

Community Resource Guide

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azcompletehealth.com/completecure

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INTRODUCTION

At Arizona Complete Health-Complete Care Plan, we partner with your community, to give you the highest quality healthcare that you need and deserve.

We work with many community groups to make sure you have current information on programs and services to help you stay well. We feel that these programs are just as vital as regular check-ups. That's because they can connect you to many social services that can help you live a healthier life.

Questions?

1-888-788-4408

(TTY/TDD: 711)

Member Services



Visit us online at azcompletehealth.com/completecare for more information

These resources are for your information only. Arizona Complete Health-Complete Care Plan does not have control over the sites' content products or services.

If you have questions about community resources, please call Member Services at **1-888-788-4408** (TTY/TDD: **711**).

The Arizona Health Care Cost Containment System (AHCCCS), Arizona's state Medicaid agency, launched its Whole Person Care Initiative to focus on the social factors that have an impact on individual health and well-being, such as housing, employment, criminal justice, non-emergency transportation, and home and community-based services interventions. As part of the Whole Person Care Initiative strategy, AHCCCS partnered with Health Current to develop a technology solution that can support providers, health plans, community-based organizations (CBOs) and community stakeholders in meeting the healthcare and social-economic needs of Arizonans.

Health Current teamed with AHCCCS and, in collaboration with 2-1-1 Arizona (Solari), to implement a single, statewide closed loop referral system to address social determinants of health (SDOH) needs in Arizona. This new technology platform is designed to connect healthcare and community service providers to streamline the referral process, foster easier access to vital services and provide confirmation when social services are delivered.

Crisis Hotlines

Any Arizona resident can get crisis services, regardless of health insurance coverage. If you or someone you know is having a behavioral health crisis, please call one of these national or local crisis lines:

Arizona

- Statewide **1-844-534-HOPE** or **1-844-534-4673** (TTY/TDD: **711**)
Text: 4HOPE (44673)
Chat: crisis.solari-inc.org/start-a-chat
- Northern Arizona **1-877-756-4090** (TTY/TDD: **711**)
- Central Arizona **1-800-631-1314** (TTY/TDD: **711**)
- Southern Arizona **1-866-495-6735** (TTY/TDD: **711**)

For Teens

- Teen Lifeline phone or text: **1-602-248-TEEN (8336)**

National 24-Hour Crisis Hotlines

Phone

- Suicide & Crisis Lifeline: **988** (call or text)
Chat: 988lifeline.org/talk-to-someone-now
- SAMHSA National Helpline for mental and/or substance use disorders: **1-800-662-HELP (4357)**

Text

- Text the word "**HOME**" to **741741**

For Veterans

Phone

- Veterans Crisis Line: **988** (press 1) or **1-800-273-8255** (TTY/TDD: **711**)

Text

- Text **838255**



Tribal Nations

- Ak-Chin Indian Community
1-800-259-3449
- Gila River Indian Community
1-800-259-3449
- Salt River Pima Maricopa Indian Community
1-480-850-9230
- Tohono O'odham Nation
1-844-423-8759
- San Carlos Apache Tribe
1-866-495-6735
- Northern AZ Tribal Crisis Line
1-833-990-6400

Tribal Warm Line

- **1-855-728-8630**

About Arizona's Crisis Services

Arizona has a strong behavioral health crisis network.

Any Arizona resident can get help from this network, regardless of health insurance coverage. Services include:

- 24/7/365 crisis phone lines staffed by behavioral health providers.
- 24/7 mobile teams staffed by behavioral health providers. These providers can visit the person in crisis to assess and stabilize them. They can also transfer the person to a higher level of care if needed.
- Crisis centers that can observe and stabilize a person in crisis. These facilities can also offer medication to help with treatment.

For more information, visit azahcccs.gov/BehavioralHealth/crisis.html

Resources

- Crisis services for children in foster care, those staying with family members, or children who have been adopted:
azahcccs.gov/Members/Downloads/Resources/CrisisServicesforChildreninFosterCare10-17bilingual.pdf

Introduction	Page 1
Tribal Members.....	Page 5
General Resources	Page 8
Advocacy Organizations.....	Page 11
Behavioral Health.....	Page 13
Care Giver Support.....	Page 14
Children’s Health & Wellness	Page 16
Employment.....	Page 19
Food Resources	Page 20
Foster Care/Adoption	Page 21
Housing	Page 22
Individuals with Autism Spectrum Disorder (ASD)	Page 24
Developmental Disabilities.....	Page 26
LGBTQIA+	Page 27
Internet	Page 28
Low-Cost Dental	Page 29
Low-Cost Medical Clinics	Page 31
Men’s Health & Fitness.....	Page 31
Seniors	Page 32
Sexual & Domestic Violence Support	Page 35
Suicide Prevention.....	Page 36
Veterans & Military Families	Page 38
Women’s Health & Fitness	Page 42
Discrimination is Against the Law.....	Page 43

Community Resources

TRIBAL MEMBERS

Organization	Organization Description	Region	Website & Phone Number
Arizona@Work Nineteen Tribal Nations	Resource and information for everyone interested in Tribal workforce issues.	Statewide	arizonaatwork.com/ locations/nineteen-tribal- nations Web-based
First Things First	First Things First provides grant funds, education and resources to community organizations that promote healthy development and learning of children birth to five. Strategies funded in tribal communities include family support, early language, and literacy development (including native languages), nutrition education, and health screenings.	Statewide	www.firstthingsfirst.org/ Web-based
Inter Tribal Council of Arizona (ITCA)	Inter Tribal Council of Arizona (ITCA) organizes and conducts seminars, workshops, conferences and public hearings to facilitate participation of tribal leaders in the formulation of public policy at all levels. The goal of ITCA is to ensure the self-determination of Indian tribal governments through their participation in the development of the policies and programs which affect their lives.	Statewide	itcaonline.com/ 1-602-258-4822
Native American Connections	Native American Connections provides culturally appropriate medical, behavioral health and housing programs. Services include general mental health and substance use treatment, residential substance use treatment and recovery program, family support and recovery coaching, native traditional healing practices and permanent supportive housing.	Central	www.nativeconnections. org/ 1-602-254-3247
Native Americans for Community Action (NACA)	Native Americans for Community Action (NACA) provides preventive wellness strategies and advocacy for Native peoples. Services include individual and group therapy, substance abuse counseling, traditional and western counseling, medication evaluation and management, and fitness and nutrition resources at the NACA Wellness Center.	Northern	www.nacainc.org/ 1-928-526-2968

Community Resources

TRIBAL MEMBERS (continued)

Organization	Organization Description	Region	Website & Phone Number
Native Health	Native Health provides holistic, patient-centered, culturally sensitive health and wellness programs. Services include primary medical care, pediatrics, prenatal, general dentistry and behavioral health.	Central	www.nativehealthphoenix.org/ 1-602-279-5262
Phoenix Indian Center	Phoenix Indian Center serves the American Indian community with culturally relevant youth services, language and cultural revitalization programs, education, and workforce development.	Central	www.phxindcenter.org/ 1-602-264-6768
Three Precious Miracles	Three Precious Miracles provides support and resources to foster families, kinship families, and licensing agencies to promote continued cultural and natural linkages to Native American foster youth. Services include care packages, mentorship, and support groups.	Statewide	threepreciousmiracles.org/
Tucson Indian Center	Tucson Indian Center serves the American Indian population by providing culturally relevant youth and elder services, workforce development, health and wellness programs, emergency assistance and cultural events and activities.	Southern	www.ticenter.org 1-520-884-7131
Tohono O’odham Nation Health Care - San Xavier Clinic	Tohono O’odham Nation Health Care - San Xavier Clinic provides primary outpatient care to members of the Tohono O’odham Nation and other eligible American Indians. Along with primary care, this clinic also provides prenatal care, pediatrics, pharmacy, physical therapy, optometry, general dentistry and social work services.	Southern	www.tonhc.org 1-520-547-8140

Community Resources

TRIBAL MEMBERS (continued)

Organization	Organization Description	Region	Website & Phone Number
The San Xavier Co-op Association and Farm	The San Xavier Co-op Association and Farm are committed to healthy farming practices and growing traditional crops to support cultural and environmental values. This program also provides education on harvesting, preserving and cooking traditional wild foods of the Sonoran Desert. Catering services are available along with farm products that are made available for purchase.	Southern	www.sanxaviercoop.org 1-520-295-3774
San Carlos Apache Healthcare Corporation	Provides primary care services to eligible persons on or near the San Carlos Apache Reservation. Services include primary care, emergency department, physical therapy, podiatry, dental services, etc.	Southern	www.scahealth.org 1-928-475-1400
Parker Indian Health Center	Provides primary care services to eligible persons on or near the Colorado River Indian Tribes Reservation. Services include primary care, emergency department, physical therapy, dental services, etc. See website for details.	Southern	www.ihs.gov/phoenix/healthcarefacilities/coloradoriver/ 1-928-669-2137
Phoenix Indian Medical Center	Provides primary care and specialty services to eligible persons in the Phoenix IHS service area. Services include primary care, emergency department, physical therapy, dental services, podiatry, etc. See website for details.	Central	www.ihs.gov/phoenix/healthcarefacilities/phoenix/ 1-602-263-1200
Fort Yuma Indian Health Center	Provides primary care services to eligible persons on or near Yuma, AZ. Services include primary care, emergency department, physical therapy, dental care, pharmacy, radiology, behavioral health, etc. See website for details.	Southern	www.ihs.gov/phoenix/healthcarefacilities/fortyuma/ 1-760-572-4100 1-800-862-4911

Community Resources

GENERAL RESOURCES

Organization	Organization Description	Region	Website & Phone Number
211 Arizona (Community Information and Referral Services)	211 Arizona links individuals and families to vital community services throughout Arizona. Resource listings include food pantries, clothing closets, utility assistance, housing, medical care, dental care, veteran and military services, disability related services, employment, and more.	Statewide	211arizona.org/ Dial 2-1-1
Arizona Health Care Cost Containment System (AHCCCS)	The Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services. AHCCCS Complete Care (ACC) began on October 1, 2018. This new integrated system will join physical and behavioral health services to treat all aspects of our members' health care needs under a chosen health plan.	Statewide	www.azahcccs.gov/ AHCCCS/Initiatives/ AHCCCSCompleteCare/ 1-602-417-4000
Arizona Poison Control System	The Arizona Poison Control System is a 24/7 hotline providing accessible poison and medication related emergency treatment advice, referral assistance and comprehensive information on poisons and toxins, poison prevention and safe and proper use of medications.	Statewide	azpoison.com/ 1-800-222-1222
Arizona Self Help	Arizona Self Help is a free and easy resource that can help individuals identify up to 40 different health and human services programs and their eligibility guidelines. Try this website to see if your family might qualify for helpful benefits.	Statewide	arizonaselfhelp.org/ Web-based
Arizona Smokers' Helpline (ASH)	The Arizona Smokers' Helpline offers free telephone and Web-based services to help people quit tobacco. Whether you are thinking about quitting, you're ready to quit, or just working to stay quit, we can help. A "coach" will be assigned to you and provide you with education and support through weekly telephone calls throughout the quit process. The Arizona Smokers' Helpline (ASHLine) provides free services in both English and Spanish.	Statewide	https://www.azdhs.gov/ ashline/ 1-800-QUIT-NOW (1-800-784-8669) For Spanish speakers: 1-855-DEJELO-YA (1-855-335-3569)

Community Resources

GENERAL RESOURCES (continued)

Organization	Organization Description	Region	Website & Phone Number
Health-e-Arizona Plus	Health-e-Arizona Plus is an online system created by Arizona Department of Economic Security (DES) and Arizona Health Care Cost Containment System (AHCCCS) that allows individuals to apply for AHCCCS health insurance, Kids Care, nutrition assistance, and cash assistance.	Statewide	www.healthearizonaplus.gov 1-855-432-7587
Hospice of Havasu	Hospice of Havasu provides compassionate comfort care to people with life-limiting illnesses and their families. Our goal is to help individuals live as fully as possible, to allow them to retain control over their health care decisions and to preserve their dignity. Hospice of Havasu offers resources on grief, caregiving, community resources, and end-of-life planning. They are provided free of charge.	Lake Havasu City Mohave County Northern Arizona	hospicehavasus.org hospicehavasus.org/resources/ 1-928-453-2111
Jackson White Law	Jackson White Law offers a full range of legal services to assist individuals, families, and businesses in achieving success throughout the state of Arizona on a wide range of legal matters. The information provided on this website does not, and is not intended to, constitute legal advice; instead, all information, content, and materials available on this site are for general informational purposes only.	Statewide	jacksonwhitelaw.com/altcs 1-480-568-2327 1-480-914-3291 Jackson White Law ALTCS-LTSS resource guide: https://www.jacksonwhitelaw.com/altcs/files/2024/01/ALTCSGuide_2024_Print-1.pdf
American Lung Association	American Lung Association goals are big—defeat lung cancer, create a tobacco-free future, champion clean air for all, and improve the quality of life for those living with lung disease. Community resources include education to keep kids off tobacco, including e-cigarettes, or advocating for laws that protect the air we all breathe.	Nationwide	https://www.lung.org/ 1-800-LUNGUSA (1-800-586-4872)

Community Resources

GENERAL RESOURCES (continued)

Organization	Organization Description	Region	Website & Phone Number
Mental Health America of Arizona	Mental Health America of Arizona (MHA AZ) is Arizona's oldest organization dedicated to all aspects of mental health, mental illness and behavioral health disorders. Their work includes reducing the stigma associated with mental illness by helping people learn about all facets of mental health. Educational and advocacy work includes informing and guiding public officials and providers on mental health issues, and publishing up-to-date information about issues and topics impacting our community.	Statewide	www.mhaarizona.org/ 1-602-576-4828
Prevent Child Abuse Arizona (PCA)	Prevent Child Abuse Arizona (PCA) provides training, parenting education and prevention services to families, foster parents, child welfare professionals, social service providers, law enforcement, court personnel and the public. Prevent Child Abuse Arizona is one of 50 state chapters of Prevent Child Abuse America.	Statewide	pcaaz.org/ 1-928-445-5038
AHCCCS Office of Individual and Family Affairs	Promotes recovery, resiliency, and wellness for people with mental health and substance use challenges.	Statewide	azahcccs.gov 1-800-654-8713
AHCCCS Office of Human Rights	Provides advocacy and support to members with an SMI designation and oversees Special Assistance for SMI members.	Statewide	azahcccs.gov/OHR 1-800-421-2124
Chicanos Por La Causa	Helps individuals and families with housing health care, education, work and other resources.	Statewide (Some programs related to specific areas within state)	cplc.org 1-602-257-0700
Division of Aging and Adult Services Long Term Care Ombudsman	Provides support to individuals and families receiving long term care. Receives and investigates long-term care facility complaints. Educates the community on long-term care.	Statewide	des.az.gov/LTCOP 1-602-542-6454 ext. 9

ADVOCACY ORGANIZATIONS

Organization	Organization Description	Region	Website & Phone Number
Disability Rights Arizona	Disability Rights Arizona is a non-profit public interest law firm, dedicated to protecting the rights of individuals with physical, mental, psychiatric, sensory and cognitive disabilities. They focus primarily on those cases in which individuals have nowhere else to go for legal support. They provide information, outreach and training on legal rights and self-advocacy, represent individuals in negotiations, administrative proceedings and court, and investigate abuse and neglect.	Statewide	disabilityrightssaz.org/ 1-520-327-9547 1-800-927-2260
Center for Medicaid and Medicare Services (ALTCS)	CMS is the federal agency that provides health coverage to more than 160 million through Medicare, Medicaid, the Children’s Health Insurance Program, and the Health Insurance Marketplace. CMS works in partnership with the entire health care community to improve quality, equity, and outcomes in the health care system.	Statewide	cms.gov/training-education/partner-outreach-resources/american-indian-alaska-native/ltss-ta-center/information/national-and-regional-resources Medicare Service Center: 1-800-MEDICARE (1-800-633-4227) Medicare Service Center TTY: 1-877-486-2048 Report Medicare Fraud & Abuse: 1-800-HHS-TIPS (1-800-447-8477)
Children’s Action Alliance (CAA)	Children’s Action Alliance (CAA) is an independent voice for Arizona children at the state capitol and in the community. CAA works to improve children’s health, education, and security through information and action.	Statewide	azchildren.org 1-602-266-0707

ADVOCACY ORGANIZATIONS (continued)

Organization	Organization Description	Region	Website & Phone Number
Jackson White Law	Jackson White Law offers a full range of legal services to assist individuals, families, and businesses in achieving success throughout the state of Arizona on a wide range of legal matters. The information provided on this website does not, and is not intended to, constitute legal advice; instead, all information, content, and materials available on this site are for general informational purposes only.	Statewide	jacksonwhitelaw.com/altcs 1-480-568-2327 1-480-914-3291 Jackson White Law ALTCS-LTSS resource guide: https://www.jacksonwhitelaw.com/altcs/files/2024/01/ALTCSGuide_2024_Print-1.pdf
Mental Health America of Arizona	Mental Health America of Arizona (MHA AZ) is Arizona's oldest organization dedicated to all aspects of mental health, mental illness and behavioral health disorders. Their work includes reducing the stigma associated with mental illness by helping people learn about all facets of mental health. Educational and advocacy work includes informing and guiding public officials and providers on mental health issues, and publishing up-to-date information about issues and topics impacting our community.	Statewide	www.mhaarizona.org/ 1-602-576-4828
The National Alliance on Mental Illness (NAMI)	The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They offer educational programs, support advocacy efforts benefiting individuals with a mental illness and their families and operate a free help line for information and referral services.	Statewide	www.nami.org/home 1-888-999-6264
Prevent Child Abuse Arizona (PCA)	Prevent Child Abuse Arizona (PCA) provides training, parenting education and prevention services to families, foster parents, child welfare professionals, social service providers, law enforcement, court personnel and the public. Prevent Child Abuse Arizona is one of 50 state chapters of Prevent Child Abuse America.	Statewide	pcaaz.org/ 1-928-445-5038

BEHAVIORAL HEALTH

Organization	Organization Description	Region	Website & Phone Number
Arizona Complete Health-Complete Care Plan	Arizona Complete Health-Complete Care Plan serves as the Regional Behavioral Health Authority in southern Arizona.	Statewide	azcompletehealth.com/ completecare 1-888-788-4408
Arizona Opioid Assistance and Referral Line	Arizona Opioid Assistance and Referral Line is a free confidential hotline staffed by local medical experts that offer patients, providers, and family members opioid information, resources and referral 24/7. Translation services available.	Statewide	www.azdhs.gov/oarline/ 1-888-688-4222
Crisis Line	Confidential behavioral health crisis line, available 24 hours a day, 7 days a week.	Southern	azcompletehealth.com/ completecare Statewide: 1-844-534-4673 or 1-844-534-HOPE, TTY/TDD: 711 Tohono O’odham Nation: 1-844-423-8759 Gila River and Ak-Chin Indian Communities: 1-800-259-3449 Salt River Pima Maricopa Indian Community: 1-480-850-9230 Tribal Warm Line: 1-855-728-8630
Connection Health Solutions (Crisis Response Center - Tucson)	Connection Health Solutions (Crisis Response Center - Tucson) provides 24/7 access to mental health and substance use services for youth (age 0-17) and adults (18+).	Southern	1-520-301-2400
HOPE Incorporated	HOPE is a Peer and Family Run Specialty Provider of behavioral health services. Every employee at HOPE is either a peer or a family member who is dedicated to a unique model of service delivery that focuses on a team approach to recovery. HOPE is an Arizona Complete Health-Complete Care Plan Center of Excellence for Peer Support Services.	Southern	https://hopearizona.org/ 1-520-770-1197
Dump the Drugs AZ	Dump the Drugs AZ provides a step-by-step guide on where to find drop box locations to dispose of unused or unwanted prescription drugs.	Statewide	www.azdhs.gov/gis/dump- the-drugs-az/ Web-based

Community Resources

BEHAVIORAL HEALTH (continued)

Organization	Organization Description	Region	Website & Phone Number
Substance Abuse and Mental Health Services Administration (SAMHSA), National Helpline	SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.	Statewide	www.samhsa.gov/find-help/national-helpline 1-800-662-4357
Warm Line	The Warm Line is a confidential, non-emergency phone line that offers access to Peer Support operators who have first-hand experience living with mental illness or substance abuse.	Southern	https://hopearizona.org/warm-line/ 1-520-770-9909 (Pima County); 1-844-733-9912 (all other Southern Arizona Counties)
Tribal Warm Line	The Tribal Warm Line is a confidential non-emergency phone line that offers support and referrals to community services/resources. Available Monday-Friday, 8:00AM to 5:00PM MST.	Southern	www.azcompletehealth.com/members/medicaid/crisis-intervention-services.html 1-855-728-8630
Connection Health Solutions (Crisis Response Center – Phoenix)	Connection Health Solutions (Crisis Response Center - Tucson) provides 24/7 access to mental health and substance use services for youth (age 0-17) and adults (18+).	Central	connectionshs.com 1-602-416-7600

CARE GIVER SUPPORT

Organization	Organization Description	Region	Website & Phone Number
AARP Care Giver Line	Provides family caregiver resource guide and connection to state specific resources.	Statewide	Caregiving Resources in Your State aarp.org 1-888-687-2277
Arizona Department of Economic Security - Family Caregiver Support	Online resource page for caregiver supports.	Statewide	des.az.gov/FamilyCaregiver
Arizona Caregiver Resource Line	Trained volunteers provide a compassionate ear, information, assistance, local resources and support.	Statewide	1-888-737-7494
Caregiver Action Network Resource Line	Provides information, resources, and support to caregivers.	Statewide	1-855-227-3640

Community Resources

CARE GIVER SUPPORT (continued)

Organization	Organization Description	Region	Website & Phone Number
Duet Partners in Health & Aging	Since 1981, Duet has worked diligently to improve the quality of life for older adults across the Valley through its free-of charge services to homebound adults, family caregivers, faith communities, and grand families. They are committed to giving individualized attention, respect, understanding and compassionate support.	Central	duetaz.org 1-602-274-5022
Family Caregiver Alliance	Provides help to improve family caregivers' quality of life. Provides general support and connection to a network of caregivers, events and classes.	Statewide	caregiver.org 1-800-445-8106
Mental Health America	Mental health resources for caregivers. Provides guidance, stress management, crisis planning, and tools to help caregivers.	Statewide	mhanational.org 1-800-969-6642
Trualta	Explore a range of topics from daily care giving tips to in-depth discussions on health policy from some of our favorite content producers. These blogs and podcasts provide family caregivers with ongoing support, innovative ideas, and a dose of inspiration to help you care for your loved ones with confidence and compassion.	Statewide	www.trualta.com/caregiver-support/ 1-800-214-5085
USA.gov Caregiver Support	Provides information on how to become a paid caregiver.	Statewide	www.usa.gov/disability-caregiver 1-844-872-4681
VA Caregiver Support Line	The VA Caregiver Support Line is staffed by licensed professionals able to connect veterans and caregivers with needed services and resources.	Statewide	caregiver.va.gov/Care_Caregivers.asp 1-855-260-3274 or 1-800-698-2411

Community Resources

CHILDREN'S HEALTH & WELLNESS

Organization	Organization Description	Region	Website & Phone Number
Arizona Department of Education, Exceptional Student Services (ESS)	Exceptional Student Services (ESS) monitors schools for compliance with the Individuals with Disabilities Education Act (IDEA), and provides professional training and education to schools to support children with disabilities. Parents can find school identification guides, assistive technology resources and resource and referral guides organized by category.	Statewide	www.azed.gov/specialeducation/ 1-602-542-5393
Arizona Department of Health Services, Pregnancy and Breastfeeding Hotline	The Arizona Department of Health Services, Pregnancy and Breastfeeding Hotline provides 24/7 support and answers to breastfeeding questions by trained experts. In addition to the hotline, individuals can visit the website to learn more about breastfeeding including breastfeeding support supplies offered through insurance companies, workplace accommodations for nursing mothers and more.	Statewide	www.azdhs.gov/prevention/nutrition-physical-activity/breastfeeding/index.php#24-hr-bf-hotline 1-800-833-4642
Arizona Early Intervention Program (AZEIP)	The Arizona Early Intervention Program (AZEIP) is Arizona's statewide interagency system of services and supports for families of infants and toddlers, birth to three years of age, with disabilities or delays. Services include home visitation programs, Early Head Start, and a resource and referral guide.	Statewide	https://des.az.gov/azeip 1-602-532-9960
Arizona Immunization Program	The Arizona Immunization Program provides information and resources, including vaccine schedules and where to find vaccines for adults and children.	Statewide	www.azdhs.gov/preparedness/epidemiology-disease-control/immunization/index.php#get-vaccinated 1-602-364-3630
Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC)	The Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC) provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding and postpartum women; infants; and children under age 5.	Statewide	www.azdhs.gov/prevention/azwic/index.php/ 1-800-252-5942

Community Resources

CHILDREN’S HEALTH & WELLNESS (continued)

Organization	Organization Description	Region	Website & Phone Number
Birth to Five Helpline	The Birth to Five Helpline is a free service open to all Arizona families with young children looking for the latest child development information from experts in the field. Professionals may also take advantage of this service. Call the Helpline to speak with one of our bilingual (English/Spanish) early childhood specialists, on duty Monday through Friday from 8:00 a.m. to 8:00 p.m. You can also leave a voicemail, complete our online contact form, or text the Helpline 24 hours a day, seven days a week.	Statewide	www.swhd.org/programs/health-and-development/birth-to-five-helpline/ 1-877-705-KIDS (5437)
DES Child Care Services	The Department of Economic Security provides child care assistance and resources for parents, care givers, and childcare providers.	Statewide	https://des.az.gov/services/child-and-family/child-care 1-800-882-4151
Head Start	Head Start provides comprehensive education, health, nutrition and family services to low income families and their children. Programs are available throughout Arizona and can be found on the Head Start website.	Statewide	azheadstart.org/index.php 1-602-364-1530
Family Involvement Center	The Family Involvement Center is a family-run organization that provides support and resources for families dealing with emotional, physical, or behavioral challenges. The Family Involvement Center is an Arizona Complete Health-Complete Care Plan Center of Excellence in Family Support Services.	Statewide	familyinvolvementcenter.org/help-me/get-support-now 1-877-568-8468
MIKID	MIKID improves the behavioral health and wellness of children and youth through a family-centered approach. MIKID provides family support, youth services, suicide prevention, a transition aged-youth program, and training. MIKID is an Arizona Complete Health-Complete Care Plan Center of Excellence in Family Support Services.	South	https://www.mikid.org/ Casa Grande Office: 1-520-509-6669 Nogales Office: 1-520-377-2122 Sierra Vista Office: 1-520-895-3615 Tucson Office: 1-520-882-0142 Yuma Office: 1-928-344-1983

Community Resources

CHILDREN’S HEALTH & WELLNESS (continued)

Organization	Organization Description	Region	Website & Phone Number
notMYkid	notMYkid works to empower and educate youth, families and communities with the knowledge and courage to identify and prevent negative youth behavior. Peer-to-peer education programs address drug abuse, alcohol abuse, bullying, unhealthy relationships, eating disorders, depression/self injury, and internet safety.	Statewide	notmykid.org 1-602-652-0163
Pacer Center Kids Against Bullying	Teens Against Bullying offers videos by kids and celebrities, webisodes, games, contests, online petitions and more. Also, classroom toolkits, student action plan and pledge, create a video toolkit, and art/music/dance activities are available.	National	pacerteensagainstbullying.org Web-based
Raising Special Kids	Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26. Services include The Parent Training and Information Center (PTI), to educate parents about resources available through Individuals with Disability Education Act (IDEA), youth transition supports and positive behavior support therapy.	Statewide	raisingspecialkids.org 1-602-242-4366 1-800-237-3007
Strong Families AZ Safe Care Program	Strong Families AZ Safe Care program uses a nationally-recognized weekly home visitation model that supports parents in learning skills from core focus areas including parent-child interaction, health and home safety. All services are offered for free. Must have a child birth to 5 years old to participate.	Statewide	strongfamiliesaz.com/program/safecare/ Web-based
Family Involvement Center (FIC) Warm Line	No-cost guidance and resources to help deal with job loss, heightened anxiety, and much more.	Statewide	1-877-568-8468

EMPLOYMENT

Organization	Organization Description	Region	Website & Phone Number
Arizona@Work	Arizona@Work is the statewide workforce development network, focused on expanding our state's workforce by matching employers with job seekers. Arizona@Work has various programs and services to assist job seekers including job search resources, resumé writing, computer classes, vocational rehabilitation programs and apprenticeships.	Statewide	arizonaatwork.com/locations Web-based
Arizona Disability Benefits 101 (DB101)	Arizona Disability Benefits 101 (DB101) helps people with disabilities understand the connection between work and benefits. Resources include information and estimators that helps members plan and set goals for work.	Statewide	az.db101.org 1-866-304-WORK (1-866-304-9675) TTY: 1-800-325-0778
Goodwill	Goodwill organizations assist people who need jobs, need better jobs and are seeking new skills to launch careers with supports and resources to achieve their employment goals. Services include career planning, resumé writing, interview skills and job related resources (transportation, childcare, and professional clothing).	Statewide	North and Central Arizona: goodwillaz.org 1-602-535-4000 Southern Arizona: goodwillsouthernaz.org 1-520-623-5174
St. Joseph the Worker	St. Joseph the Worker assists homeless, low-income and other disadvantaged individuals in their efforts to become self-sufficient through quality employment. Services offered include one-on-one employment coaching, transportation assistance, uniform assistance, food handler cards, safety and select certification fees and interview preparation.	Central	sjwjjobs.org/ 1-602-755-JOBS (1-602-755-5627)
Vocational Rehabilitation (DES VR Program)	Vocational Rehabilitation program provides a variety of services to persons with disabilities, with the ultimate goal to prepare for, enter into, or retain employment.	Statewide	https://des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr 1-800-563-1221
Mesa Community Action Network (Mesa CAN)	Mesa CAN helps low-income households with a number of services including job search help, resumé building and interview preparation.	Central	turnanewleaf.org/services/financial-empowerment/mesacan/ 1-480-833-9200

Community Resources

FOOD RESOURCES

Organization	Organization Description	Region	Website & Phone Number
Arizona Food Bank Network	The Arizona Food Bank Network, formerly known as the Arizona Association of Food Banks, is a private non-profit organization that assists five regional food banks and nearly 1,200 food pantries in coordinating the rescue, transportation and distribution of food. Their user-friendly website provides information and resources to help individuals with food insecurity. Resources include a tool to direct individuals to the nearest food bank/pantry by zip code, information about Supplemental Nutrition Assistance Program (SNAP) benefits and a listing of local/national food assistance programs.	Statewide	azfoodbanks.org/ 1-602-528-3434
Community Food Bank of Southern Arizona	The Community Food Bank of Arizona provides food boxes, food pantries, community gardens, and assistance with SNAP applications.	South	www.communityfoodbank.org/Get-Help 1-520-622-0525
Nourish Phoenix	Nourish Phoenix (formerly known as ICM Food and Clothing Bank) has provided services to working poor individuals and families since the 1980's. Programs and services are available for residents of Maricopa County and include emergency food, clothing, application assistance for state and federal programs, and educational classes (financial literacy, healthy eating, and preparing for job interviews).	Central	nourishphx.org/ 1-602-254-7450
Desert Mission Food Bank	Desert Mission offers several free and reduced cost food programs, education, and resource and referral services.	Central	https://www.desertmission.com/food-bank/ 1-602-870-6062
Yuma Community Food Bank	The Yuma Community Food Bank provides free, monthly food assistance to families, individuals, and seniors.	South	yumafoodbank.org/ 1-928-343-1243
Feeding America	Network of food banks, pantries, and community-based food organizations that assist individuals and families in need of food resources.	National	feedingamerica.org 1-800-771-2303

FOOD RESOURCES (continued)

Organization	Organization Description	Region	Website & Phone Number
Flagstaff Family Food Center	Provides emergency food support for the Flagstaff community.	North	hotfood.org 1-928-526-2211

FOSTER CARE/ADOPTION

Organization	Organization Description	Region	Website & Phone Number
Arizona Association for Foster and Adoptive Parents	The Arizona Association for Foster and Adoptive Parents was founded in 2003 to serve the foster, adoptive and kinship families who care for Arizona's most vulnerable children. They are all volunteers, foster and adoptive parents. They work in partnership with child welfare professionals and the community to support, educate, empower and provide a unified voice for Arizona's foster and adoptive families. The website includes membership information, resources and a list of events.	Statewide	www.azafap.org/ 1-602-884-1801
Arizona's Children Association	Arizona's Children Association is the largest foster care provider in the state; providing training and support to foster care families. The organization assists foster families in navigating the behavioral health and child welfare systems. Additionally, they collaborate with adoption placement agencies and provide a variety of adoption related services.	Statewide	www.arizonaschildren.org/ 1-800-944-7611
Arizona Department of Child Safety - Adoption	The Arizona Department of Child Safety - Adoption website provides an overview of a child's journey to adoption, requirements to adopt, how to initiate the adoption process and how an adoptive home is selected.	Statewide	dcs.az.gov/adoption 1-602-255-2500
Arizona Department of Child Safety, Steps for Becoming a Foster Parent	The Arizona Department of Child Safety, Steps for Becoming a Foster Parent website is a comprehensive guide to becoming a foster parent in Arizona. The website includes an orientation video, foster care information session events and resources.	Statewide	dcs.az.gov/foster 1-877-543-7633

Community Resources

FOSTER CARE/ADOPTION (continued)

Organization	Organization Description	Region	Website & Phone Number
Arizona Friends of Foster Children Foundation	The Arizona Friends of Foster Children Foundation offers tuition waivers to children who are 16-years-old and currently in care; were adopted from foster care after they were 16-years-old; or are currently in foster care and are 16-years-old or older. Children must be Arizona residents to apply. Additional services include funding for summer camps, swim lessons, baseball, music classes and more fun activities.	Statewide	www.affcf.org/scholarships/ 1-602-252-9445
DCS Warmline	Resources for Foster Parents and Kinship caregivers.	Statewide	dcs.az.gov/about/contact 1-877-543-7633
Fostering Advocates Arizona	Fostering Advocates Arizona provides information, resources and support for youth transitioning out of the foster care system. The website includes an extensive resource library and a guide to obtaining health insurance coverage.	Statewide	www.fosteringadvocatesarizona.org/who-we-are/ 1-602-266-0707
Foster Ed	A partnership with a team of state and local partners, students, and parents to create a future in which the vast majority of foster youth graduate high school with the widest array of possibilities for their future.	Statewide	https://foster-ed.org/ Web-based
Mercy Care DCS CHP	Mercy Care DCS Comprehensive Health Plan covers medical, dental, and behavioral health services for children in foster care.	Statewide	https://www.mercycareaz.org/dcschp/index.html 1-602-212-4983

HOUSING

Organization	Organization Description	Region	Website & Phone Number
ABC Housing	Arizona Behavioral Health Corporation (ABC Housing) is the state-wide AHCCCS Housing Administrator.	Statewide	azabc.org/ahp/ Contact your provider for assessments and referrals to Housing

Community Resources

HOUSING (continued)

Organization	Organization Description	Region	Website & Phone Number
Community Resource Referral Center (CRRC)	CRRCs provide Veterans who are homeless and at risk of homelessness with one-stop access to community-based, multi-agency services to promote permanent housing, health and mental health care, career development and access to VA and non-VA benefits.	Central	www.va.gov/homeless/crrc.asp 1-800-698-2411
Family Housing Hub	The Family Housing Hub connects families, with minor dependent children who are experiencing homelessness, to homeless services.	Central	fhhub.org 1-602-595-8700
Keys to Change	Keys to Change, formerly The Human Services Campus, is a collaborative force of 15 partner organizations with the shared outcome of ending homelessness. The campus has a variety of services and supports that include healthcare, legal assistance, ID & postal services, employment, emergency shelter, daily meals and permanent housing.	Central	keystochangeaz.org/ 1-602-282-0853
A New Leaf's East Valley Men's Center	A New Leaf's East Valley Men's Center (EVMC) provides shelter and support services to single men, the largest homeless population in Arizona, and the population that struggles most to find assistance. EVMC assists men as they re-integrate into the community with safe and stable housing, and provides the tools to maintain self-sufficiency. EVMC works with residents to build a personalized plan to foster physical and mental health, financial independence, and social responsibility. The program provides comprehensive services and customized strategies for each resident.	Central	turnanewleaf.org/services/housing-and-shelter/east-valley-mens-center/ 1-480-969-4024
Tucson Pima Collaboration To End Homelessness	TPCH is a coalition of community and faith-based organizations, government entities, businesses and individuals committed to the mission of ending homelessness. TPCH provides resources for eviction prevention, housing assessments, and shelter beds.	South	tpch.net/

Community Resources

INDIVIDUALS WITH AUTISM SPECTRUM DISORDER (ASD)

Organization	Organization Description	Region	Website & Phone Number
The Arc's Autism NOW Center	<p>The Autism NOW Center provides high quality resources and information in core areas across the lifespan to individuals with Autism Spectrum Disorders (ASD) and other developmental disabilities, their families, caregivers, and professionals in the field. Focus areas include early detection, early intervention, and early education; transition from high school into early adulthood; community based employment; advocacy for families and self-advocates; and networking in local, state, and national arenas.</p>	National	autismnow.org/
Arizona Autism Coalition	<p>The Arizona Autism Coalition improves the lives of individuals with Autism Spectrum Disorder and their families in Arizona by sharing resources and affecting autism systems reform through statewide collaboration and advocacy. The Coalition goals and objectives are designed to provide and support an inclusive membership organization for all service providers and families affected by autism in Arizona. The Coalition has selected priorities, which include:</p> <ul style="list-style-type: none"> • Advocating jointly for better services and improved quality of life for persons with ASDs at the city, state, and federal levels. • Educating professionals who interface with affected children. • Identifying gaps in reaching those who would utilize training. 	Statewide	www.azautism.org/ Web-based
Arizona Technology Access Program	<p>The Arizona Technology Access Program assists individuals with disabilities to obtain assistive technology. Services include short term lending program of assistive technology devices, financial assistance to purchase assistive technology devices, consultation to assist in device selection, assistive technology device training, education, and technical assistance.</p>	Statewide	aztap.org/ 1-602-728-9534 1-800-477-9921

Community Resources

INDIVIDUALS WITH AUTISM SPECTRUM DISORDER (ASD) (continued)

Organization	Organization Description	Region	Website & Phone Number
Autism Speaks	Autism Speaks is dedicated to promoting solutions for the needs of individuals with autism and their families through advocacy and support, increased understanding and acceptance and research into causes and better interventions for Autism Spectrum Disorder (ASD).	Statewide	autismspeaks.org/ Web-based
Arizona Soccer Association TOPSoccer	TOPSoccer (The Outreach Program for Soccer) is a community-based program for children and young adults with physical and/or intellectual disabilities. The program is designed for ages 5 and older and is geared toward player development and participation.	Statewide	https://www.azsoccerassociation.org/about-asa/ 1-602-433-9202
PAL Experiences	Online resource that includes digital guides and on-site resources that assist individuals with autism and related non-visible intellectual experience to prepare for community outings. Resources are based in behavioral therapy and reduce anxiety and communication barriers for those with sensory sensitivities. Organizations can also participate in training to become PAL Places. A listing of PAL Places is available on the website.	Statewide	palexperiences.org/ Web-based
Raising Special Kids	Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information and individual assistance so families can become effective advocates for their children.	Statewide	raisingspecialkids.org/ 1-602-242-4366 1-800-237-3007
Touchstone Health Services	Touchstone's Center of Excellence provides evidenced services, education, collaboration with services providers and community education to ensure the best behavioral and physical healthcare for members. Touchstone's Autism Center of Excellence is an Arizona Complete Health-Complete Care Plan Center of Excellence.	South	touchstonehs.org/autism-center-of-excellence/ 1-866-207-3882

Community Resources

INDIVIDUALS WITH AUTISM SPECTRUM DISORDER (ASD) (continued)

Organization	Organization Description	Region	Website & Phone Number
Southwest Autism Center of Excellence	The Southwest Autism Center of Excellence (SACE) serves members with Autism Spectrum Disorder (ASD) throughout their life span and promotes high quality community-based services that are tailored to each member and their family. SACE is designated as an Arizona Complete Health-Complete Care Plan Center of Excellence.	Central	www.sbhservices.org/southwest-autism-center 1-602-388-1700

DEVELOPMENTAL DISABILITIES

Organization	Organization Description	Region	Website & Phone Number
Arizona Department of Economic Security, Division of Developmental Disabilities	The Arizona Department of Economic Security (DES), Division of Developmental Disabilities (DDD) is a state agency that provides support and services that help enable individuals with opportunities to exercise their rights and responsibilities of independent decision-making and engagement in the community.	Statewide	des.az.gov/ddd 1-844-770-9500
Arizona Long Term Care System (ALTCS)	ALTCS is an Arizona Medicaid program that is designed to help fixed income seniors and other disabled individuals afford the care that they need.	Statewide	azahcccs.gov/Members/GetCovered/Categories/nursinghome.html 1-888-621-6880
AZ Links	AZ Links is a resource and referral website specializing in issues of aging and disability. The website is maintained by Arizona Department of Economic Security, Division of Aging and Adult Services.	Statewide	azdaars.getcare.com/consumer/ Web-based
Raising Special Kids	Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information and individual assistance so families can become effective advocates for their children.	Statewide	raisingspecialkids.org/ 1-602-242-4366 1-800-237-3007

Community Resources

DEVELOPMENTAL DISABILITIES (continued)

Organization	Organization Description	Region	Website & Phone Number
Ability 360	Helps people with disabilities live independently and reach self-directed goals.	Central/ Glendale Central/ Mesa/ Gilbert South/ Pima County South/ Pinal County	Ability360.org Central/Glendale 1-602-424-4100 Central/Mesa/Gilbert 1-480-655-9750 South/Pima County 1-520-449-8375 South/Pinal County 1-520-316-4300
ASSIST to Independence	Center for Independent Living. Ran by people with disabilities, for people with disabilities to address needs and barriers within the community.	North	assistti.org 1-928-283-6261
Direct Advocacy & Resource Center	Center for Independent Living. Ran by people with disabilities, for people with disabilities to address needs and barriers within the community.	South	www.directaz.org/ 1-520-624-6452
National Aging and Disability Transportation Center	Transportation options for older adults, people with disabilities, and caregivers.	Statewide/ National	nadtc.org 1-866-983-3222
New Horizons Disability Empowerment Center (NHDEC)	Center for Independent Living. Ran by people with disabilities, for people with disabilities to address needs and barriers within the community.	North	www.nhdec.org 1-928-772-1266
Services Maximizing Independent Living & Empowerment (SMILE)	Center for Independent Living. Ran by people with disabilities, for people with disabilities to address needs and barriers within the community.	South	smile-az.org Parker Area: 1-928-575-6671 Yuma Area: 1-928-329-6681

LGBTQIA+

Organization	Organization Description	Region	Website & Phone Number
GLSEN	GLSEN works to ensure that every K-12 LGBTQ student is able to learn and grow in a school environment free from bullying and harassment. GLSEN provides various tools including education and assistance to develop supportive educators, comprehensive policies and inclusive curriculum.	Statewide	www.glsen.org/ Web-based

Community Resources

LGBTQIA+ (continued)

Organization	Organization Description	Region	Website & Phone Number
El Rio Health	El Rio provides affirming, respectful, and quality healthcare to the Pediatric and Adult Transgender and Gender Non-Conforming communities as well as LGBTQ patients.	South	elrio.org/service/transgender-health/ 1-520-670-3909
One N Ten	One N Ten is a non-profit organization dedicated to serving and assisting lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth ages 14 to 24. Services include weekly discussion groups, social networking events, life skills training and assistance in obtaining a high school diploma.	Statewide	oneten.org/ 1-602-400-2601
Phoenix Children's Hospital Gender Support Program	Phoenix Children's Hospital Gender Support Program provides outpatient services that support the physical, mental and social health of gender expansive children and youth, and their families as they progress through gender identity development. Programs and services include medical consultations, readiness evaluations and referrals to experienced mental health providers.	Statewide	phoenixchildrens.org/gendersupport 1-602-933-0659

INTERNET

Organization	Organization Description	Region	Website & Phone Number
Arizona Commerce Authority	The Arizona Commerce Authority has resource information on tools to access broadband at home to include, but not limited to: locating service providers, carrier special offers, eligibility for a low-cost plan, locate public wireless internet hotspots and instructions on using a cellphone and WiFi hotspot.	Statewide	azcommerce.com/broadband/ Web-based
Arizona Together	A newly created website from the Governor's Office to ensure Arizonans have access to the resources they need as we work to get our state through the COVID-19 outbreak. Resource information includes low-cost internet service.	Statewide	arizonatogether.org/ Web-based

INTERNET (continued)

Organization	Organization Description	Region	Website & Phone Number
Connect Arizona	Connect Arizona provides an interactive map of locations where individuals can use free WiFi. The locations on this map represent free public WiFi hotspots at public libraries, schools, businesses, and other sites. Some sites may offer indoor public access during business hours, others provide access in the parking lot only. Each hotspot will have its own security protocol. Some networks may have Children’s Internet Protection Act (CIPA) safe security installed.	Statewide	connect-arizona.com/ 1-602-529-1519

LOW-COST DENTAL

Organization	Organization Description	Region	Website & Phone Number
A.T. Still University	A.T. Still is Arizona’s first university-affiliated dental clinic. They offer compassionate, personal care with affordable fees. Services include general treatments, pediatric dentistry, orthodontics, periodontal treatment and a special needs dental clinic.	Central	www.atsu.edu/arizona-school-of-dentistry-and-oral-health/dental-clinics 1-480-219-6000
Arizona Boys and Girls Club of the Valley Bob and Renee Parsons Dental Clinic	The Bob and Renee Parsons Dental Clinic is a full service facility that provides dental services for children aged 5-18 who lack dental insurance and do not qualify for state assistance. The clinic also serves children living in foster care, group homes, detention centers and homeless shelters. Services include comprehensive oral examinations, x-rays, cleanings, extractions and emergency treatment.	Central	www.bgcaz.org/parsons-dental-clinic/ 1-602-271-9961
Carrington College Dental Clinic	Carrington College offers a free dental clinic at their Mesa, AZ location. Services are provided by supervised students enrolled in the dental hygiene program. Services include x-rays and cleanings.	Central	carrington.edu/location/ mesa-dental-hygiene-clinic/ 1-480-717-3510

LOW-COST DENTAL (continued)

Organization	Organization Description	Region	Website & Phone Number
Canyonlands Healthcare	Dental clinics provide routine checkups and cleanings as well as emergency services. They offer a reduced payment program for self-pay patients based on household income and family size.	South	canyonlandshc.org/dental/ 1-877-645-9675
Chiricahua Community Health Centers, Inc. (CCHCI)	CCHCI has a thriving dental program that offers comprehensive dental services throughout Cochise County.	South	cchci.org/ 1-520-364-1429
El Rio Health	El Rio offers a wide range of general dental care to include urgent care, crowns, surgery, dentures, implants and more.	South	elrio.org/service/dental/ 1-520-670-3909
Mariposa Community Health Center	The Health Center's dentists offer a full array of dental services, including preventive, restorative, minor oral surgery, bridges, and cosmetic procedures.	South	mariposachc.net/dental/ 1-520-375-5032
MHC Healthcare	The Dental Department at MHC Healthcare provides preventive cleanings, restorative care, simple oral surgery, crowns, bridges, extractions, root canals, and gum disease care to adults and children.	South	mhchealthcare.org/service/dental-care/ 1-520-682-4111
Mountain Park Health Center	Mountain Park Health Centers provide dental services on a sliding fee scale. Dental services include cleanings, fillings, extractions and dental x-rays. Dental services are available at the Baseline, Maryvale and Christown clinics.	Central	mountainparkhealth.org/services/ 1-602-243-7277
NOAH Dental Clinics	NOAH Dental Clinics provide comprehensive, emergency, and preventive dental care on a sliding fee scale. Services include dental exams, x-rays, fluoride varnish, sealants, extractions, root canals, crowns and bridges.	Central	noahhelps.org/services/dental/ 1-480-882-4545
Reduced Fee and Community Dental Clinics in Arizona	Arizona Department of Health Services list of low-cost dental clinics.	Statewide	azdhs.gov/documents/prevention/womens-childrens-health/oral-health/reduced-fee-dental-clinics.pdf

LOW-COST DENTAL (continued)

Organization	Organization Description	Region	Website & Phone Number
Sunset Health	Sunset Health provides accessible, quality general dentistry services.	South	mysunsethealth.org/general-dentistry/ 1-928-819-8999

LOW-COST MEDICAL CLINICS

Organization	Organization Description	Region	Website & Phone Number
Sliding Fee Schedule Clinics	The Arizona Department of Health Services website features an interactive tool to help individuals locate Sliding Fee Schedule (SFS) Clinics throughout Arizona that provide free or low-cost primary care, mental and dental health services to individuals without health insurance.	Statewide	azdhs.gov/prevention/health-systems-development/sliding-fee-schedule/index.php#clinic-locations Web-based

MEN'S HEALTH & FITNESS

Organization	Organization Description	Region	Website & Phone Number
Arizona Department of Health Services	Every man can take small steps to live a safer and healthier life. Many of these steps take little time and do not cost a thing. If you want to improve your health, you can start by protecting yourself from injury and illness. Being knowledgeable about men's health issues will impact the quality of your life. Paying attention to health concerns like heart disease, accident prevention and men's cancers, will help you live a longer, healthier life.	Statewide	azdhs.gov/audiences/index.php#men-home Web-based
Arizona Prostate Cancer Coalition	The Arizona Prostate Cancer Coalition is an inclusive statewide organization promoting awareness, education, early detection, effective treatment, and support for prostate cancer patients, their families and caregivers.	Statewide	www.azprostatecancercoalition.org/about Web-based

Community Resources

MEN'S HEALTH & FITNESS (continued)

Organization	Organization Description	Region	Website & Phone Number
Men's Health Resource Center	Men's Health Resource Center goals are to show men how health issues are interrelated. How being obese can affect your cardiovascular system. How successfully managing your diabetes can lead to a healthier life. How parenting and fatherhood can encourage you to live a more fulfilling lifestyle, not just for you but for your family.	Statewide	www.menshealthresourcecenter.com/ Web-based
Pacific Postpartum Support Society	Postpartum depression and anxiety (PPD/A) isn't just for moms. About 10% of all new dads will experience PPD/A, and for those who have a partner coping with it as well, that number is as high as 25–50%. The depression can begin while the partner is still pregnant, but usually happens 3–6 months after birth. If you find yourself struggling after the birth of your baby, we are here to help.	Statewide	https://postpartum.org/2015/06/dads-youre-not-alone/ 1-604-255-7999 1-855-255-7999

SENIORS

Organization	Organization Description	Region	Website & Phone Number
Adult Protective Services (APS)	Adult Protective Services (APS) is a program within the Division of Aging and Adult Services responsible for investigating allegations of abuse, exploitation and neglect of vulnerable adults. Reports of vulnerable adult abuse can be reported to APS at 1-877-767-2385 .	Statewide	des.az.gov/services/basic-needs/adult-protective-services 1-877-SOS-ADULT (1-877-767-2385)
Alzheimer's Association	The Alzheimer's Association was founded by a group of family caregivers and individuals who recognized the need for an organization that would unite caregivers, provide support to those facing Alzheimer's and advance research into the disease. Services include a 24/7 helpline (1-800-272-3900), resources to identify dementia and caregiver support groups.	Statewide	www.alz.org/ 1-800-272-3900
Pima Council on Aging	Pima Council on Aging provides reliable information about resources and services for older people and their families in Pima County.	Pima County	www.pcoa.org/ 1-520-790-7262

Community Resources

SENIORS (continued)

Organization	Organization Description	Region	Website & Phone Number
Area Agency on Aging, Region One	Advocacy and resources for older adults.	Maricopa County	www.aaaphx.org/ 1-602-264-HELP (4357) 1-888-264-2258
Pinal-Gila Council for Senior Citizens	Advocacy and resources for older adults.	Pinal and Gila Counties	www.pgcsc.org/ 1-520-836-2758 1-800-293-9393
Area Agency on Aging, Region Four	Advocacy and resources for older adults.	Mohave, La Paz, Yuma Counties	https://www.wacog.com/home-community-based-senior-services/ Mohave County: 1-928-753-6247; La Paz and Yuma Counties: 1-928-782-1886
Area Agency on Aging, Region Six	Advocacy and resources for older adults.	Cochise, Graham, Santa Cruz Counties	https://www.seago.org/area-agency-on-aging 1-520-432-2528
Arizona Indian Council on Aging	The Arizona Indian Council on Aging promotes and advocates for the interests of the elderly population of the member Tribes of the Inter Tribal Council of Arizona, Inc.	Statewide	itcaonline.com/programs/aging/arizona-indian-council-on-aging/ 1-602-258-4822
AZ Links	AZ Links is a resource and referral website specializing in issues of aging and disability. The website is maintained by Arizona Department of Economic Security, Division of Aging and Adult Services.	Statewide	azdaars.getcare.com/consumer/ Web-based
Benevilla	Benevilla offers free essential home services for older adults who may need extra help including: grocery shopping, assisted transportation to essential medical appointments, phone pals wellness checks, and emergency errands. Your loved one will be invited to participate in physical, social and cognitive activities by our professional and compassionate staff. Instead of sitting home watching TV or sleeping, your loved one, will be encouraged to join in social and group activities.	Central	benevilla.org/ 1-623-584-4999 (TTY: 711)

Community Resources

SENIORS (continued)

Organization	Organization Description	Region	Website & Phone Number
Duet Partners in Health & Aging	Since 1981, Duet has worked diligently to improve the quality of life for older adults across the Valley through its free-of-charge services to homebound adults, family caregivers, faith communities, and grand families. They are committed to giving individualized attention, respect, understanding and compassionate support.	Central	duetaz.org/ 1-602-274-5022
Mobile Meals of Southern Arizona	Mobile Meals of Southern Arizona provides healthy, nutritious meals for people who are unable to drive, shop, or cook their own meals.	Southern	www.mobilemealssoaz.org/ 1-520-622-1600
TCAA In-Home Care for Tempe Seniors	TCAA provides a spectrum of services designed to assist Tempe seniors in need of help to remain at home for as long as possible. Homecare is personal support that is provided at home. It is designed to prevent or delay an unnecessary move to a higher level of care. TCAA's cadre of Neighbors Helping Neighbors (our volunteer corps) help seniors with a range of activities that have become more difficult as they age; especially for those who have limited or no support systems to meet these needs. We connect residents in need with those who care. The program would not be possible without the ongoing involvement of volunteers.	Central	tempeaction.org/get-help/health-well-being/ 1-480-422-8922
The ARC Arizona	Promotes and protects the human rights of people with intellectual and developmental disabilities (I/DD) and actively supports their full inclusion and participation in the community.	Statewide	arcarizona.org 1-602-234-2721
Area Agency on Aging	Advocacy and resources for older adults.	Yavapai, Coconino, Navajo, Apache Counties	nacog.org 1-877-521-3500
Arizona End of Life Care Partnership	Helps the community receive the care they desire at the end of life.	South	azendoflifecare.org 1-520-903-9000

SENIORS (continued)

Organization	Organization Description	Region	Website & Phone Number
Arizona Healthcare Directives Registry	Provides access to end-of-life care planning documents and resources.	Statewide	azhdr.org
Catholic Community Services of Southern Arizona	Case Management for Seniors and Persons with Disabilities.	South	ccs-soaz.org 1-520-623-0344
Eldercare Locator	Help to find care for seniors.	Statewide	eldercare.acl.gov 1-800-677-1116

SEXUAL & DOMESTIC VIOLENCE SUPPORT

Organization	Organization Description	Region	Website & Phone Number
Arizona Coalition to End Sexual and Domestic Violence	The Arizona Coalition to End Sexual and Domestic Violence provides direct services to victims and survivors of sexual and domestic violence. Programs and services are offered to increase public awareness about the issues of sexual and domestic violence, enhance the safety of and services for sexual and domestic violence victims and survivors, and end sexual and domestic violence in Arizona communities.	Statewide	www.acesdv.org/ 1-602-279-2980 1-800-799-7233
Rape, Abuse & Incest National Network (RAINN)	RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (1-800-656-HOPE) in partnership with more than 1,000 local sexual assault service providers across the country. RAINN also carries out programs to prevent sexual violence, help survivors and ensure that perpetrators are brought to justice.	Statewide	www.rainn.org/ 1-800-656-HOPE (1-800-656-4673)

SEXUAL & DOMESTIC VIOLENCE SUPPORT (continued)

Organization	Organization Description	Region	Website & Phone Number
StrongHearts Native Helpline	The StrongHearts Native Helpline 1-844-7NATIVE (762-8483) is a safe domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 7 a.m. to 10 p.m. CT. Anonymous and confidential. Callers reaching out after hours may connect with the National Domestic Violence Hotline by selecting option 1.	Statewide	strongheartshelpline.org/ 1-844-762-8483
National Domestic Violence Hotline	24-hour crisis intervention for callers to identify programs and situations, including a plan of safety.	National	www.thehotline.org/ 1-800-799-SAFE (1-800-799-7233)

SUICIDE PREVENTION

Organization	Organization Description	Region	Website & Phone Number
Arizona Suicide Prevention Coalition	The Arizona Suicide Prevention Coalition provides resource information for those interested in the issues surrounding suicide. Coalition meetings are held on the second Tuesday of every month.	Statewide	www.azspc.org/ Web-based
Connection Health Solutions (Crisis Response Center - Tucson)	Connection Health Solutions (Crisis Response Center - Tucson) provides 24/7 access to mental health and substance use services for both youth (age 0-17) and adults (18+).	Southern	1-520-301-2400
National Suicide Prevention Lifeline	The National Suicide Prevention Lifeline (Dial 9-8-8) is a national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.	Statewide	988lifeline.org/ Dial 9-8-8 or 1-800-273-8255
Teen Lifeline	Teen Lifeline is a free helpline staffed by teens providing an opportunity to speak with their peers about daily struggles. The hotline is supervised by a Master's level clinician. Call 24/7/365 Text weekdays 12-9 p.m. and weekends 3-9 p.m. Peer Counseling 3-9 p.m. daily.	Statewide	teenlifeline.org/ 1-602-248-8336 1-800-248-8336 (Outside Maricopa County)

SUICIDE PREVENTION (continued)

Organization	Organization Description	Region	Website & Phone Number
Crisis Response Network	24 hours a day, 7 days a week, 365 days a year access to professionally trained Crisis Intervention Specialists.	Central	crisis.solari-inc.org/ 1-800-631-1314 (TTY: 1-800-327-9254)
Warm Line	The Warm Line is a confidential, non-emergency phone line that offers access to Peer Support operators who have first-hand experience living with mental illness or substance abuse.	Southern	hopearizona.org/warm-line/ 1-520-770-9909 (Pima County); 1-844-733-9912 (all other Southern Arizona Counties)
Tribal Warm Line	The Tribal Warm Line is a confidential non-emergency phone line that offers support and referrals to community services/resources. Available Monday-Friday, 8:00AM to 5:00PM MST.	Southern	www.azcompletehealth.com/members/medicaid/crisis-intervention-services.html 1-855-728-8630
Man Therapy®	<p>Man Therapy® was created by a multidisciplinary team of suicidologists, mental health experts, marketing strategists, and creatives to make mental health approachable by using humor to break stigma and help men take action with tools and resources. The results for a 4-year, \$1.2 million study, funded by the CDC, shows that Man Therapy® not only helps reduce depression, suicide risk, and poor mental health days, it also improves help-seeking behavior in working-aged men.</p> <p>Citation: Frey JJ, Osteen PJ, Sharpe TL, Mosby AO, Joiner T, Ahmedani B, Iwamoto D, Nam B, Spencer-Thomas S, Ko J, Ware OD, Imboden R, Cornette MM, Gilgoff J. Effectiveness of man therapy to reduce suicidal ideation and depression among working-age men: A randomized controlled trial. <i>Suicide Life Threat Behav.</i> 2023 Feb;53(1):137-153. doi: 10.1111/sltb.12932. Epub 2022 Nov 14. PMID: 36373571; PMCID: PMC10100179.</p>	National	mantherapy.org Web-based

Community Resources

SUICIDE PREVENTION (continued)

Organization	Organization Description	Region	Website & Phone Number
Women's Suicide Prevention Resource Center	The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the https://store.samhsa.gov/product/National-Strategy-for-Suicide-Prevention-2012-Goals-and-Objectives-for-Action/PEP12-NSSPGOALS National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA).	National	www.sprc.org/ populations/women Web-based

VETERANS & MILITARY FAMILIES

Organization	Organization Description	Region	Website & Phone Number
Arizona Coalition for Military Families	The Arizona Coalition for Military Families provides resource and referral services for veterans and their families. Services include an online resource guide, training and education, and resource navigators to identify appropriate services.	Statewide	arizonacoalition.org/ 1-602-753-8802
Arizona Department of Veterans' Services	The Arizona Department of Veterans' Services (ADVS) assists veterans and their families in securing state and federal benefits. Services include benefits counseling, training and education programs, housing, and memorial and burial assistance.	Statewide	dvs.az.gov/ 1-602-535-1215
Be Connected	The Be Connected program is a statewide initiative providing access to support and resources for service members, veterans and their families. Services include 24/7 crisis support service line, personalized resource matching and navigation, training, and education.	Statewide	www.beconnectedaz.org/ 1-866-429-8387
Give an Hour	Give an Hour provides free and confidential mental health care to military veterans and their families. Services are provided by licensed mental health care providers.	Statewide	giveanhour.org/ Web-based Lifeline Dial 9-8-8 or 1-800-273-8255

Community Resources

VETERANS & MILITARY FAMILIES (continued)

Organization	Organization Description	Region	Website & Phone Number
National Center for PTSD	PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. If symptoms last more than a few months, it may be PTSD. The good news is that there are effective treatments.	Statewide	www.ptsd.va.gov/PTSD/gethelp/index.asp Dial 9-8-8 or 1-800-273-8255 Get Help for PTSD
National Resource Directory	The National Resource Directory (NRD) is a resource website that connects wounded warriors, service members, veterans, their families, and caregivers to programs and support services. Services include resource listings for benefits and compensation, employment, education and training, family caregiver support, homeless assistance, housing, and healthcare.	Statewide	nrd.gov/ Web-based
Operation Shockwave	Operation Shockwave provides suicide prevention services to military veterans. Services include peer support, crisis intervention, and Emotional Freedom Technique (EFT) training.	Statewide	business.swvcc.org/list/member/operation-shockwave-1528 Web-based
VA Caregiver Support Line	The VA Caregiver Support Line is staffed by licensed professionals able to connect veterans and caregivers with needed services and resources.	Statewide	www.caregiver.va.gov/Care_Caregivers.asp 1-855-260-3274 or 1-800-698-2411
Community Resource Referral Center (CRRC)	CRRCs provide Veterans who are homeless and at risk of homelessness with one-stop access to community-based, multi-agency services to promote permanent housing, health and mental health care, career development and access to VA and non-VA benefits.	Central	www.va.gov/homeless/crrc.asp 1-800-698-2411
Veterans Crisis Line	The Veterans Crisis Line connects veterans and their families with qualified responders through a confidential toll-free hotline, online chat or text messaging.	Statewide	www.veteranscrisisline.net/ Dial 9-8-8 or 1-800-273-8255 or 911

Community Resources

VETERANS & MILITARY FAMILIES (continued)

Organization	Organization Description	Region	Website & Phone Number
211 Arizona (Veteran and Military Family Resources)	211 Arizona links individuals and families to vital community services throughout Arizona. Resource listings include food pantries, clothing closets, utility assistance, housing, medical care, dental care, veteran and military services, disability related services, employment, and more.	Statewide	211arizona.org/help/veterans-military/
Arizona Department of Veteran Services Veterans Court	Collaborative process to rehabilitate and restore veterans as active, contributing members of their community, focusing on veterans who are already involved in or entering the criminal justice system.	Statewide	dvs.az.gov/information/veteran-courts
Arizona Disability Benefits 101 (DB101)	Arizona Disability Benefits 101 (DB101) is a free online resource that provides information on balancing disability benefits and work. Educational resources explain how income, benefits and health coverage may be affected if you go to work.	Statewide	az.db101.org 1-866-304-WORK (1-866-304-9675) TTY: 1-800-325-0778
Arizona Health Care Cost Containment System (AHCCCS)	Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services. AHCCCS Complete Care (ACC) began on October 1, 2018. This new integrated system will join physical and behavioral health services to treat all aspects of our members' health care needs under a chosen health plan.	Statewide	azahcccs.gov/AHCCCS/Initiatives/AHCCCSCompleteCare/ 1-602-417-4000
Nation's Finest	Veteran programs and services.	National	1-833-GOT-YOR6 (1-833-468-9676)
Arizona Vet Center Locations	Find a VA location or in-network community care provider.	Statewide	https://www.va.gov/directory/guide/state.asp?state=AZ Web-based

VETERANS & MILITARY FAMILIES (continued)

Organization	Organization Description	Region	Website & Phone Number
Health-e-Arizona Plus	Health-e-Arizona Plus is an online system created by Arizona Department of Economic Security (DES) and Arizona Health Care Cost Containment System (AHCCCS) that allows individuals to apply for AHCCCS health insurance, Kids Care, nutrition assistance, and cash assistance.	Statewide	www.healtharizonaplus.gov 1-855-432-7587
Phoenix VA Health Care System	At VA Phoenix Health Care System, our health care teams are deeply experienced and guided by the needs of Veterans, their families, and caregivers. Find a health facility near you and manage your health online. Sign up for community events and updates.	Central	www.va.gov/phoenix-health-care/ 1-602-277-5551
Supportive Services for Veteran Families (SSVF Program)	Connecting veterans with the Social Security Administration.	National	www.va.gov/homeless/ssvf/index.html 1-877-4AID-VET (1-877-424-3868)
The Veterans Directory	Organization created by veterans, for veterans and supporters to provide a comprehensive directory of services with special emphasis on women and veterans aged 55 and older, including their families.	Statewide	veteransfirstltd.org/the-veterans-directory/ Web-based
U.S. Department of Veterans Affairs	The U.S. Department of Veterans Affairs offers rehabilitation services and education opportunities which include, but not limited to, connection to benefits-compensation payments for disabilities or death related to military service, burials, home loan guaranties, pensions, mental-physical health care (nursing homes, integrated medical centers).	National	va.gov 1-800-698-2411
U.S. Department of Veteran Affairs	VA Form 10-0137, VA Advance Directive, and Durable Power of Attorney for Health Care and Living Will.	Statewide	www.va.gov/find-forms/about-form-10-0137
U.S. Vets	The nation's largest, non-profit provider of comprehensive services to homeless and at-risk veterans.	National	1-877-5-4USVETS (1-877-548-7838)
U.S. Department of Veteran Affairs, My Health-e-Vet	Tips and tools to help partner with your health care team to better manage your health.	National	www.myhealth.va.gov Web-based

Community Resources

WOMEN'S HEALTH & FITNESS

Organization	Organization Description	Region	Website & Phone Number
Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC)	The Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC) provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding and postpartum women; infants; and children under age 5.	Statewide	www.azdhs.gov/prevention/azwic/index.php/ 1-800-252-5942
Postpartum Support International (PSI)	Postpartum Support International (PSI) provides support through education and local resource information. They also have a bilingual (English and Spanish) helpline to rapidly refer callers to appropriate local resources including emergency services.	Statewide	www.postpartum.net/ 1-800-944-4773
Power Me A2Z	Power Me A2Z provides free vitamins that are important to women's health. This program is offered through the Arizona Department of Health Services.	Statewide	www.azdhs.gov/powermea2z/ Web-based



Discrimination is Against the Law

Arizona Complete Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). Arizona Complete Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity).

Arizona Complete Health:

- Provides aids and services, at no cost, to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides language services, at no cost, to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages.

If you need these services, contact Member Services at:

Arizona Complete Health: **1-866-918-4450** (TTY/TDD: **711**)

If you believe that Arizona Complete Health failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity), you can file a grievance with:

1557 Coordinator
PO Box 31384, Tampa, FL 33631
Phone: **1-855-577-8234** (TTY/TDD: **711**)
Fax: **1-866-388-1769**
Email: **SM_Section1557Coord@centene.com**

You can file a grievance in person, by mail, fax, or email. Your grievance must be in writing and must be submitted within 180 days of the date that the person filing the grievance becomes aware of what is believed to be discrimination.

If you need help filing a grievance, our 1557 Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail at U.S. Department of Health and Human Services; 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201; or by phone: **1-800-368-1019**, **1-800-537-7697** (TTY).

Complaint forms are available at <https://www.hhs.gov/ocr/complaints/index.html>

This notice is available at the Arizona Complete Health website: **Accessibility, Privacy & Safety** (azcompletehealth.com)



La Discriminación es un Delito

Arizona Complete Health cumple con las leyes Federales de derechos civiles aplicables y no discrimina por motivos de raza, color de piel, nacionalidad de origen, edad, discapacidad o sexo (incluido el embarazo, la orientación sexual y la identidad de género). Arizona Complete Health no excluye a las personas ni las trata de manera diferente por su raza, color de piel, nacionalidad de origen, edad, discapacidad o sexo (incluido el embarazo, la orientación sexual y la identidad de género).

Arizona Complete Health:

- Brinda asistencia y servicios, sin costo alguno, a las personas con discapacidades para comunicarse de manera eficaz con nosotros, como los siguientes:
 - Intérpretes de lengua de señas calificados
 - Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles u otros formatos)
- Brinda servicios de idiomas sin costo para las personas cuyo idioma principal no es el inglés, como los siguientes:
 - Intérpretes calificados
 - Información escrita en otros idiomas.

Si necesita estos servicios, llame a Servicios para Miembros al:

Arizona Complete Health: **1-866-918-4450** (TTY/TDD: **711**)

Si considera que Arizona Complete Health no le proporcionó estos servicios o lo discriminó de otra manera por motivos de raza, color de piel, nacionalidad de origen, edad, discapacidad o sexo (incluido el embarazo, la orientación sexual y la identidad de género), puede presentar una queja ante la siguiente entidad:

1557 Coordinator

PO Box 31384, Tampa, FL 33631

Teléfono: **1-855-577-8234** (TTY/TDD: **711**)

Fax: **1-866-388-1769**

Correo electrónico: **SM_Section1557Coord@centene.com**

Puede presentar una queja en persona, o por correo, fax o correo electrónico. La queja debe presentarse por escrito en un plazo de 180 días a partir de la fecha en que la persona que presenta la queja advierta lo que considera discriminación.

Si necesita ayuda para presentar una queja, nuestro Coordinador 1557 está disponible para ayudarlo.

También puede presentar un reclamo de derechos civiles ante la Office for Civil Rights del U.S. Department of Health and Human Services de manera electrónica a través del Portal de Reclamos de la Office for Civil Rights, disponible en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, o por correo postal a U.S. Department of Health and Human Services; 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201; o por teléfono: **1-800-368-1019**, **1-800-537-7697** (TTY).

Los formularios de reclamo están disponibles en <https://www.hhs.gov/ocr/complaints/index.html>

Este aviso se encuentra disponible en el sitio web de Arizona Complete Health: **Accesibilidad, Privacidad y Seguridad (azcompletehealth.com)**

