

Mental Health

Mental illness refers to a wide range of mental health conditions. These disorders can affect your mood, thinking and behavior.

Examples of mental illness include:

- Depression
- Anxiety disorders
- Schizophrenia
- Eating disorders
- Addictive behaviors
- ADHD
- Bipolar disorder
- Personality disorders
- PTSD

Such conditions may affect someone's ability to relate to others and function each day.

Each person will have different experiences, even people with the same diagnosis. Don't be afraid to reach out if you or someone you know needs help.

A person 18 or older may be ordered by the court to comply with mental health treatment. If ordered to treatment, the person may be ordered to inpatient treatment at a hospital, or to outpatient treatment in a community based clinic, or combination of inpatient and outpatient treatment. Treatment may also include provisions such as taking medication prescribed by the provider.

Any responsible individual may submit an application for involuntary evaluation of a person who is alleged to be, as a result of a mental disorder, a danger to self or to others, persistently or acutely disabled, or gravely disabled and who is unwilling or unable to undergo a voluntary evaluation. The responsible individual submitting an application for involuntary evaluation may be someone such as a family member, case manager, or any other person in the community. The responsible individual must present facts to support the allegations made in the application.

Referrals

24 Hour Crisis Line

(602) 222-9444 or (800) 327-9254 (TTY/TDD)

Community Information and Referral

(602) 263-8856 OR 211

Teen Lifeline

(602) 248-8336

Trained teen peer counselors available to listen and help

A New Leaf

(602) 441-6458

Can provide assistance with shelters, housing solutions, youth services, foster care, counseling, financial literacy, neighborhood economic development, workforce support, and community services.

La Frontera – EMPACT

(480) 784-1500

4425 W. Olive Ave. #194
Glendale, AZ 85302

Suicide Prevention Center offers crisis & community behavioral health services to children, adults & families.

ComTrans

(602) 222-9444

Transportation assistance

VA Hospital

(602) 277-5551

650 E. Indian School Rd.
Phoenix, AZ 85012

Warm line

(602) 347-1100

Peer-run listening line staffed by people in recovery themselves.

Impact PAD Team- (480)784-1514 ext. 1158

(Non-Emergent Petitioning Assistance)

National Suicide Prevention Hotline (24/7)

(800) 273-8255

Mental Health

**City of El Mirage
Police Department**

Victim Assistance Unit

12401 W. Cinnabar Ave.

El Mirage, AZ 85335

(623) 500-3090

vau@elmirageaz.gov



Substance Abuse

It can be difficult to acknowledge that you or someone you love has a problem with drugs or alcohol. Admitting that there is a problem, however, is the first and most important step in seeking substance abuse treatment. With the right support, treatment and tools, you can overcome an addiction to drugs & alcohol, achieve sobriety, & reclaim your life.

Substance Abuse & Mental Health

Community Bridges WV Access Point:

(623)643-9678 or 877-931-9142

824 N. 99th Ave.

Avondale, AZ 85323

Copper Springs – Mental Health and Addiction services (24/7)

(480) 565-3035

10550 W McDowell Rd.

Avondale, AZ 85392

Terros Health

602 222-9444

Support For Families

Parents of Addicted Loved Ones (PAL)

(480) 300-4712

Parents with a child addicted to drugs and/or alcohol can find a support program.

(MIKID) Mentally ill kids in distress

(602)253-1240

2642 E Thomas Rd., Phoenix, AZ 85016

Crisis Mobile Teams

Mobile crisis teams are available to respond to assist anyone in crisis. These teams of behavioral health professionals can assist individuals facing immediate crisis and emotional distress related to substance abuse, physical abuse, developmental disabilities or a psychiatric emergency. These teams respond to situations on site, whether in a home or on the streets, or in a hospital. They provide high quality crisis intervention, emotional support and referrals. To reach a mobile crisis team call (602) 222-9444

Depression

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

Many people who have depression turn to drugs and alcohol to make them feel better or to numb themselves from their feelings. This relationship between mental health and addiction is dangerous, particularly because substance abuse can worsen depressive symptoms.

Signs of Depression or Suicidal Thinking

- Hopelessness
- Anxiety
- Agitation, sleeplessness or mood swings
- Feeling like there's no reason to live
- Rage or anger
- Increasing alcohol or drug abuse
- Withdrawing from family and friends
- Talking about death, dying or suicide
- Self-destructive behavior

In addition to treatment, you can adjust your lifestyle to help prevent or deal with suicidal thoughts. Be sure to take time to:

- Set reasonable goals for yourself.
- Cut back on obligations if you are overworked.
- Spend time with family, friends, or other Veterans to avoid feeling isolated.
- Exercise and get enough sleep.
- Slow down, using relaxation techniques such as meditation or deep breathing.

Emergency Psychiatric Care

Adult Patients Without Insurance **RI International Recovery Response Center (RRC)**

(602) 650-1212, press 2

11361 N. 99th Ave. Peoria, AZ 85345

Connections AZ (UPC)

(602) 416-7600

1201 S 7th Ave., Phoenix, AZ 85007

Adults with Private Insurance

Aurora Behavioral Health

(623) 344-4400

6015 W Peoria Ave. Glendale, AZ 85302

St. Luke's Behavioral Health

(602) 251-8535

1800 E. Van Buren St. Phoenix, AZ 85006

Juvenile Psychiatric Emergency

(Must have parental consent)

Ages 5-17

St. Luke's Behavioral Health

(602) 251-8535

1800 E. Van Buren St. Phoenix, AZ 85006

Age 12 and under

Phoenix Children's Hospital

(602) 933-0990

1919 E. Thomas Rd. Phoenix, AZ 85016

Age 11-17

Quail Run Behavioral Health

(602) 455-5694

2545 W. Quail Ave. Phoenix, AZ 85027

Age 13+

Banner Behavioral Health

(480) 448-7500 or (602) 254-4357

7575 E. Earl Dr. Scottsdale, AZ 85251

Aurora Behavioral Health West

(480) 345-5420

6015 W Peoria Ave. Glendale, AZ 85302