FREE HELP NEAR YOU

Phoenix Metro · Phoenix, Mesa, Glendale, Scottsdale, Chandler & Gilbert

Phoenix · Mesa · Chandler · Gilbert · Tempe · Scottsdale · Glendale · Peoria · Surprise · Avondale · Goodyear · Buckeye

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

City of Phoenix Family Services Centers
Phoenix · rent, utility & emergency help
602-534-2433

Maricopa County Human Services
Rest of Maricopa County · press 2
602-506-2000

Mesa Community Action Network
Mesa
480-833-9200

Glendale Community Action Program
Glendale
623-930-2854

St. Mary's Food Bank
Valley-wide · food
602-242-3663

Veterans

Phoenix VA Medical Center
VA health care
602-277-5551

Shelter

CASS (Central Arizona Shelter Services)
Phoenix · adults, 24/7
602-256-6945

East Valley Men's Shelter
Mesa · men
480-610-6722

East Valley Women's Shelter
Mesa · women
480-969-1691

Safety From Abuse (24 hours)

Sojourner Center
Phoenix · 24 hours
602-244-0089

A New Leaf DV Hotline
East Valley · 24 hours
480-890-3039

Chicanos Por La Causa DV Shelter
Phoenix · 24 hours
602-269-1515

My Sister's Place (Catholic Charities)
East Valley · 24 hours
480-821-1024

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

Phoenix Crime Stop (non-emergency)
602-262-6151

Glendale Police
623-930-3000

Chandler Police
480-782-4130

Gilbert Police
480-503-6500

Southwest Gas · gas leak
1-877-860-6020

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

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

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

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

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

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

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