FREE HELP NEAR YOU

Northern Arizona · Flagstaff, Prescott, Prescott Valley, Sedona & Cottonwood

Flagstaff · Williams · Page · Tuba City · Sedona · Cottonwood · Camp Verde · Prescott · Prescott Valley · Chino Valley · Dewey-Humboldt · Bagdad

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis · call or text

211 211 Arizona · dial 2-1-1

Food, Bills & Emergencies

Coconino County Community Services
Flagstaff · Coconino County
928-679-7455

NACOG (Northern Arizona Council of Governments)
Flagstaff · Yavapai, Navajo & Apache
928-774-1895

Shelter & Help

Catholic Charities Community Services
Flagstaff
928-774-9125

St. Vincent de Paul
Flagstaff
928-779-4353

Prescott Area Shelter Services
Prescott
928-778-5933

Veterans

Northern Arizona VA (Prescott)
VA health care
928-445-4860

Cottonwood VA Clinic
VA health care
928-649-1523

Safety From Abuse (24 hours)

Northland Family Help Center
Flagstaff · 24 hours
928-527-1900

Stepping Stones
Prescott
928-445-4673

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

UniSource Energy · gas leak
1-877-837-4968

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Crisis Text Line
Text HOME to 741741

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Runaway & Homeless Youth (Safeline)
1-800-786-2929

Suicide & Crisis Lifeline
Call or text 988

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Sexual Assault Hotline (RAINN)
1-800-656-4673

Human Trafficking Hotline
1-888-373-7888 · Text 233733