**24-Hour Help Lines**

**Local Crisis Lines**

[**Empact Crisis Line**](http://www.empact-spc.com/) (480) 784-1500 -- Empact provides a twenty-four hour telephone crisis line for any mental health crisis situation with confidential intervention and referrals to counseling resources if needed.

**National Crisis Lines**

[**National Hopeline Network**](http://suicidehotlines.com/1-800-suicide/) 1-800-SUICIDE [1 (800) 784-2433] -- A national toll-free network that connects to local centers around the country. Calls are routed to the nearest crisis line or mental health center.

[**Girls and Boys Town National Hotline**](http://http/www.girlsandboystown.org/hotline/index.asp) 1 (800) 448-3000 [TTD 1 (800) 448-1833] -- Provides crisis intervention by telephone, and referral to local services as needed. Problems dealt with include family conflicts, suicide, pregnancy, abuse, runaways, and alcohol/drug addictions. English and Spanish speaking services are provided. As this is a national hotline, there can be some delay before speaking with an intervention specialist.

**Community Resources**

[**Community Information and Referral**](http://http/www.cirs.org/) (602) 263-8856 or 1 (800) 352-3792 -- Provides accurate and current information and referral to community resources. Assistance is available by telephone in English and Spanish.

**Charter Behavioral Health System of Arizona** - East Valley 1 (800) 242-7837 -- Twenty-four hour crisis assessment and referral. Assessment is free of charge. Additional services must be paid for or covered by insurance.

**Banner Helpline** (602) 254-4357 (254-HELP), or toll-free in Arizona at 1 (800) 254-4357 -- A referral service for all health related issues, services, and information. Both lines operate twenty-four hours per day, and provide free assessment for level of care and treatment needed.

**St. Lukes - Behavioral Health Center** 1 (800) 821-4193 or (602) 251-8535 Twenty-four hour emergency services and evaluation. Initial evaluation is free. Additional services must be paid for or covered by insurance.

**Important:** The Counseling Department at Mesa Community College does not assume responsibility for the quality of services provided by mental health agencies listed on the site. Inclusion on this list does not imply endorsement nor does omission indicate disapproval.