned Lifetime Assistance Network)
PLAN programs were developed to meet the needs of families who are actively planning for the future of an adult child with a disability. The mission of these independent, not-for-profit programs is to help families develop a future-care plan, establish the resources for payment, and identify the person(s) or program(s) responsible for carrying out the plan. Most PLAN programs also provide current services that relieve parents of part of the daily burden of care. Currently, throughout the country, there are 18 PLAN affiliates in 22 states. There are four programs in the development stage. These programs comprise the National PLAN Alliance, a service component of NAMI.

http://www.nami.org/Template.cfm?Section=Legal_Support&Template=/ContentManagement/ContentDisplay.cfm&ContentID=25569

Financial Aid

Social Security Administration
928-774-0201
1585 S. Plaza Way, Suite 130
Flagstaff, AZ. 86001 / Website: www.ssa.gov
Provides cash benefits for adults, disabled children, those at the retirement age, survivors, and widowers. Medicare and Medicaid is provided.

Yavapai County Department of Economic Security
Cottonwood Office: 928-634-0780
1500 E. Cherry St., Cottonwood, AZ
AHCCCS, Food Stamps, general assistance

Food Banks / Assistance

EMERGENCY FOOD:
Bread of Life Mission
Camp Verde – 928-567-6931

http://www.bolmaz.org/
Faith-based food distribution ministry providing weekly hot meals and boxes of groceries to people in need.

Central Arizona Food Bank
Cottonwood – 928-634-7447
http://www.centralazfoodbank.org/
Community-based, nonprofit, all-volunteer organization dedicated to dispensing emergency food in the entire Verde Valley.

Old Town Mission
http://oldtownmission.org/
116 E Pinal St., Cottonwood AZ 86326
928-634-7869
Programs and services include food, clothing, showers, hot lunches, school supplies, eyeglasses, haircuts, legal advice and medical and dental referrals. Food Pantry is open 9:00 to 11:30 AM on Mon., Wed., Thu., Fri.

Salvation Army
928-774-1403
http://www.salvationarmy.org/ihq/ourwork
507 N. Humphreys, Flagstaff, AZ
Hours: 9:00-12:00 M-Th. Provides clothing and emergency food vouchers, sack lunches, and rent and utility assistance.

Sedona Food Bank
Sedona and VOC - 928-204-2808
http://sedonafoodbank.org/
Community supported organization which provides food and assistance to people in need, specifically those who live in Sedona, the Village of Oak Creek, Cornville or Page Springs.

Seventh Day Adventist Church
Camp Verde - 567-4281
http://www.adventist.org/

Arizona Department of Economic Security/Family Assistance
928-277-2800 or 1-800-352-8401
Prescott - 1519 W. Gurley, Suite #1
Prescott Valley 928- 775-3140
7875 Florentine
Welfare, Food Stamps, AFDC, GA

Catholic Charities
www.CatholicCharitiesAZ.org
Cottonwood/Sedona Area
736 Main St., Cottonwood, AZ 86326
928-634-4254
Prescott Tri-City Area 928-778-2531

Department of Economic Security
1500 E. Cherry St., Cottonwood, AZ
Health Insurance & Nutrition Assistance: 928-649-6800

Yavapai Community Services – Food Plus Program
Cottonwood Office: 928-639-8134
Provides monthly food box as nutrition supplement to income-eligible county residents age 60+.

Yavapai Food Council
http://yavapaifoodcouncil.org/
928-593-0755
(Lower Level) Church of the Red Rocks
54 Bowstring Drive, Sedona, AZ 86336
Serving the hungry in Cottonwood, Camp Verde, Sedona, Rimrock and the entire Verde Valley.
The Yavapai Food Council's mission is “To build community support for meeting the needs of the hungry through education and resource development; to increase the production and distribution of locally grown healthy food, and to be a voice for the hungry.”

Health Information

Arizona Health Care Cost Containment System (AHCCCS)
Cottonwood Office: 928-634-0780 / 1500 E. Cherry Street, Cottonwood
Prescott Office: 928-277-2800 / 1519 W. Gurley Suite #1, Prescott

Arizona Medical Board 1-877-255-2212
9545 East Doubletree Ranch Road
Scottsdale, AZ 85258 / www.azmd.gov

Resource for checking on the license status of allopathic physicians (MDs) and filing a complaint against an MD. Complaints can be filed through an online form on the website.

Medline Plus
www.medlineplus.gov
This service of the US National Library of Medicine and the National Institute of Health is a comprehensive site of health information.

MedicineNet
www.medicinenet.com
Information is available on over 550 diseases and conditions. A dictionary with medical terms can be accessed online.

National Rehabilitation Information Center
1-800-346-2742
www.naric.com

Northern AZ VA Health Care System (VAMC)
Cottonwood:
501 S Willard St., Cottonwood, AZ 86326
(928) 649-1532
http://www.prescott.va.gov/locations/cottonwood_cboe.asp
Prescott:
500 Hwy 89N, Prescott, AZ 86313
928-445-4860 or 800-949-1005
http://www.prescott.va.gov
Flagstaff:
1300 W. University Ave. Suite 200
Flagstaff, AZ 86001
928-226-1056 or 800-949-1005 X 5650
http://www.prescott.va.gov/locations/Flagstaff_CB.asp

United Way Information Network
928-443-5321 or 1-888-449-5321
3343 N. Windsong Drive, Suite 8, Prescott Valley, AZ
Web site: www.unitedwayyavapai.org
Provides centralized information and referral to health and human service providers for Yavapai County residents through enhancement of nonprofit and public partnerships, networking, and the development of services.
United Way of Northern Arizona
1515 E. Cedar Ave., Suite D-1
Flagstaff, AZ 86004 / 928-773-9813
www.nazunitedway.org

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
In addition to behavioral health care, VVGC offers two Family Practices. Valley Medical Center, a family medicine and pediatric practice located at 214 S. Main St. in Cottonwood and also Verde Valley Connections Primary Care at the Clinic’s Cottonwood Campus. 928-634-2236 / 8 E Cottonwood St., Cottonwood, AZ 86326

Verde Valley Medical Center
http://www.verdevalleymedicalcenter.com/
Cottonwood:
269 S. Candy Lane, Cottonwood, AZ 86326
928-634-2251
Sedona:
3700 Arizona 89A, Sedona, AZ 86336
928-204-3000
Camp Verde Health Center
460 Finnie Flat Road, Camp Verde, AZ

Yavapai County Community Health Services
Services provided include: medical services, dental services, behavioral health, family planning, pediatrics, well-woman health check.
http://www.yavapaihealth.com/
Cottonwood: 928-639-8132
51 Brian Mickelsen Parkway, Cottonwood, AZ
Prescott: 928-583-1000
1090 Commerce Drive, Prescott, AZ
Hours: Monday through Friday 8:00 AM to 5:00 PM

National Rehabilitation Information Center
1-800-346-2742 www.naric.com

Hotlines
Abortion Information 1-800-772-9100
Adoption Network 1-866-942-3678
Adoptions- Rosie Adoptions (If you are pregnant)
1-800-841-0804
AIDS Treatment Information Services
1-800-HIV-0440 (1-800-448-0440)
AIDS National Hotline
1-800-342-2437
Al-Anon/Alateen Hotline
1-888-4AL-ANON (1-800-425-2666)
Hope & Help for young people who are the relatives & friends of a problem drinker
Al-Anon Family Group Headquarters
1-800-356-9996
Alcohol/Drug Abuse Hotline
1-800-662-HELP (4357)
Abortion Federation - National (USA)
1-800-772-9100
American Psychiatric Association
800-964-2000
Anasazi Foundation 1-866-678-3445
Arizona Smokers’ Helpline
1-800-556-6222 -- www.ashline.org
Arizona Poison & Drug Information Center
1-800-222-1222
Arizona Postpartum Wellness Coalition (APWC) Quad Cities Chapter
1-888-434-MOMS (6667)
AZ Warmline for Postpartum Support International; volunteers provide phone support to new mothers.
Calls are returned within 3 hours from 9 a.m. – 9 p.m. in English or Spanish.

<table>
<thead>
<tr>
<th>Be Sober Hotline</th>
<th>1-800-BE-SOBER (1-800-237-6237)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birthright</td>
<td>1-800-550-4900</td>
</tr>
<tr>
<td>Birth To Five Helpline</td>
<td>1-877-705-KIDS (5437)</td>
</tr>
<tr>
<td>Boys Town National Hotline</td>
<td>1-800-448-3000</td>
</tr>
<tr>
<td>Care Net</td>
<td>1-800-395-HELP (4357)</td>
</tr>
<tr>
<td>Center for the Prevention of School Violence</td>
<td>1-800-299-6504</td>
</tr>
<tr>
<td>Centers for Disease Control AIDS Info</td>
<td>1-800-342-2437</td>
</tr>
<tr>
<td>CHADD-Children &amp; Adults with Attention Deficit/Hyperactivity Disorder</td>
<td>1-800-233-4050</td>
</tr>
<tr>
<td>Child Abuse Hotline--Child help USA</td>
<td>1-800-4-A-CHILD (1-800-422-4453)</td>
</tr>
<tr>
<td>Children of the World</td>
<td>(If you want to adopt a child)</td>
</tr>
<tr>
<td></td>
<td>1-973-239-0100</td>
</tr>
<tr>
<td>Cocaine Help Line</td>
<td>1-800-COCAINENew York (1-800-262-2463)</td>
</tr>
<tr>
<td>24 Hour Cocaine Hotline</td>
<td>1-800-992-9239</td>
</tr>
<tr>
<td>Crisis Hotlines</td>
<td>1-800-656-HOPE (4673)</td>
</tr>
<tr>
<td>Drug Addiction Hotline</td>
<td>1-888-268-9185</td>
</tr>
<tr>
<td>Drug Help National Helplines</td>
<td>1-800-378-4435</td>
</tr>
<tr>
<td>Drug and Alcohol Resource Center</td>
<td>1-800-784-6776</td>
</tr>
<tr>
<td>Eating Disorders Awareness and Prevention</td>
<td>1-800-931-2237</td>
</tr>
<tr>
<td>Eating Disorders Center</td>
<td>1-888-236-1188</td>
</tr>
<tr>
<td>Eating Disorders Hotline</td>
<td>1-800-448-4663</td>
</tr>
<tr>
<td>Eating Disorders Help Bulimia/Anorexia</td>
<td>1-800-227-4785</td>
</tr>
<tr>
<td>Ecstasy Addiction</td>
<td>1-877-254-3348</td>
</tr>
<tr>
<td>Elder Abuse Hotline</td>
<td>1-800-252-8966</td>
</tr>
<tr>
<td>Emergency Contraception Information</td>
<td>1-888-NOT-2-LATE (1-888-668-2528)</td>
</tr>
<tr>
<td>Family Violence Prevention Center</td>
<td>1-800-313-1310</td>
</tr>
<tr>
<td>Family Violence Center</td>
<td>1-888-750-4673</td>
</tr>
<tr>
<td>Food Addiction</td>
<td>1-800-872-0088</td>
</tr>
<tr>
<td>Friends of Battered Women and their Children</td>
<td>1-800-603-HELP (4357)</td>
</tr>
<tr>
<td>Gay &amp; Lesbian National Hotline</td>
<td>1-888-THE-GLNH (1-888-843-4564)</td>
</tr>
<tr>
<td>Gay, Lesbian, Bisexual and Transgender (GLBT) National Youth Talkline</td>
<td>1-800-246-7743</td>
</tr>
<tr>
<td>Gay &amp; Transgender Hate Crime Hotline</td>
<td>1-800-616-HATE (4283)</td>
</tr>
<tr>
<td>National Headache Foundation</td>
<td>1-800-843-2256 or 1-888-643-5552</td>
</tr>
<tr>
<td>Health Resource Center of Domestic Violence</td>
<td>1-888-792-2873 or 1-800-313-1310</td>
</tr>
</tbody>
</table>
Healing Woman Foundation (Abuse)  
1-800-477-4111

Help Finding a Therapist  
1-800-772-231-6946

Herpes Resource Center  
1-800-230-6039

Homeless/Runaway National Runaway Hotline 1-800-231-6946

Homelessness 1-800-654-8595

Incest Awareness Foundation  
1-888-547-3222

Incest Hotline for guys: M.A.L.E.  
1-800-949-6253

Independent Adoption Center  
1-800-877-6736  
Hours: 9am - 5pm PT

Learning Disabilities - National Center for Learning Disabilities 1-888-575-7373

Lifeline 1-800-273-8255

Lyme Disease Hotline  
1-800-886-LYME (1-800-886-5963)

Marijuana Anonymous 1-800-766-6779

Mental Health InfoSource 1-800-338-7657

Missing & Exploited Children Hotline  
1-800-843-5678

Mothers Against Drunk Drivers  
1-800-438-MADD (1-800-438-6233)

National Abortion Federation Hotline  
1-800-772-9100

National Adoption Center 1-877-648-4400

National Adolescent Suicide Hotline  
1-800-621-4000

National Sexual Assault Hotline  
1-800-656-4673

National Association for Children of Alcoholics  
1-888-55-4COAS (1-888-554-2627)

National Alliance on Mental Illness (NAMI) 1-800-950-6264

National Child Abuse Hotline  
1-800-252-2873 or 1-800-4AChild (422-4453)

National Clearinghouse for Drug and Alcohol Information  
1-800-729-6686

National Domestic Violence Hotline  
1-800-799-SAFE (1-800-799-7233)  
TTY: 1-800-787-7224

National Drug Abuse Hotline  
1-800-662-HELP (1-800-662-4357)

National Hispanic Family Health Hotline  
1-800-783-2645

National Hotline for Missing & Exploited Children  
1-800-843-5678

National Inhalant Prevention Coalition  
1-800-269-4327

National Institute on Drug Abuse & Alcoholism 1-888-644-6432

National Institute of Mental Health  
1-888-ANXIETY (1-888-269-4389)

National Mental Health America  
1-800-969-6642

National Office of Post Abortion Trauma
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Resource Center on Domestic</td>
<td>1-800-537-2238</td>
</tr>
<tr>
<td>Violence</td>
<td></td>
</tr>
<tr>
<td>National Runaway Switchboard &amp; Suicide</td>
<td>1-800-786-2929</td>
</tr>
<tr>
<td>Hotline</td>
<td></td>
</tr>
<tr>
<td>National Runaway Switchboard Crisis Line</td>
<td>1-800-621-4000</td>
</tr>
<tr>
<td>1-800-227-8922</td>
<td></td>
</tr>
<tr>
<td>National STD Hotline</td>
<td>1-800-227-8922</td>
</tr>
<tr>
<td>National Youth Crisis Hotline</td>
<td>1-800-448-4663</td>
</tr>
<tr>
<td>National Victim Center</td>
<td>1-800-FYI-CALL (1-800-394-2255)</td>
</tr>
<tr>
<td>National Women's Health Hotline (PMS</td>
<td>1-800-558-7046</td>
</tr>
<tr>
<td>Access)</td>
<td></td>
</tr>
<tr>
<td>Panic Disorder Information Hotline</td>
<td>1-800-64-PANIC (1-800-647-2642)</td>
</tr>
<tr>
<td>People against Rape</td>
<td>1-800-877-7252</td>
</tr>
<tr>
<td>Pet Loss Support Hotline – Grief</td>
<td></td>
</tr>
<tr>
<td>Counseling</td>
<td>1-888-ISU-PLSH (1-888-478-7574)</td>
</tr>
<tr>
<td>Pet Loss Support Hotline</td>
<td>1-800-565-1526</td>
</tr>
<tr>
<td>PMS Access National Women’s Health</td>
<td></td>
</tr>
<tr>
<td>Hotline</td>
<td>1-800-222-4767</td>
</tr>
<tr>
<td>Planned Parenthood, Inc.</td>
<td>1-800-230-PLAN (7526)</td>
</tr>
<tr>
<td>Post-Abortion Project Rachel</td>
<td>1-800-5WE-CARE (1-800-593-2273)</td>
</tr>
<tr>
<td>Pregnancy Hotline</td>
<td>1-800-4-OPTIONS (1-800-467-8466) or</td>
</tr>
<tr>
<td></td>
<td>1-800-848-5683</td>
</tr>
<tr>
<td>Options Hotline</td>
<td>1-800-375-HELP (1-800-375-4357)</td>
</tr>
<tr>
<td>Pregnancy Hotline (National)</td>
<td>1-800-914-4600</td>
</tr>
<tr>
<td>Pregnancy and Breastfeeding Hotline</td>
<td>1-800-833-4642</td>
</tr>
<tr>
<td>Pregnant &amp; Young Hotline</td>
<td>1-800 550-4900</td>
</tr>
<tr>
<td>RAINN Sexual Assault Hotline</td>
<td>1-800-SUICIDE (1-800-784-2433)</td>
</tr>
<tr>
<td>Rape, Abuse, Incest, National Network</td>
<td></td>
</tr>
<tr>
<td>(RAINN)</td>
<td>1-800-656-HOPE (1-800-656-4673)</td>
</tr>
<tr>
<td>Resource Center on Civil and Criminal</td>
<td></td>
</tr>
<tr>
<td>Law Aka Battered Women's Justice</td>
<td>1-800-903-0111</td>
</tr>
<tr>
<td>Resource Center of Child Custody Protection</td>
<td>1-800-527-3223</td>
</tr>
<tr>
<td>Rosie Adoptions (If you are pregnant)</td>
<td>1-800-841-0804</td>
</tr>
<tr>
<td>Runaway Hotline</td>
<td>1-800-231-6946</td>
</tr>
<tr>
<td>Sacred Circle, National Resource Center to</td>
<td></td>
</tr>
<tr>
<td>End Violence against Native Women</td>
<td>1-877-733-7623</td>
</tr>
<tr>
<td>Safe Choice Hotline (STDs &amp; Pregnancy)</td>
<td>1-800-878-2347</td>
</tr>
<tr>
<td>Self Help Hotline (Bulimia / Anorexia)</td>
<td>1-800-227-4785</td>
</tr>
<tr>
<td>Self-Injury Hotline - SAFE (Self Abuse</td>
<td></td>
</tr>
<tr>
<td>Finally Ends) Alternatives Program</td>
<td>1-800-DONT CUT (1-800-366-8288)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.selfinjury.com">www.selfinjury.com</a></td>
</tr>
<tr>
<td>Sexual Assault Hotline</td>
<td>1-800-656-4673 /</td>
</tr>
<tr>
<td></td>
<td>1-800-838-8238</td>
</tr>
</tbody>
</table>
Sedona / Verde Valley Mental Health Resources Guide

Smoker's Helpline: 1-800-556-6222

Stop It Now! (Sexual Abuse)
1-888-PREVENT (1-800-773-8368)

Students against Violence Everywhere
1-888-343-SAVE (7283)

Society's League against Molestation (SLAM) 1-609-858-7800

Sports Foundation for Women 1-800-227-3988

Stepping Stone Agencies (for Women) 928-445-HOPE (4673).

Suicide Hotline - (National Adolescent) 1-800-621-4000

Suicide Hotline 1-800-SUICIDE (1-800-784-2433)

Suicide Prevention - The Trevor HelpLine (Specializing in gay and lesbian youth suicide prevention) 1-800-850-8078

Survivor's Youth Hotline 1-800-448-4663 or 1-800-427-0009

TalkZone (Peer Counselors) 1-800-475-TALK (1-800-475-2855)

Teen Helpline 1-800-400-0900

TeenLine 1-800-522-8336

USA National Suicide Hotlines 1-800-SUICIDE (1-800-784-2433) or 1-800-273-TALK (1-800-273-8255)

Voices in Action 1-800-7-VOICE-8 (1-800-786-4238)
(Hours: 9 am - 6 pm CT)

Listings for treatment and support of incest and child sexual abuse

WAVE (Working against Violence Everywhere) 1-888-960-9600

Yellow Ribbon Suicide Prevention Program 1-800-SUICIDE (1-800-784-2433) or

Youth Crisis Hotline 1-800-968-8454

Youth America Hotline 1-877-968-8454

Legal Assistance

Arizona Attorney General's Office
www.azag.gov/children_family/
928-526-8028
2323 N Walgreens, Suite 100, Flagstaff, AZ

Coconino County Law Library and Self-Help Center
928-779-6656 / 877-806-3187
200 N San Francisco St., Flagstaff, AZ 86001
Email: ghornberger@coconino.az.gov
http://www.coconino.az.gov/lawlibrary

Community Legal Services (CLS)
928-445-9240 or 1-800-233-5114
401 N. Mt Vernon St., Prescott, AZ 86301
CLS is a non-profit Arizona law firm dedicated to providing equal access to our civil justice system for those who cannot afford it. CLS provides free legal advice, services, and when appropriate, direct representation to low-income, eligible persons in certain civil matters such as family law, housing law, health/education/benefits/employment law, consumer law.

DNA People's Legal Services
928-774-0653 / http://www.dnalegalservices.org/
2323 E. Greenlaw Ln., Flagstaff, AZ 86004
Hours Tuesday 9:00-11:00 & 1:00-3:00. Offers free legal advice and services for low income or indigent people. New intakes 1:30pm - 4pm Tuesdays - County Residents

David's Hope
David’s Hope is an education and advocacy agency designed to provide people living with mental illness, and all those involved in their care, the skills and knowledge needed to navigate the behavioral health and criminal justice systems. David’s Hope teaches people how to advocate for themselves and others by empowering them with information, training, resources, and mentoring.

Mary Lou Brncik / 602-774-4382
http://www.davidshopeaz.org/

JacksonWhite Attorneys at Law
1-800-243-1160 / 1-480-464-1111
www.ArizonaSeniorLaw.com
JacksonWhite will prescreen anyone for Arizona Long-Term Care System (ALTCS) and VA for free and give guidance in this area. Ask for an elder care advisor (Bonnie Shimko in Northern Arizona).

Global Family Legal Services
928-282-2590
2940 Southwest Dr., Suite 5
Sedona, AZ 86336

Northern Arizona Council of Governments (NACOG)
928-213-5246 or 1-877-521-3500

Legal Advocacy Program
125 Grove Avenue, Prescott AZ 86301
Provides opportunity for resolution through mediation (except for real estate mediation). Service is free of charge to anyone in the community.

NAMI Resources re Mental Illness and the Criminal Justice System
Please click on this link to a NAMI document that provides answers to some of the frequently asked questions regarding the criminal justice system: Criminal Justice Self-Advocacy FAQ or, copy this address to your browser: http://www.nami.org/Content/NavigationMenu/NA MILand/CJguidetomentalinillnessandcjsystem.pdf
This FAQ addresses common questions such as, “How do I make sure that my loved one gets his medication in jail?” and “Why won’t my public defender use my loved one’s mental illness in their defense?” It provides information about the individual’s rights in these particular situations, recommendations for appropriate courses of action and links to other helpful websites and resources. NAMI has also developed a comprehensive guide as an aid for individuals and families navigating this system. Please click on this link: Guide to Mental Illness and the Criminal Justice System or, copy this address to your browser: http://www.nami.org/Content/NavigationMenu/NA MILand/CJguidetomentalinillnessandcjsystem.pdf

National Disability Rights Network
Nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and Client Assistance Programs (CAP). There is a P&A/CAP agency in every state. For Arizona:

Arizona Center for Disability Law
100 North Stone Street, Suite 305
Tucson, AZ 85701
Phone: 520-327-9547 \ 800-927-2260
E-Mail: center@azdisabilitylaw.org
Website: http://www.azdisabilitylaw.org
The above agency deals with criminal justice issues as follows:
- What their rights are.
- How to get their medication to them.
- What to do if you believe the person may be in danger of harming himself/herself.
- How they can get mental health services.
- What they can do before getting out of prison to have their benefits, such as Social Security.

Old Town Mission
928-634-7869 / 116 E Pinal St., Cottonwood, AZ
Free Legal Consultation Clinics: Legal professionals offer free consultation concerning a variety of legal matters. No appointment is needed. All Individuals requesting legal aid should arrive at 5:45 pm. Clinics are held:

Sedona: 1st Tuesday of the month at Solid Rock Church, 2301 W Highway 89A # 101 in West Sedona
Cottonwood: 3rd Tuesday of the month at the Old Town Mission in Cottonwood.

Treatment Advocacy Center
Arizona has its own civil commitment laws that establish criteria for determining when court-ordered treatment is appropriate for individuals with severe mental illness who are too ill to seek care voluntarily. In Arizona, the court may order a patient to undergo inpatient (hospital) or outpatient (community) treatment if there is clear and convincing evidence that a proposed patient, as a result of mental disorder, is:

- a danger to self, or
- a danger to others, or
- persistently or acutely disabled, or
- gravely disabled and in need of treatment,
- and is either unwilling or unable to accept voluntary treatment.

The state of Arizona offers an application for emergency admission for evaluation, which is available online or you can copy this address to your browser:


Also available online is the Arizona state petition for court-ordered treatment. You can also copy this address to your web browser:


Victim Witness Services - Coconino County
928-779-6163
201 E. Birch Avenue, Suite 4, Flagstaff, AZ 86004
Victim/witness advocacy, crisis intervention, victim compensation, social service referrals.

Yavapai County Detention Center
2830 N. Commonwealth Drive, Camp Verde, AZ 86322. Call 928-567-7734 (Lobby) to get information on visitation, property, bonds, etc. For medical questions/information, ask to be transferred to the on-duty nurses.
Sheriff’s Office: www.ycsoaz.gov
Yavapai County Public Defender’s Office:
928-771-3588

Community Information & Referral
http://www.cirs.org/
Phoenix - 800-351-3792 or 602-263-8845

Cornucopia Community Advocates

County Attorney’s Office:
2830 N. Commonwealth Drive, Suite 106
Camp Verde, AZ 86322 / 928-567-7717

Outreach Programs

ABRIO Family Services and Support
1760 East Villa Dr., Cottonwood, AZ 86326
(928) 634-6758
Focus on the individual and family to create services for their personal needs. Services include; home outreach, residential support, days services, consulting and training.

Catholic Charities Community Services
Cottonwood: 736 N. Main St., Cottonwood, AZ 86326 / 928-634-4254
434 W. Gurley, Prescott, AZ 86301 / 928-778-2531
Website: www.catholiccharitiesaz.org
Catholic Charities offers an array of programs in Yavapai County, which include: PATH – a program that connects seriously mentally ill homeless with treatment and housing through outreach and also distributes items such as tents, sleeping bags and water, as well as referrals and transportation to treatment or shelter - 928.634.4254 ext. 54135; adoption services; pregnancy counseling; medical equipment to low income elderly, disabled and persons with immediate health needs; financial assistance for utility payment; referral resources; emergency shelter (waiting lists and eligibility criteria apply); in-home parenting support; supportive services to veteran families; housing programs; foster care; North Star Youth Partnership; The Loft (a daytime drop-in center in Cottonwood for homeless people, where clients can do laundry, bathe, cook a meal, apply for work and maintain social connections). Catholic Charities helps people of all faiths, backgrounds and abilities.
A nonprofit organization dedicated to the mission of enhancing community spirit and effectiveness through sharing resources. CCA is involved in direct service programs and in community resource development. As a Community Foundation, Cornucopia provides the support for over 24 tax-exempt public charities serving thousands of people who share a common interest—improving the quality of life in their area. Individuals, families, businesses, and organizations create permanent charitable funds that help their region meet local challenges.  
http://www.cornucopiacommunity.org/  
928-284-3284

Four County Conference on Developmental Disabilities  
928-778-3391  
4ccdd@commspeed.net  
325 N. Arizona Avenue, Prescott, AZ 86302  
Mailing Address: P.O. Box 3262, Prescott, AZ 86302  
An advocacy group for persons with developmental disabilities and their families.  
Seminars, workshops, training opportunities, newsletters, lending library, and toy library are offered.

Northern Arizona Council of Governments  
(NACOG) Community Services Administration  
119 E. Aspen Ave., Flagstaff, AZ 86001  
928-774-1895 / Fax: 928-556-9142  
NACOG Cottonwood:  
1500 E. Cherry St., Suite F, Cottonwood, AZ  
928-308-2988  
NACOG Prescott Valley:  
3262 Bob Dr., Suite 8, Prescott Valley, AZ  
928-308-2988  
Assistance to limited-income families and individuals as they move from public assistance to self-sufficiency. Assistance with utilities, housing, appliance replacement/repair, transportation services.

Trauma Intervention Programs of Arizona, Inc  
(TIP) has been serving Yavapai County since 2000. The program is a group of volunteers who are requested by hospital, police and fire personnel to provide emotional and practical support to victims, survivors, and witnesses of a tragic event including child abuse, DUI auto accident, homicide, arson, physical and sexual assault, domestic violence, and other tragedies. Our volunteers are available 24/7/365 and arrive on scene within 30 minutes of the request for service. TIP is a non-profit 501(c)(3) organization, and assists over 1500 community members and 3000 emergency workers every year. TIP currently serves Chino Valley, Paulden, Prescott, Prescott Valley, Dewey-Humboldt, Mayer, Cottonwood, Camp Verde, Clarkdale, Montezuma-Rimrock, Verde Valley, Sedona, and surrounding communities.

Verde Valley Caregivers Coalition  
299 Van Deren Rd. Ste. 2, Sedona, AZ 86336  
928-204-1238 / http://vvcaregivers.org/  
Verde Valley Caregivers Coalition provides volunteers, programs and services to support adults in need of assistance in maintaining their independence and quality of life at home.

Yavapai Family Advocacy Center  
928-775-0669 / www.yfac.org  
P.O. Box 26495, Prescott Valley, AZ 86312  
Seeks to minimize further trauma to victims of violent crimes and family violence by coordinating law enforcement, CPS, prosecution, and victims support services. Counseling is provided for clients who have come through YFAC and other clients when available. Staff identifies and assists in locating resources for victims. Domestic Violence Support Groups are held weekly. Child care is provided.

Parenting  
Adoptive Parents Support Group  
(928) 445-6519  
3005 Sequoia Lane, Prescott, AZ 86305  
Email: familiesforadoption@yahoo.com
Pre-adoption workshops where interested families can explore many adoption options, i.e. lending library of adoption resources, including basic information as well as children’s books.

**Adults and Children Together Against Violence (ACT)**
928-759-3616

“Parent’s Raising Safe Kids” is an 8-week parent education program for community members who raise, care for, and/or teach children ages 0-9 years. ACT for Dad’s is designed specifically for male caregivers and is facilitated by a trained, experience ACT dad.

**Raising Special Kids**
1-800-237-3007 or 602-242-4366
www.raisingspecialkids.org
2400 N. Central Ave. #200, Phoenix, AZ 85004-1313

**Em.P.A.C.T. Headstart Family Literacy Program**
928-773-4609
2300 E. 6th Ave. Flagstaff AZ 86004
Provides a free pre-school, adult education, parenting education, child development, and volunteer opportunities in the Sunnyside neighborhood. Offers snacks, breakfast and lunch for the children, and lunch for the participating adults. These services are free as funds are available.

**Parenting Arizona**
928-773-9133
1515 E Cedar Ave, Suite E-1, Flagstaff, AZ
www.parentingaz.org/
Helps families develop positive approaches to parenting through parenting education classes and support services.

**Women, Infants, Children**
Statewide: 1-800-252-5942
**Cottonwood**: 928.639.8134
Special Supplemental Nutrition Program for Women, Infants, and Children.

---

**Prescription Drugs / Rx Drug Assistance Information**

**AARP Pharmacy Services**
1-800-456-2277

**Arizona CoppeRX Card Prescription Program**
1-888-227-8315 / www.rxamerica.com
All Arizona state residents may take advantage of this prescription program. Savings of 10%-55% or more available. Enrollment is free.

**Food & Drug Administration - MedWatch**
1-888-463-6332 / www.fda.gov/medwatch
Reports safety warnings and recalls for products regulated by the FDA.

**Prescription Drug Assistance information**
Information on government programs, non-profit organizations and pharmaceutical companies offering free or low-cost medication.
http://www.nami.org/Template.cfm?Section=Helpline1&Template=/ContentManagement/ContentDisplay.cfm&ContentID=156228

**RX List – The Internet Drug Index**
www.rxlist.com
Directory of medications and news relating to pharmaceuticals. Updates and news pertaining to new medications.

**Yavapai County Prescription Program**
Phone: (928) 442-5596

**Respite**

**NACOG - Area Agency on Aging, Family Caregiver Program**
928-213-5245 or 1-877-521-3500
Resource for family caregivers.

**Shelters/Housing**

**Angie’s House**
Emergency and transitional housing for men, women and families. For intake 24-hours:
Catholic Charities Community Services
Cottonwood: 736 N. Main St., Cottonwood, AZ 86326 / 928-634-4254
434 W. Gurley, Prescott, AZ 86301 / 928-778-2531
Website: www.catholiccharitiesaz.org
Catholic Charities offers an array of programs in Yavapai County, which include: PATH – a program that connects seriously mentally ill homeless with treatment and housing through outreach and also distributes items such as tents, sleeping bags and water, as well as referrals and transportation to treatment or shelter - 928.634.4254 ext. 54135; emergency shelter (waiting lists and eligibility criteria apply); The Loft (a daytime drop-in center in Cottonwood for homeless people, where clients can do laundry, bathe, cook a meal, apply for work and maintain social connections). Catholic Charities helps people of all faiths, backgrounds and abilities.

Home Sweet Home for Men
Intake – 24 hours: 928-301-2169

Old Town Mission
928-634-7869 / 116 E Pinal St., Cottonwood AZ
Emergency food, gas vouchers, travelers’ assistance, medical prescriptions.

Rainbow Acres
2120 W. Reservation Loop Rd., Camp Verde, AZ 828-567-5231 / www.rainbowacres.com

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
928-634-2236
8 E Cottonwood St., Cottonwood, AZ 86326

Yavapai County Veterans Administration
Help line: 928-445-4673
928.445.4860 ext. 6018

Support Groups

AARP Grief & Loss Program
1-888-687-2277
www.griefandloss.org

Grief and loss programs and resources available to all; web site offers extensive information, resources and support, including chat rooms and discussion boards, consumer tips, online journaling and information on support groups and their locations.

Alcoholics Anonymous
Women’s meeting: Wednesdays, noon, Unity Church, 65 Deer Trail Drive; Monday through Friday, noon, Jewish Community of Sedona and Verde Valley, 100 Meadowlark Dr., Sedona; Monday through Friday, 6:30 AM, 5:30 PM, 8:00 PM, 40 Stutz Bearcat Dr., Sedona; Monday through Friday, 7:00 AM, 690 Bell Rock Blvd., VOC. 928-646-9428; Young People’s Meeting, Sundays, 7:00 PM, 44 Stutz Bearcat Dr., Sedona; Seniors in Sobriety, Thursdays, 10:30 AM, Sedona Winds Library, 405 Jacks Canyon Dr., VOC, 928-282-7375. Call 928-646-9428 or 928-634-8664 for times/places in Camp Verde and Cottonwood.

Al-Anon
Wednesdays, 6:00 PM, Sedona United Methodist Church, 110 Indian Cliffs Rd., Sedona; Saturdays, 10:00 AM, Spectrum Healthcare (formerly Verde Valley Guidance Clinic), 2880 Hopi Dr., Sedona; Sunday, 3:00 PM, Christ Center Wesleyan Church, 580 Brewer Rd., Sedona; Tuesday, 5:30 PM, Immaculate Conception Catholic Church, 700 N. Bill Gray Rd., Cottonwood, 928-300-9037 or 928-649-5444. www.al-anon-az.org / 1-800-344-2666

Support groups for people who are affected by a loved one’s drinking.

Alzheimer’s Support Groups
First Wednesdays, 10:00 to 11:00 AM, Verde Valley Presbyterian Church, 1500 E. Hombre Dr., Cottonwood, 928-634-2638, or 928-634-6495; first Tuesdays, 9:30 AM, Sedona Sunrise Center for Adults, Sedona United Methodist Church, 110 Indian Cliffs Rd., Sedona, 928-282-8969.

Bereavement Support
First and third Thursdays, 10:30 AM to Noon, Sedona Community Center, 2615 Melody Lane, West Sedona, 928-284-2834. First and third
Wednesdays, 1:30 to 3:00 PM, Church of the Red Rocks, 54 Bowstring Dr., Sedona, 928-282-0180.
Second Tuesday, 10:30 AM and fourth Tuesday, 1:30 PM, 301 S. Candy Lane, Suite 10A, Cottonwood, 928-6349-6676.

Brain Injury, Traumatic
928-772-2985

Celebrate Recovery
Saturdays, 6:00 PM, Church of the Nazarene, 55 Rojo Dr., VOC, 507-412-7036

Codependents Anonymous
A fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.
Monday and Wednesday 6:30-7:30 PM
Christ Center Wesleyan Church
580 Brewer Rd., Sedona, AZ 86336

Family Caregiver Support Group
Family caregivers discuss issues such as grief, mourning and guilt; sleep problems; stress, depression and anxiety; and the importance of self-care. Meets every Friday, 10:00-11:00 AM, VVMC Conference Room A, 269 S. Candy Lane, Cottonwood.

Grief Support Group / Life After Loss
First and third Thursdays, 10:30 AM, Sedona Community Center, 2615 Melody Lane, Sedona, 928-282-2834

NAMI Flagstaff
National Alliance on Mental Illness
Flagstaff, AZ / admin@nami-flagstaff.org
928-214-2218

NAMI Sedona/Verde Valley
National Alliance on Mental Illness

P.O. Box 3865, Sedona, AZ 86340
928-282-4827 / 928-300-9013 / 928-274-1542
www.nami-sedona.org
Support group meetings on the 1st and 3rd Friday of each month at 9:45 AM, Sedona Guidance Clinic, 2880 Hopi Dr., Sedona. Support, information, resources, and advocacy are provided.

NAMI Yavapai County
National Alliance on Mental Illness
Prescott, AZ / jimfrost.nami@yahoo.com
928-717-2045

Narcotics Anonymous
Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. NA was founded in 1953. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA’s approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.
Narcotics Anonymous - Verde Valley Arizona
http://www.vvana.info/ 928-634-2119
Sundays, 3:00 PM, 44 Stutz Bearcat Dr., Sedona, 204-9639 or 634-2119; Fridays, 7:00 PM and Sundays, 6:00 PM, Jewel House, 499 S. Second St., Camp Verde, 928-567-3447. Thursdays, 7:30 to 9:00 PM at Friendship Hall, Unity of Sedona Church, Deer Trail Rd., Sedona.
For more information on meetings in Camp Verde, Cottonwood, Sedona, Jerome, Flagstaff, Williams, Tuba City: http://www.vvana.info/Page_2.php
Informational pamphlets:
"Am I an addict?"
"Welcome to NA"
"An Introduction to NA Meetings."

New Hope Recovery Center – NAZCARE
928-442-9205 / www.nazcare.org
Life skills training and peer support services for adults with a mental health diagnosis and/or co-occurring substance abuse issues. Transportation provided. Hours: Monday through Thursday, 8-3.

Obsessive/Compulsive Disorders
Tuesdays, 5:30 to 6:30 PM, Keep Sedona Beautiful, 616-706-6951
grelusime@hotmail.com

RI Discovery
A self-help mental health group that deals with fear, anger, anxiety, depression and worry. Free. Sundays at 2:00 PM. Call Lorraine at 928-282-7226 for location.

SMART Recovery
SMART Recovery is the leading self-empowering addiction recovery support group. The SMART Recovery 4-Point Program helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.
http://www.smartrecovery.org/

For veterans only: Tuesdays, 7:00 PM, Center for Positive Living, 45 Castle Rock Rd., Unit 1A, VOC, Sedona glamunyon@aol.com

Social Anxiety Group
http://anxietynetwork.com
Offers support and education with anxiety disorders; members exchange coping skills with online support meetings for people with social phobias.

Transportation –Local
Safe Ride
1-800-797-7433

Cottonwood Area Transit Service (CAT)
928-634-2287 / www.cat.az.gov
827 N. Main St., Cottonwood, AZ 86326
Bus service in Cottonwood, Clarkdale and Verde Village. For route map:

Verde Lynx
928-282-0938 / www.verdelynx.az.gov
Verde Lynx buses run from the Cottonwood Library to Poco Diablo and the Municipal Parking Lot in Uptown Sedona. For route map:
http://cottonwoodaz.gov/media/pdf/Lynx-Guide.pdf

Verde Valley Care Givers
928-204-1238
Sedona and Camp Verde

Transportation - Long Distance

Angel Flight
1-888-426-2643
Volunteer private pilots provide medical transportation in 14 western states.

Flights for Life Inc.
623-492-9213 / www.flightsforlife.org
Flights available for people with a financial need for medical services within Arizona and bordering states. No emergency services, must be ambulatory and have a release from a physician to ride in non-pressurized cabin.

Northern Arizona Domestic Violence Resource Directory

Domestic Violence Programs and Shelters

National 24 hr Domestic Violence Hotline
(800) 799-7233 & (800) 787-3224 (TDD)
National Sexual Assault Hotline-RAINN
(800) 656-HOPE (4673)

Arizona Coalition Against Domestic Violence (602) 279-2900, (800) 782-6400 & TTY: (602) 279-7270

Stepping Stones Agencies
Prescott / Hotline: (928) 445-4673
Admin. (928) 772-4184
Primary Focus: Domestic Violence
Services Provided: Shelter, transitional housing, referrals, support services, advocacy and support.
Type of Care: Outpatient, Shelter
Population Served: Women, women with children
Qualifications to receive services: Must be in a Domestic Violence situation
Payment Assistance: All services free
Language Accommodations: Spanish

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
(928) 634-2236 Cottonwood
Primary Focus: Mental Health, Substance Abuse
Services Provided: Referrals, crisis intervention, individual counseling, transportation.
Type of Care: Outpatient
Language Accommodations: Spanish, hearing impaired, additional languages available upon request.

TASC
Treatment Assessment Screening Center
Camp Verde: (928) 567-8671
Cottonwood: (928) 649-1312
Primary Focus: Substance Abuse Counseling, Anger Management Counseling, Domestic Violence Counseling, DUI Classes
Services Provided: Referrals, group and individual counseling
Perpetrator Services: Only perpetrator services, topics listed above
Type of Care: Outpatient
Population Served: Women, men
Qualifications to receive services: Refers out for dual diagnosis
Forms of Payment Accepted: Flat fees for different services (Cash, checks)
Payment Assistance: Willing to work with client
Language Accommodations: None

Verde Valley Sanctuary
Serves the areas of: Camp Verde, Clarkdale, Cottonwood, Jerome, Sedona, and Village of Oak Creek
Hotline- 1-800-930-7233 or 928-634-2511;
Legal Office- 928-639-2079
Primary Focus: Domestic Violence
Services Provided: Housing, financial assistance, referrals, therapy/ group and individual, court services, 24 hour services, employment assistance,
YES program for adolescents
Type of Care: Outpatient, Housing
Population Served: Women, women and children, men, men and children
Qualifications to receive services: Must be in a domestic violence situation or abusive situation
Payment Assistance: All services free
Language Accommodations: Spanish

Victim Witness Services
Primary Focus: Domestic Violence/Abuse
Services Provided: Emergency Assistance, referrals, crisis intervention, court services, 24 hour services, attached to NACASA- sexual assault services.
Type of Care: Outpatient
Population Served: Anyone meeting program criteria
Qualifications to receive services: Must meet program criteria, dual-diagnosis
Payment Assistance: All services free
Language Accommodations: Spanish, will accommodate others as needed

Yavapai Family Advocacy Center
Prescott Valley / (928) 775-0669
Primary Focus: Domestic Violence, Families and Children
Services Provided: Referrals, group and individual counseling, court services and advocacy, help with clothing, toiletries and toys, forensic interviewing, medical examinations, education
Type of Care: Outpatient
Population Served: Anyone meeting program criteria
Qualifications to receive services: Must file police report, no dual-diagnosis, no drug users, no criminal charges, must meet program criteria
Payment Assistance: All services free
Language Accommodations: Spanish, others as needed
Required Referrals: Police or Sheriff, sometimes makes exceptions

**Northern Arizona Native American Resource Directory**

**Services & Agencies**

National Suicide Prevention Lifeline
(800) 273-8255

Suicide Hotline for Native American Youth
(877) 209-1266

Crisis Hotline for Arizona
(866) 205-5299

Northern Arizona Behavioral Health Crisis Line
(877) 756-4090

National Suicide Crisis Line (800) 784-2433
Hotline for the Deaf – TDD (800) 799-4889

**Programs and Services**

**Yavapai-Apache Nation & Yavapai Prescott Indian Tribe**

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
928-634-2236 Cottonwood
928-567-4026 Camp Verde
928-282-4357 Sedona
Hotline: 928-634-2236
Agency Affiliation: NARBHA
Primary Focus: Mental health and substance abuse
Services Provided: Must ensure that eligible members are offered the full range of medically necessary covered behavioral health services including mental health and substance abuse
Type of Care: Outpatient, non-hospital residential
Special Programs/Groups: Adolescents, DUI/DWI offenders

Special Language Services: Spanish, hearing impaired, additional languages available upon request

**Yavapai Apache Nation**

**Camp Verde:** (928) 567-2168, (928) 567-3977
Agency Affiliation: None
Primary Focus: Substance abuse
Services Provided: Substance abuse treatment
Type of Care: Outpatient
Special Programs/Groups: Adolescents
Forms of Payment Accepted: AHCCCS, any Indian Health Insurance
Payment Assistance: None
Special Language Services: None

**Secondary Behavioral Health Services and Agencies**

Secondary services include shelters and domestic violence agencies. The following are secondary services and agencies listed by reservation, with the city and type of service offered.

**Yavapai-Apache Nation**
Drug Treatment Facilities
Yavapai Apache Nation Alcohol/Substance Abuse Program P.O. Box 1188 3452 Smith Avenue Camp Verde, AZ 86322 / 928-567-3977

**Domestic Violence**

**Verde Valley Sanctuary**
928-634-2511 / Cottonwood

**Catholic Charities Community Services**
736 N Main, Cottonwood / 928-634-4254

**Old Town Mission**
928-634-7869
116 E Pinal St., Cottonwood
Emergency Food/Gas Vouchers/Travelers Assistance/Medical Prescriptions

**Adult Community Senior Center**
928-282-2834 / Sedona
Emergency/Families/Women/Meals
A Guide to Veterans Services in Northern Arizona

General Information and Services

This section lists local, state and federal agencies providing general information and services to Veterans. Additional agencies are also listed under the specific area of services each agency provides: Housing, Employment, Education, Health Care, Behavioral Health & Substance Abuse, Financial Assistance, and Legal Aid. For the full guide, go to: http://www.narbha.org/includes/media/docs/Download-Trial-NAVSC-Guide.pdf

Catholic Charities Community Services
Cottonwood: 736 N. Main St., Cottonwood, AZ 86326 / 928-634-4254
434 W. Gurley, Prescott, AZ 86301 / 928-778-2531
Website: www.catholiccharitiesaz.org
Catholic Charities offers an array of programs in Yavapai County, which include supportive services for veteran families. Catholic Charities helps people of all faiths, backgrounds and abilities.

Crisis Line for Veterans
The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available. http://www.veteranscrisisline.net/

Division of Behavioral Health Services
Mental Health Resources for Service Members & Veterans
Crisis Lines: 1-877-756-4090 (Mohave, Coconino, Apache, Navajo and Yavapai Counties)
24-Hour Crisis Hotlines – National
1-800-SUICIDE – HopeLine Suicide Hotline
1-800-273-TALK or 1-800-273-8255 National Suicide Prevention Lifeline
Arizona Department of Veterans Services

US Department of Veterans Affairs
National Resource Directory
Traumatic Brain Injury (TBI)
Post-Traumatic Stress (PTS)
Chronic Pain | Substance Abuse | Suicide
Rehabilitation centers for treating severe traumatic brain injury are licensed by the Arizona Department of Public Health and their histories are available online at: www.azcarecheck.com

NAMI Yavapai for Veterans
Jim Frost / 928-830-7847

National Coalition for Homeless Veterans
800-VET-HELP / http://www.nchv.org
3331/2 Pennsylvania Ave., SE Washington, DC 20003-1148
Helps with locating homeless Veteran service providers in your local area.

United Way of Northern Arizona
1515 E. Cedar Ave., Suite D-1
Flagstaff, AZ 86004 / 928-773-9813
www.nazunitedway.org
Offers referrals to local services.

US Department of Veterans Affairs Benefits
800-827-1000
Persian Gulf War Helpline
800-749-8387 / http://www.va.gov
Offers outreach, clinical assessments and referrals for medical and mental health care, transitional residential assistance, links to permanent housing, and employment assistance.

Veterans Healing Bridge
Massage and Reiki – Healing One Another
Joseph Modica, Retired Army
928-821-3974
Spiritwarrior53@gmail.com
www.healingbridgestudio.com

Veterans of Foreign Wars (VFW)
Cottonwood Post 7400
The City of Sedona and VFW Post 7400 in Cottonwood have partnered to provide Service Officer support for veterans living in the greater Sedona area. Eduard Uzumeckis, Ph.D, Post 7400
Service Officer, is seeing local veterans on Thursdays beginning January 9, 2014. He will be available from 9:00 am – 1:00 pm in the Community Development and Public Works Building, building 104, in the City Hall Complex, 102 Road Runner Drive, on a first come, first served basis. He can be reached at 928-202-2193. Veterans seeking assistance should bring a copy of their DD214/215 and any other pertinent documents associated with the issue they are seeking help with. Post Service Officers assist members of the Post, their widows, and orphans, as well as other veterans in obtaining rightful benefits from the federal and state governments. A Service Officer will keep members of the Post informed of veterans’ entitlements and benefits offered and administrated by federal, state, and local governments. They provide these services free of charge and will assist any veteran, or survivor unless it is clear the claim is fraudulent.

**Veterans of Foreign Wars (VFW)**

**San Francisco Peaks Post 1709**

409 W. Santa Fe Ave., Flagstaff, AZ 86001  
Service Officer 928-774-7722  
DAV Transport 928-214-8170  
email: vfwpost1709@npg.com  
Providing financial, social, and referral assistance to veterans of foreign wars and their families. Help with entry into VA system and processing VA medical claims. Free DAV transport to VA facilities in Bellemont, Prescott and Phoenix.

**Veterans Representative - Northern Arizona**

Ed Pennell: 928-773-0084 Ext. 14  
American Legion/Marine Corps League  
Works with the VA. Helps Vets with VA paperwork, claims, disability and represents the Vet when necessary.

**Yavapai County Veterans Administration**

500 Highway 89 North, Prescott, AZ 86313  
928.445.4860 ext. 6018

**Behavioral Health & Substance Abuse**

**Focus on Recovery Helpline**

800-888-9383

A 24-hour national alcohol and drug abuse addiction and treatment hotline.

**HHS Drug and Alcohol Treatment Referral Routing Service**

800-662-4357  
Offers referrals to local programs.

**NAU Counseling Center**

P.O. Box 6045, NAU, Flagstaff, AZ 86011-6045  
928-523-2261 / [http://www.nau.edu/counseling](http://www.nau.edu/counseling)  
Hours M-F 8:00-5:00, closed 12:00-1:00. Works to enhance the psychological growth, emotional well-being, and learning potential of enrolled NAU students. Provides short-term psychological counseling, behavioral health and substance abuse educational programming.

**NAU Fronske Health Center**

P.O. Box 6033, NAU, Flagstaff, AZ 86011-6033  
928-523-8995 / [http://www4.nau.edu/fronske/](http://www4.nau.edu/fronske/)  
Hours M-F 8:00-5:00. Offers physical and behavioral health services to enrolled NAU students.

**National Suicide Prevention Lifeline**

800-273-8255 or 888-784-2433  
An immediate connection with a trained VA professional.

**North Country Health Care**

2920 N. Fourth Street, Flagstaff, AZ 86004  
928-213-6100  
Hours M-F 7:45am-8:00pm, Sat 7:45-5:00. Provides physical and behavioral health care.

**Northern Arizona Regional Behavioral Health Association (NARBA)**

1300 S. Yale Street, Flagstaff, AZ 86004  
928-774-7128 (general)  
800-640-2123 (member services)  
Crisis Hotline 877-756-4090  
[http://www.narba.org/](http://www.narba.org/)  
Hours 8:00-5:00 M-F. Coordinates publicly-funded comprehensive behavioral health care services.

**SMART Recovery**
SMART Recovery is the leading self-empowering addiction recovery support group. The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. Our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.

http://www.smartrecovery.org/

For veterans only: Tuesdays, 7:00 PM, Center for Positive Living, 45 Castle Rock Rd., Unit 1A, VOC, Sedona glamunyon@aol.com

Veterans in School Support Group
NAU Counseling Center, P.O. Box 6045, NAU, Flagstaff, AZ 86011-6045
928-523-2261 / http://www.nau.edu/counseling
This group provides an environment for Vets enrolled at NAU to discuss problems and challenges they face. The facilitator, also a Veteran, creates a place where Vets can share information about local and regional resources and share experiences with other NAU students with similar backgrounds.

Prescott Vet Center
3180 Stillwater Dr. Suite A, Prescott, AZ 86305
928-778-3469 / email: Catherine.Brinnon@va.gov
Offers counseling services for Northern Arizona Veterans. Has therapists on contract in Prescott, Flagstaff, Sedona and Winslow. The vet center is also responsible for operating the Northern Arizona Mobile Vet Center, which travels to communities throughout Northern Arizona.

Education

Coconino Community College Veterans Services
Student Financial Aid Office, Main Commons Bldg., 2800 S. Lone Tree Rd., Flagstaff, AZ 86001 928-527-1222 (4219)
http://www.coconino.edu/finaid/vainfomain.htm

email: finaid@coconino.edu
Hours 8:00-5:00 M-F. Assists Veterans with filing VA claims to receive GI Bill benefits.

NAU Educational Opportunity Center
NAU Field House, NAU, P.O. Box 6035, Flagstaff, AZ 86011-6035 / 800-628-4494
http://home.nau.edu/edsup/eoc/services.asp
email: eoc@nau.edu
Assists with admissions and financial aid applications for those 19 or older to enter any college or vocational technical school nationwide. Has local coordinators throughout Northern Arizona.

NAU Native American Student Services
LEADS Center, Student Union, NAU, P.O. Box 5653, Flagstaff, AZ 86011-5653
928-523-9011 / http://www.nau.edu/nass
Hours 8:00-6:00 M-Th. 8:00-5:00 F. Offers academic advising, socializing, study areas, tribal scholarships and job resources to Native American students.

NAU, Office of Student Financial Aid-Veterans
Office of Student Financial Aid, Gammage Bldg., P.O. Box 4110, Flagstaff, AZ 86011-4110
928-523-4931
email: veterans.services@nau.edu
Hours 8:00-5:00 M-F. Assists veteran students and their dependents file VA claims to receive educational GI Bill benefits.

Employment

Arizona Department of Economic Security
1500 E. Cherry St., Cottonwood, AZ
928-649-6800

Arizona Department of Economic Security Job Service
397 Malpais Lane Suite 9, Flagstaff, AZ 86001
928-779-4557 / http://www.azdes.gov
Hours 8:00-5:00 M-F. Veteran Employment Representatives help Vets find and keep jobs.
Disabled Veterans Outreach Program Specialists develop job and training opportunities for Vets with service-related disabilities. Vocational Rehabilitation personnel help folks with non-service-related disabilities find and keep jobs.

**Goodwill Industries**
2225 N. Steves Blvd., Flagstaff, AZ 86004
928-526-9188
Hours 8:30-12:00 M-F. Career Center helps with online employment searches, writing resumes, and computer skills.

**One Stop**
2403 N. Isabel, Flagstaff, AZ 86004
928-779-7011 / Hours 9:00-4:00 M,W,F 12:00-8:00pm Tu. Th. Help with online employment searches, writing resumes, job interview skills, computer and typing classes.

**U.S. Vets**
928-445-4860, ext. 5901
Employment training for veterans

**VA Vocational Rehabilitation and Employment Service**
[www.vba.va.gov/bln/vre](http://www.vba.va.gov/bln/vre) / 800-827-1000
Helps Veterans with service-related disabilities by providing job training and counseling.
500 N. Highway 89, Prescott, AZ 86313

**Financial Assistance**

**American Legion**
[http://www.legion.org](http://www.legion.org)
Offers temporary financial assistance to help maintain a more stable environment for children of Veterans.

**Flagstaff/Coconino County Community Services**
877-679-7425 or 928-679-7425
2625 N. King St., Flagstaff, AZ
Hours M-F 8:00-4:30. Provides emergency rent and utility assistance, food, clothing, and bus tickets.

**Salvation Army**
928-774-1403
[http://www.salvationarmy.org/ihq/ourwork](http://www.salvationarmy.org/ihq/ourwork)
507 N. Humphreys, Flagstaff, AZ
Hours 9:00-12:00 M-Th. Provides clothing and emergency food vouchers, sack lunches, and rent and utility assistance.

**Health Care**

**Coconino County Health Department**
928-679-7272 or 877-679-7272
Health Clinic 2625 N King St., Flagstaff, AZ 86004
Dental Clinic 304 S. Humphreys St., Flagstaff, AZ 86001
Assists with obtaining access to medical care, health education, and testing for communicable diseases.

**NAU Fronske Health Center**
NAU Campus, P.O. Box 6033, NAU, Flagstaff, AZ 86011-6033 / 928-523-8995
[http://www4.nau.edu/fronske/](http://www4.nau.edu/fronske/)
Hours M-F 8:00-5:00. Offers physical and behavioral health services to enrolled NAU students.

**North Country Health Care**
2920 N. Fourth Street, Flagstaff, AZ 86004
928-213-6100
Hours M-F 7:45am-8:00pm, Sat 7:45-5:00. Offers physical and behavioral health care.

**Northern AZ VA Health Care System (VAMC)**

**Cottonwood:**
501 S Willard St., Cottonwood, AZ 86326
(928) 649-1523

**Prescott:**
500 Hwy 89N
Prescott, AZ 86313
928-445-4860 | 800-949-1005
[http://www.prescott.va.gov](http://www.prescott.va.gov)

**Flagstaff:**
1300 W. University Ave. Suite 200
Flagstaff, AZ 86001
928-226-1056 or 800-949-1005 X 5650
http://www.prescott.va.gov/locations/Flagstaff_CB OC.asp

**Housing**

**Catholic Charities**
http://catholiccharitiesaz.org/veteran-services/00001j
Supportive Services for Veteran Families: Catholic Charities Community Services is committed to helping Veterans and Veteran families to achieve stability through permanent housing. We assist Veterans and Veteran families who are homeless or at-risk of becoming homeless through the Supportive Services for Veteran Families program. Eligibility requirements apply.
Cottonwood Office: 928-634-4254 ext. 0

**Flagstaff Housing Authority**
928-526-0002
http://www.hud.gov/utilities/intercept.cfm?
3481 N. Fanning, Flagstaff, AZ 86004
Administers long-term subsidized housing assistance.

**Flagstaff Shelter Services**
216 W. Phoenix Ave., Flagstaff, AZ 86001
928-225-2533
http://www.flagstaffshelterservices.org/
Hours 7:30am-noon M-W & F-Sat. Offers showers, laundry, mail & phone services, plus treatment and job training to homeless men & women. From Oct. 18- Apr 14, provides overnight shelter and a hot daily meal.

**HUD Services and Shelters in Coconino County**
http://www.hud.gov/local/az/homeless/sheltersinfo.cfm
Provides a list of local emergency shelters for men, women and children.

**Health Care for Homeless Veterans**
877-222-8387 / http://www.va.gov
Offers outreach, clinical assessments and referrals for medical and mental health care, transitional residential assistance, links to permanent housing, and employment assistance.

**Legal Aid**

**DNA People’s Legal Services**
928-774-0653 / http://www.dnalegalservices.org/
2323 E. Greenlaw Ln., Flagstaff, AZ 86004
Hours Tuesday 9:00-11:00 & 1:00-3:00. Offers free legal advice and services for low income or indigent people. New intakes 1:30pm - 4pm Tuesdays - County Reside

**JacksonWhite Attorneys at Law**
1-800-243-1160 / 1-480-464-1111
JacksonWhite will prescreen anyone for Arizona Long-Term Care System (ALTCS) and VA for free and give guidance in this area.
Form to Report Revisions to Mental Health Resources Guide

To report any updates or revisions, or to add/delete an agency, please fill out this form and e-mail it directly to Rose Boerner, rboerner14@gmail.com or mail it to: Rose Boerner, NAMI Sedona, P. O. Box 3865, Sedona, AZ 86340.

Please make the following revisions to the Resources Guide:

Resource Category: ___________________________ Page Number: ___________________________

Name of Organization
From: _____________________________________ To: _____________________________

Address
From: _____________________________________ To: _____________________________

E-mail address
From: _____________________________________ To: _____________________________

Phone number
From: _____________________________________ To: _____________________________

Website
From: _____________________________________ To: _____________________________

Contact Person(s)
From: _____________________________________ To: _____________________________

Description of Services
From: _____________________________________ To: _____________________________

To add or delete an agency, please provide the name and all relevant contact information here:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________