



# 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.

## Sedona / Verde Valley Mental Health Resources Guide

*This Mental Health Resources Guide is a partnership production of NAMI Sedona, the Mental Health Coalition Verde Valley, and Spectrum Healthcare. 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:** 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.
- **NARBHA:** The crisis line is available 24/7, at 1-877-756-4090; for the hearing-impaired, 1-800-367-8939. **Note:** NARBHA will become Health Choice Integrated Care as of October 1, 2015. The crisis line number will remain the same.

### **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](mailto:rboerner14@gmail.com) or complete the form included at the end of this Guide.***

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## Coconino / Yavapai Counties

### **COCONINO COUNTY**

Coconino County Community Services  
Department (CCCSD)  
2625 N King St., Flagstaff, AZ  
928-522-7979

#### **Coconino County Health Department**

<http://www.coconino.az.gov/index.aspx?nid=221>

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.

### **YAVAPAI 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](mailto: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](http://www.nami-sedona.org)

Support group meetings on the 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto: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>

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### **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**

[http://www.azdhs.gov/bhs/provider/sec3\\_18.pdf](http://www.azdhs.gov/bhs/provider/sec3_18.pdf)

### **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](http://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, 7 days-a-week.

### **Health Choice Integrated Care**

<http://www.healthchoiceintegratedcare.com/>

Beginning on October 1, 2015, Health Choice Integrated Care (HCIC) will cover both physical and behavioral health services for Arizona Health Care Cost Containment System (AHCCCS) members with serious mental illness in Mohave, Coconino, Apache, Navajo, Gila, Yavapai and portions of Graham counties. HCIC was formed in 2014 as a collaboration between Health Choice, the managed-care solutions division of IASIS Healthcare, and the Northern Arizona Regional Behavioral Health Authority (NARBHA), a managed care organization that has served the behavioral health needs of northern Arizona residents for more than 50 years.

### **Contact Information for HCIC:**

1300 South Yale Street, Flagstaff, AZ 86001

[Get Directions](#)

Member Services Phone: 1-800-640-2123

Business Phone: 928-774-7128

Toll Free Business Phone: 1-877-923-1400

**24-Crisis Line: 1-877-756-4090**

For hearing impaired, use Arizona Relay Service at 711 or call: 800-367-8939

### **LGBTQ**

Center for American Progress - rights and experiences of LGBTQ people in mental health care

<https://www.americanprogress.org/issues/lgbt/vie w/?tag=lgbt-health>

Gay and Lesbian Medical Association's Provider Directory -

[https://glmainpak.networkats.com/members\\_online\\_new/members/dir\\_provider.asp](https://glmainpak.networkats.com/members_online_new/members/dir_provider.asp)

### **Marc Community Resources**

**(Resources in the Phoenix area)**

<http://marccr.com/marc-services/>

Andy Arnowitz

Information & Referral Coordinator

480-994-4407

### **MATFORCE**

*Working together reducing substance abuse in Yavapai County*

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8056 E. Valley Road, Suite B  
Prescott Valley, AZ 86314 /928-708-0100  
[matforce@cableone.net](mailto:matforce@cableone.net)

### **Mental Health America of Arizona**

(480) 982-5305

[info@mharizona.org](mailto: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](mailto: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](http://www.nami-sedona.org)

Support group meetings on the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month at 9:45 AM, Spectrum Healthcare, 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](mailto: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 is the current Regional Behavioral Health Authority (RBHA) for Coconino, Navajo, Yavapai, Apache and Mohave counties until September 30, 2015, after which Health Choice Integrated Care will be the RBHA for Northern Arizona. **Please see the listing for Health Choice Integrated Care on page 5 of this Guide.** NARBHA has been the behavioral health managed care organization in Northern Arizona for 50 years, during which it has demonstrated its commitment to providing behavioral health care through innovative and cost-

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efficient health management. HCIC was formed in 2014 as a collaboration between Health Choice, the managed-care solutions division of IASIS Healthcare, and NARBHA. On October 1, 2015, NARBHA will become The NARBHA Institute. The mission and goals of The NARBHA Institute are still being developed and their public charity focus will continue. The framework of The NARBHA Institute will be to build coalition and capacity and be a catalyst for change by identifying needs, promising practices and solutions that sustain and enhance in Northern Arizona. The Institute will be located at 616 N. Beaver St. and will open on 10/1/15. Until 9/30/15, NARBHA's contact information will remain the same as follows:

1300 South Yale Street, Flagstaff, AZ 86001

Business Phone: (928) 774-7128

Toll Free: 1-877-923-1400

Member Services: 1-800-640-2123

**24-Crisis Line:** 1-877-756-4090

<http://www.narbha.org/>

### **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. (866) 481-5361 or (602) 650-1212

<http://www.recoveryinnovations.org/index.html>

### **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](mailto: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](mailto: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)**

Spectrum Healthcare offers an integrated system of healthcare delivery. It is the coordination of



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general and behavioral healthcare. It incorporates mental health, primary care, and substance abuse services. This system is complex, with many levels of care, screening, communication, and education. It produces the best outcomes and proves to be the most effective approach in caring for people with multiple healthcare needs. Integration at Spectrum Healthcare seeks to provide these services with high quality, and ease of access. Spectrum is contracted through NARBHA, the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache and Mohave counties. NARBHA will become Health Choice Integrated Care as of October 1, 2015.

### **Main Number: 928-634-2236**

8 E Cottonwood St., Cottonwood, AZ 86326  
651 W. Mingus Ave., Cottonwood, AZ 86326  
2880 Hopi Drive, Sedona, AZ 86336 / 928-282-4357  
452 Finnie Flat Road, Camp Verde, AZ 86322 / 928-567-4026.

**Crisis Contact Numbers:** in any life-threatening emergencies, call 911 immediately. For other crisis situations, call 928-634-2236, available 24/7. For hearing impaired, please use the Arizona Relay Service at 711 or 1-800-367-8939 or internet assistance at [www.azrelay.org](http://www.azrelay.org)

### **Verde Valley Medical Center**

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

### **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.

### **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**

928-646-5200 / <http://bv-cs.org/>

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**

<http://www.yavapaihealth.com/>



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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)**

[www.azdes.gov/dcyf/cmdps/cps/default.asp](http://www.azdes.gov/dcyf/cmdps/cps/default.asp)

**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.

### **Make-A-Wish® Arizona**

[info@arizona.wish.org](mailto:info@arizona.wish.org) / 602-395-WISH (9474)

Make-A-Wish Arizona grants wishes to children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

### **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)

\*NARBHA will become Health Choice Integrated Care as of October 1, 2015 (see page 5 of Guide)

### **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/](http://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/](http://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](mailto: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](http://www.cvarp.org)

### **DES Job Services Office 928-649-6856**

1500 Cherry Street, Cottonwood

## Elder Care Services

### **Arizona Care Management Solutions**

Bonnie Shimko, Certified Senior Advisor and Elder Care Advisor for JacksonWhite Attorneys at Law.

928-300-0172 / [Bonnie@AZCareManagement.com](mailto: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](http://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](http://www.preventelderabuse.org)

The mission of the NCEA 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

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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

PO Box 305, Sedona, AZ 86339-0305

928.282.1122 / 928.282.5074 (fax)

[www.nazsac.org](http://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](http://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](http://www.womenwork.org)

### **New Horizons Disability Empowerment Center**

Provides programs and services in Northern Arizona which encourage and empower people with disabilities to self-determine the goals and activities of their lives.

8085 E Manley Dr. Prescott Valley, AZ 86314

928-772-1266

[http://www.chamberorganizer.com/prescott/mem\\_newhorizons](http://www.chamberorganizer.com/prescott/mem_newhorizons)

## 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](http://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](http://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=SpecialNeedsEstatePlanning&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/FindSupport/LegalSupport/SpecialNeedsEstatePlanningResources.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=LegalSupport&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](http://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>

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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](http://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

**AHCCCS, Food Stamps, general assistance -**

#### **Online application:**

<https://www.healthearizonaplus.gov/Default/Default.aspx>

### **Arizona Medical Board 1-877-255-2212**

9545 East Doubletree Ranch Road

Scottsdale, AZ 85258 / [www.azmd.gov](http://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](http://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](http://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](http://www.naric.com)

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



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### **Cottonwood:**

501 S Willard St., Cottonwood, AZ 86326

(928) 649-1532

[http://www.prescott.va.gov/locations/cottonwood\\_cboc.asp](http://www.prescott.va.gov/locations/cottonwood_cboc.asp)

### **Prescott:**

500 Hwy 89N, Prescott, AZ 86313

928-445-4860 | 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\\_OC.asp](http://www.prescott.va.gov/locations/Flagstaff_CB_OC.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](http://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](http://www.nazunitedway.org)

United Way is focused on the building blocks for a better life: **Education** — Helping Children and Youth Achieve Their Potential. **Income** — Promoting Financial Stability and Independence.

**Health** — Improving People's Health.

### **Spectrum Healthcare (formerly Verde Valley Guidance Clinic)**

Spectrum Healthcare offers an integrated system of healthcare delivery. It is the coordination of general and behavioral healthcare. It incorporates mental health, primary care, and substance abuse services.

### **Main Number: 928-634-2236**

8 E Cottonwood St., Cottonwood, AZ 86326

651 W. Mingus Ave., Cottonwood, AZ 86326

2880 Hopi Drive, Sedona, AZ 86336 / 928-282-4357

452 Finnie Flat Road, Camp Verde, AZ 86322 /

928-567-4026.

### **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](http://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

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**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](http://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.

**Be Sober Hotline**  
1-800-BE-SOBER (1-800-237-6237)

**Birthright** 1-800-550-4900

**Birth To Five Helpline**  
1-877-705-KIDS (5437)

**Boys Town National Hotline**  
1-800-448-3000

**Care Net** 1-800-395-HELP (4357)

**Center for the Prevention of School Violence**  
1-800-299-6504

**Centers for Disease Control AIDS Info**  
1-800-342-2437

**CHADD-Children & Adults with Attention Deficit/Hyperactivity Disorder**  
1-800-233-4050

**Child Abuse Hotline--Child help USA**  
1-800-4-A-CHILD (1-800-422-4453)

**Children of the World**  
(If you want to adopt a child)  
1-973-239-0100

**Cocaine Help Line**  
1-800-COCAINE (1-800-262-2463)

**24 Hour Cocaine Hotline**  
1-800-992-9239

**Crisis Hotlines** 1-800-656-HOPE (4673)

**Drug Addiction Hotline**  
1-888-268-9185

**Drug Help National Helplines**  
1-800-378-4435

**Drug and Alcohol Resource Center**  
1-800-784-6776

**Eating Disorders Awareness and Prevention**  
1-800-931-2237  
Hours: 8 am - noon daily, PT

**Eating Disorders Hotline** 1-800-448-4663

**Eating Disorders Center** 1-888-236-1188

**Eating Disorders Help Bulimia/Anorexia**  
1-800-227-4785

**Ecstasy Addiction** 1-877-254-3348

**Elder Abuse Hotline** 1-800-252-8966

**Emergency Contraception Information**  
1-888-NOT-2-LATE (1-888-668-2528)

**Family Violence Prevention Center**  
1-800-313-1310



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### **Family Violence Center**

1-888-750-4673

### **Food Addiction** 1-800-872-0088

### **Friends of Battered Women and their Children**

1-800-603-HELP (4357)

### **Gay & Lesbian National Hotline**

1-888-THE-GLNH (1-888-843-4564)

### **Gay, Lesbian, Bisexual and Transgender (GLBT) National Youth Talkline**

1-800-246-7743

The Trevor Project – <http://thetrevorproject.org/> - Provides a national, 24-hr, toll-free confidential suicide hotline for LGBTQ youth at 866-488-7386. Confidential text messaging – text “Trevor” to 202-304-1200

### **Gay & Transgender Hate Crime Hotline**

1-800-616-HATE (4283)

### **National Headache Foundation**

1-800-843-2256 or 1-888-643-5552

### **Health Resource Center of Domestic Violence**

1-888-792-2873 or 1-800-313-1310

### **Healing Woman Foundation (Abuse)**

1-800-477-4111

### **Help Finding a Therapist**

1-800-THERAPIST (1-800-843-7274)

### **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-MALE (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)

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### **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**

1-800-593-2273

### **National Resource Center on Domestic Violence**

1-800-537-2238

### **National Runaway Switchboard & Suicide Hotline**

1-800-786-2929

### **National Runaway Switchboard Crisis Line**

1-800-621-4000

### **National STD Hotline**

1-800-227-8922

### **National Youth Crisis Hotline**

1-800-448-4663

### **National Victim Center**

1-800-FYI-CALL (1-800-394-2255)

### **National Women's Health Hotline (PMS Access)**

1-800-558-7046

### **Panic Disorder Information Hotline**

1-800-64-PANIC (1-800-647-2642)

### **People against Rape**

1-800-877-7252

### **Pet Loss Support Hotline – Grief Counseling**

1-888-ISU-PLSH (1-888-478-7574)

### **Pet Loss Support Hotline**

1-800 565-1526

### **PMS Access National Women's Health Hotline**

1-800-222-4767

### **Planned Parenthood, Inc.**

1-800-230-PLAN (7526)

### **Post-Abortion Project Rachel**

1-800-5WE-CARE (1-800-593-2273)

### **Pregnancy Hotline**

1-800-4-OPTIONS (1-800-467-8466) or

1-800-848-5683

### **Options Hotline**

1-800-375-HELP (1-800-375-4357)

### **Pregnancy Hotline (National)**

1-800-914-4600

### **Pregnancy and Breastfeeding Hotline**

1-800-833-4642

### **Pregnant & Young Hotline**

1-800 550-4900

### **RAINN Sexual Assault Hotline**

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

### **Rape, Abuse, Incest, National Network**

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**(RAINN)** 1-800-656-HOPE (1-800-656-4673)

**Resource Center on Civil and Criminal Law  
Aka Battered Women's Justice**  
1-800-903-0111

**Resource Center of Child Custody Protection**  
1-800-527-3223

**Rosie Adoptions (If you are pregnant)**  
1-800-841-0804

**Runaway Hotline** 1-800-231-6946

**Sacred Circle, National Resource Center to  
End Violence against Native Women**  
1-877-733-7623

**Safe Choice Hotline (STDs & Pregnancy)**  
1-800-878-2347

**Self Help Hotline (Bulimia / Anorexia)**  
1-800-227-4785

**Self-Injury Hotline - SAFE (Self Abuse Finally  
Ends) Alternatives Program**  
1-800-DONT CUT (1-800-366-8288)  
[www.selfinjury.com](http://www.selfinjury.com)

**Sexual Assault Hotline** 1-800-656-4673 /  
1-800-838-8238

**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/](http://www.azag.gov/children_family/)

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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](mailto: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](http://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/CJguidetomentalillnessandcjsystem.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/CJguidetomentalillnessandcjsystem.pdf>

### **National Disability Rights Network**

Nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and Client Assistance Programs (CAP).

## Sedona / Verde Valley Mental Health Resources Guide

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](mailto: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**

(legal resources in every state)

<http://www.treatmentadvocacycenter.org/>

#### **Arizona**

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:

[http://www.treatmentadvocacycenter.org/storage/documents/arizona\\_-\\_application\\_for\\_emergency\\_admission\\_for\\_evaluation.pdf](http://www.treatmentadvocacycenter.org/storage/documents/arizona_-_application_for_emergency_admission_for_evaluation.pdf)

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

[http://www.treatmentadvocacycenter.org/storage/documents/arizonas\\_state\\_petition\\_for\\_court\\_ordered\\_treatment.pdf](http://www.treatmentadvocacycenter.org/storage/documents/arizonas_state_petition_for_court_ordered_treatment.pdf)

### **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](http://www.ycsoaz.gov)

### **Yavapai County Public Defender's Office:**

928-771-3588

### **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**

## Sedona / Verde Valley Mental Health Resources Guide

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.

### Community Information & Referral

<http://www.cirs.org/>

Phoenix - 800-351-3792 or 602-263-8845

### Cornucopia Community Advocates

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.cornucopiacomunity.org/>

928-284-3284

### Four County Conference on Developmental Disabilities

928-778-3391

[4ccdd@commspeed.net](mailto: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.

Trauma Intervention Program (TIP)

928-445-4655 / 928-300-8497 / [www.tipofaz.org](http://www.tipofaz.org)

The 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.

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### **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](http://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](mailto: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.raisingpecialkids.org](http://www.raisingpecialkids.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/](http://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 CopperRX Card Prescription Program**

1-888-227-8315 / [www.rxamerica.com](http://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](http://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.



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<http://www.nami.org/Template.cfm?Section=HelpLine1&Template=/ContentManagement/ContentDisplay.cfm&ContentID=156228>

### **RX List – The Internet Drug Index**

[www.rxlist.com](http://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: 928-301-2169

#### **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; 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

928-567-5231 / [www.rainbowacres.com](http://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](http://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**

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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/](http://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](mailto: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](http://www.nami-sedona.org)

*Family Support Group* meetings on the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month at 9:45 AM, Spectrum Healthcare, 2880 Hopi Dr., Sedona.

Support, information, resources, and advocacy are provided.

*NAMI Connection* support groups for people in recovery living with a mental illness:

Cottonwood: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 10:00 AM, Spectrum Healthcare, Mingus Room, 8. E. Cottonwood St., Cottonwood

Sedona: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 10:00 AM, Spectrum Healthcare, 2880 Hopi Dr., Sedona.

### **NAMI Yavapai County**

#### **National Alliance on Mental Illness**

Prescott, AZ / [jimfrost.nami@yahoo.com](mailto:jimfrost.nami@yahoo.com)

928-717-2045

### **Narcotics Anonymous**

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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](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](http://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](mailto:grelusime@hotmail.com)

### **PFLAG Sedona/Verde Valley**

PO Box 20033, Sedona, AZ 86341

(928) 351-1076

[pflagsedona@gmail.com](mailto:pflagsedona@gmail.com)

Parents, Families Friends and Allies

United with LGBTQ People to *move equality forward*

Support Groups: Second Monday of the month - 7:00 p.m. – 8:30 p.m.

The Church of the Red Rocks

54 Bowstring Drive, Sedona, AZ

(off Hwy 179, 1.5 miles south of the 89A/Route 179 roundabout)

### **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](mailto: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**

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### **Safe Ride**

1-800-797-7433

### **Cottonwood Area Transit Service (CAT)**

928-634-2287 / [www.cat.az.gov](http://www.cat.az.gov)

827 N. Main St., Cottonwood, AZ 86326

Bus service in Cottonwood, Clarkdale and Verde Village. For route map:

<http://cottonwoodaz.gov/media/pdf/CAT-Guide.pdf>

### **Verde Lynx**

928-282-0938 / [www.verdelynx.az.gov](http://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.

## [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

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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

8 E. Cottonwood St., Cottonwood, AZ 86326

2880 Hopi Drive Sedona, AZ 86336

452 Finnie Flat Road Camp Verde, AZ 86322

Crisis Line: 928-634-2236

Agency Affiliation: NARBHA (will become Health Choice Integrated Care as of 10/1/15)

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



## Sedona / Verde Valley Mental Health Resources Guide

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](http://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 \(PTSD\)](#)

[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](http://www.azcarecheck.com)

#### **NAMI Yavapai for Veterans**

## Sedona / Verde Valley Mental Health Resources Guide

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](http://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](mailto:Spiritwarrior53@gmail.com)

[www.healingbridgestudio.com](http://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 Uzumekis, 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](mailto: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>



## Sedona / Verde Valley Mental Health Resources Guide

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/>  
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  
<http://www.northcountryhealthcare.org/>  
Hours M-F 7:45am-8:00pm, Sat 7:45-5:00. Provides physical and behavioral health care.

### **Northern Arizona Regional Behavioral Health Association (NARBHA) \***

1300 S. Yale Street, Flagstaff, AZ 86004  
928-774-7128 (general)  
800-640-2123 (member services)  
Crisis: 877-756-4090 <http://www.narbha.org/>  
Hours 8:00-5:00 M-F. Coordinates publicly-funded comprehensive behavioral health care services.  
\*Will become Health Choice Integrated Care effective October 1, 2015 (see page 5 of Guide).

### **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](mailto: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>  
Thursdays 1:00-2:30. 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](mailto: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](mailto: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](mailto:eoc@nau.edu)

## Sedona / Verde Valley Mental Health Resources Guide

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  
[http://www4.nau.edu/finaid/types\\_of\\_aid/veterans.html](http://www4.nau.edu/finaid/types_of_aid/veterans.html)  
email: [veterans.services@nau.edu](mailto: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  
Employment assistance  
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>  
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>  
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**

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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 <http://www.coconino.az.gov/health.aspx>

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/>

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

<http://www.northcountryhealthcare.org/>

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

[http://www.prescott.va.gov/locations/cottonwood\\_cboc.asp](http://www.prescott.va.gov/locations/cottonwood_cboc.asp)

#### **Prescott:**

500 Hwy 89N, Prescott, AZ 86313

928-445-4860 | 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\\_OC.asp](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

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- April 14, provides overnight shelter and a hot daily meal. <http://www.flagstaffshelterservices.org/>

### **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 -

### **JacksonWhite Attorneys at Law**

1-800-243-1160 / 1-480-464-1111

## **Sedona / Verde Valley Mental Health Resources Guide**

JacksonWhite will prescreen anyone for Arizona Long-Term Care System (ALTCs) and VA for free and give guidance in this area.

<http://www.arizonaseniorlaw.com/legal-services/veterans-affairs/>

*Form to Report Revisions to Mental Health Resources Guide*

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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](mailto: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: \_\_\_\_\_

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

_____	_____
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