

School break behavioral health resources – Arizona

The following providers (listed by County) provide behavioral health support throughout the year including during any school breaks. To schedule an intake at one of the below Behavioral Health Providers, please call them directly or reach out to Mercy Care Member Services at **602-263-3000** or **1-800-624-3879** (TTY 711) 7 am to 6 pm, Monday to Friday.

Central Arizona

Maricopa

Arizona Youth & Family Services

602-277-4833
<http://www.azyfs.org/>

Chicanos Por La Causa

623-247-0464
<https://cplc.org/>

Child & Family Support Services

480-635-9944
<https://cfss.com/>

Denova Collaborative Health

602-230-7373
<https://www.denova.com/>

**Empact Suicide Prevention Center Inc
(La Frontera)**

480-317-2211
<https://lafronteraaz-empact.org/>

Horizon Health & Wellness

833-431-4449
<https://www.hhwaz.org/>

Jewish Family & Children's Service

602-256-0528
<https://www.jfcsaz.org/>

Lifeline PCS

480-641-1165
<https://lifelinepcs.com/>

Open Hearts Family Wellness

602-285-5550
<https://openheartsaz.org/>

Resilient Health

877-779-2470
<https://resilienthealthaz.org/>

Rio Salado Behavioral Health

602-252-9048
<https://www.riosaladobhs.org/>

Southwest Behavioral & Health

602-265-8338
<https://www.sbhservices.org/>

Southwest Human Development

602-468-3430
<https://www.swhd.org/>

Southwest Network

602-304-0014
<https://www.southwestnetwork.org/>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Terros Health

602-685-6000
<https://www.terroshealth.org/#/news>

Touchstone Health Services

866-207-3882
<https://www.touchstonehs.org/>

Valle Del Sol

602-258-6797
<https://www.valledelsol.com/>

****Valleywise First Episode Center (15-25)****

833-855-9973
<https://valleywisehealth.org/locations/valleywise-behavioral-health-first-episode-center-avondale/>

Pinal**Easterseals Blake Foundation**

520-327-1529
<https://blakearizona.com/>

Impact Suicide Prevention Center

480-317-2214
<https://lafronteraaz-empact.org/>

Helping Associates

520-836-1029
<https://helpingassociates.com/>

Horizon Health and Wellness

833-431-4449
<https://www.hhwaz.org/>

Intermountain Centers for Human Development

520-426-4289
<https://www.intermountaincenters.org/>

Pinal Hispanic Council/ICHHD

520-466-0921
<https://pinalhispaniccouncil.org/>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Gila**Horizon Health and Wellness**

833-431-4449
<https://www.hhwaz.org/>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Southwest Behavioral & Health

602-265-8338
<https://www.sbhservices.org/>

Southern Arizona

Cochise

Community Health Associates

520-366-3133

<https://chaarizona.com/>**Community Partners Integrated Healthcare/ICHHD**

520-721-1887

<https://www.communitypartnersinc.org/>**Easterseals Blake Foundation**

520-327-1529

<https://blakearizona.com/>**La Frontera SEABHS**

520-586-6107

<https://lafrontera-seabhs.org/>**Pinal Hispanic Council/ICHHD**

520-466-0921

<https://pinalhispaniccouncil.org/>**Spectrum Healthcare**

877-634-7333

<https://www.spectrumhealthcare-group.com/>

Graham/Greenlee

Community Partners Integrated Healthcare/ICHHD

520-721-1887

<https://www.communitypartnersinc.org/>**La Frontera SEABHS**

520-586-6107

<https://lafrontera-seabhs.org/>**Easterseals Blake Foundation**

520-327-1529

<https://blakearizona.com/>**Spectrum Healthcare**

877-634-7333

<https://www.spectrumhealthcare-group.com/>

La Paz

Community Health Associates

520-366-3133

<https://chaarizona.com/>**Spectrum Healthcare**

877-634-7333

<https://www.spectrumhealthcare-group.com/>

Pima

Community Health Associates

520-366-3133

<https://chaarizona.com/>**Community Partners Integrated Healthcare/ICHHD**

520-721-1887

<https://www.communitypartnersinc.org/>**COPE Community Services**

520-792-3293

<https://copecommunityservices.org/>**Denova Collaborative Health**

602-230-7373

<https://www.denova.com/>

Easterseals Blake Foundation

520-327-1529
<https://blakearizona.com/>

Marana Healthcare

520-682-4111
<https://maranahealth.org/>

Intermountain Centers for Human Development

520-426-4289
<https://www.intermountaincenters.org/>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

La Frontera Arizona

520-838-3804
<https://lafronteraaz.org/>

Santa Cruz

Intermountain Centers for Human Development

520-426-4289
<https://www.intermountaincenters.org/>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Pinal Hispanic Council/ICHHD

520-466-0921
<https://pinalhispaniccouncil.org/>

Yuma

Clarvida

928-317-0177
<https://www.clarvida.com/locations/yuma/>

Horizon Health and Wellness

833-431-4449
<https://www.hhwaz.org/>

Community Health Associates

520-366-3133
<https://chaarizona.com/>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Easterseals Blake Foundation

520-327-1529
<https://blakearizona.com/>

Northern Arizona

Apache

**Little Colorado Behavioral Health/
Community Bridges**

888-224-6593
<https://communitybridgesinc.org/>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Coconino

Child & Family Support Services

480-635-9944
<https://cfss.com/>

Encompass Health/Community Bridges

888-224-6593
<https://communitybridgesinc.org/>

The Guidance Center

928-527-1899
<https://tgcaz.org/>

Southwest Behavioral & Health

928-779-4550
<https://www.sbhservices.org/flagstaff-outpatient>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Mohave

Encompass Health/Community Bridges

888-224-6593
<https://communitybridgesinc.org/>

Mohave Mental Health Clinic

928-757-8111
<https://www.mmhc-inc.org/>

Southwest Behavioral & Health

602-265-8338
<https://www.sbhservices.org/index.php/contact-locations>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Navajo

Changepoint Integrated Care

928-524-6126
<https://www.mychangepoint.org/>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Yavapai

Child & Family Support Services

928-775-2500
<https://cfss.com/>

Polara Health

928-445-5211
<https://www.polarahhealth.com/>

Southwest Behavioral & Health

602-265-8338
<https://www.sbhservices.org/index.php/contact-locations>

Spectrum Healthcare

877-634-7333
<https://www.spectrumhealthcare-group.com/>

Family Run Organizations

Encircle Families

Phoenix: 602-242-4366

Tucson: 520-441-4007

Yuma: 928-444-8803

<https://encirclefamilies.org/>

Family Involvement Center

Phoenix/Tucson/Prescott Valley

602-288-0155

<https://www.familyinvolvementcenter.org/>

Crisis/Support

Teen Lifeline

602-248-8336 (Call/Text)

<https://teenlifeline.org/>

Solari

988 (24/7)

<https://crisis.solari-inc.org/>

MiKid

Phoenix/Casa Grande/Yuma/Tucson

Nogales/Kingman/Bullhead City/Sierra Vista

602-253-1240

<https://www.mikid.org/>

Reach Family Services

Maricopa

602-512-9000

<https://reachfs.org/>

State and national crisis lines

1-844-534-4673 or 1-844-534-HOPE

Text HOPE to 4HOPE (44673)

Please check your school district website to see if they are offering Fall/Winter/Spring/Summer Break camps through the district.

Free or Low-Cost Experiences:

- Local Library Programs and Teen Volunteer Opportunities
- Check out a splash pad (All over the state)
- Movies/Concerts in the Park
- Free Admission Days at Local Museums
- Act One Culture Pass (with library card) free admission for two to over 30 Museums and Experiences.
- Ride the Sky Train at Sky Harbor Airport
- Home Depot/Lowes Kids Workshops
- Ride a Free City Trolley – Scottsdale (Old Town) or Tempe (Dash)
- Visit the ASU/UofA or NAU Sports Museum
- Local Parks and Rec
- Phoenix First Tee – Golf Lessons (Fee Waiver available to cover membership costs)- <https://firstteephoenix.org/>
- Tucson First Tee – Golf Lessons (Fee Waiver available to cover membership costs)- <https://firstteetucson.org/>
- Bank of America Golf With Us (kids 6-18) – Free Golf through Bank of America: <https://youthoncourse.org/bofa-golf-with-us>
- Free Storytimes – Changing Hands, Bookman’s, Barnes and Noble

Additional Links (for foster youth):

- <https://www.affcf.org/what-we-fund/camps/>

Links to articles with activity ideas:

- <https://azstateparks.com/outdoor-activities-for-kids>
- <https://www.parents.com/fun-things-to-do-with-kids-outdoors-8667161>
- <https://ourdaysoutside.com/50-easy-outdoor-activities-for-kids/>
- <https://blazinm.com/affordable-family-fun-arizona/>

Volunteer Opportunities:

- https://volunteer.phoenix.gov/custom/501/opp_details/3277
- <https://www.redcross.org/local/az-nm/volunteer/youth-services.html>
- <https://www.stvincentdepaul.net/volunteer/volunteer-opportunities>
- <https://tucsontopia.com/teen-volunteers-tucson/>