

# Crisis and Emergency Numbers

1. **National Crisis Line:** *Dial or Text 988*
  - *Available 24/7 for immediate assistance during a crisis.*
2. **Connections AZ Urgent Psychiatric Adult Care:**
  - *Phone: 602-416-7600*
  - *Provides urgent psychiatric care for adults.*
  - *Available 24/7*
3. **Suicide Prevention Lifeline:**
  - *Phone: 1-800-273-TALK (8255)*
  - *Confidential support for individuals experiencing suicidal thoughts.*
4. **Maricopa County Crisis Phone:**
  - *Phone: 602-222-9444*
  - *Local crisis line for residents of Maricopa County.*
5. **Warm-Line:**
  - *Phone: 602-347-1100*
  - *A non-emergency line for emotional support and connection.*
6. **Texting Line:**
  - *Text "HOME" to 741741*
  - *Confidential crisis support via text message.*
7. **Community Resources:**
  - *Dial 211 or visit 211.com for information on various community services, including shelter resources.*
8. **Mind 24/7:**
  - *Phone: Text or Call 1-844-MIND247*
  - *Walk-in mental health clinic*
  - *No appointment needed*
  - *Open 24/7*
  - *Offers adult and youth services*