



AZ Statewide Crisis Line

Feeling anxious or agitated? Feeling trapped like there is no way out? When it seems like there is no hope, you can talk to someone right now.

We're here to listen 24 hours a day, 7 days a week, 365 days a year!

Help is at ***no cost*** to you and ***confidential***.



Call Toll Free:

Apache, Cochise, Coconino, Gila, Graham, Greenlee, La Paz, Maricopa, Mohave, Navajo, Pima, Pinal, Santa Cruz, Yavapai and Yuma Counties

1-844-534-4673 or 1-844-534-HOPE

Text 44673 (4HOPE) (TTY/TDD: 711)

Covered services are funded under contract with AHCCCS.