FREE HELP NEAR YOU

Southern Arizona · Tucson, Sierra Vista, Nogales, Douglas & Safford

Tucson · Marana · Oro Valley · Sahuarita · Green Valley · Ajo · Sierra Vista · Benson · Bisbee · Douglas · Nogales · Safford

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

Pima County Community Action
Tucson · utility & emergency help
520-724-2667

SEACAP (Southeastern Arizona Community Action)
Safford · Cochise, Santa Cruz, Graham & Greenlee
928-428-4653

Shelter

Primavera Men's Shelter
Tucson · men
520-623-4300

Gospel Rescue Mission – Women & Children
Tucson
520-740-1501

Salvation Army Hospitality House
Tucson · 24/7
520-795-9671

Bisbee Coalition for the Homeless (Tintown)
Bisbee · 24/7
520-432-7839

Veterans

Tucson VA Medical Center
VA health care
520-792-1450

Sierra Vista VA Clinic
VA health care
520-459-1529

Safety From Abuse (24 hours)

Emerge Center Against Domestic Abuse
Tucson · 24 hours, multilingual
520-795-4266

Forgach House
Sierra Vista
520-458-9096

House of Hope
Douglas · 24 hours
520-364-2465

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

Tucson Police non-emergency
520-791-4444

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

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

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