

COCONINO COUNTY RESOURCES

FOOD, FINANCIAL AND GROUP SUPPORT

Category	Title	Description	Contact Info	Website
Affordable Housing	Sharon Manor	A 24 unit affordable housing community in Flagstaff.	2423-2301 N. 3 rd St., Flagstaff Ph: (928) 773-1882	www.housingnaz.org
Family Support	NAMI Family to Family Support Group	A free support group for friends and family of people with mental illness. Meets every Thurs 5:50 to 7pm. (when not under social distancing)	3700 N. Fanning Dr. Flagstaff	www.namiflagstaff.org for more information
Financial Help	Coconino County Health and Community Services	Provides utility assistance, financial empowerment classes, housing rehabilitation, weatherization services, etc. Open 8am-5pm, 8am to 3pm for walk-in appts	Flagstaff: 625 N. King St. Ph: (928) 679-7448	www.coconino.az.gov
Financial Help	Az Dept of Economic Security	Utility assistance programs to assist low income households.	397 Malpais Lane Ph: (928) 779-0327	www.des.az.gov
Financial Help	Coconino County Health and Community Services	Additional Locations: Fredonia: 20 W. Brown St. Ph: (928) 643-7241	Page: 467 Vista Ave. Ph: (928) 679-7496 Williams: 850 W. Grant Ph: (928) 679-7453	
Flagstaff Senior Center	Coconino County Community Services Dept.	Provides home care services to seniors including housekeeping, personal care, and respite, assists in applying for Arizona Long Term Care System (ALTCS), and Medicare Cost Share Rx assistance and referral to other resources in community.	2625 N. King St. Flagstaff Ph: (928) 679-7453 Open: M-F 8am-5pm	www.coconino.az.gov/seniorservices
Food Center	Flagstaff Family Food Center	Distributes food to nonprofit agencies and provides food boxes twice monthly to families and individuals in need.	3805 E. Huntington Dr. Ph: 99280 526-2211 Open Tues-Sat, 9am-1pm	www.hotfood.org
Fredonia Senior Center	Fredonia Senior Citizen Center	Provides services for seniors including congregate and home delivered meals, social activities, case mgmt, transportation and blood pressure checks.	80 N. 100 W. Ph: (928) 643-7278 Open M-F 8am – 1pm	www.fredoniaaz.net/departments/seniorcitizencenter.aspx

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Category	Title	Description	Contact Info	Website
NACA	Native Americans for Community Action Supportive Services Program	Provides case management, sack lunches, food boxes and emergency financial assistance to Native Americans in Northern Arizona.	2717N. Steves Blvd. Suite 11 Flagstaff Ph: (928) 526-2968 Open: M-F 8am-noon, 1pm-5pm	www.nacainc.org
Page Community Center		Provides recreational and socialization activities including exercise classes and crafts for adults age 20 and over. Provides congregate meals for senior citizens.	699 S. Navajo Dr. Ph: (928) 645-2600 Open M-F 10am-3pm	www.cityofpage.org/departments.commununity-center
Peer Support	NAMI Connections Peer Support Group	A free support group facilitated by a peer for people with mental illness. Meets every Thurs 5:50 to 7pm. when not under social distancing.	3700 N. Fanning Dr. Flagstaff	www.namiflagstaff.org for more information
Salvation Army	Flagstaff Salvation Army	Provides assistance for people in need in Flagstaff and Tuba City, including: emergency food boxes, utility bill and rent payment assistance, etc.	507 N. Humphreys St. Ph: (928) 774-1403 Open: M-Th 9am-5pm	www.arizona.salvationarmy.org/Arizona/flagstaff
Salvation Army	Sedona Salvation Army	Provides assistance once per year to qualifying residents of Sedona and Village of Oak Creek, including: rent assistance, food boxes, prescription purchases, etc.	Ph: (928) 282-7800	www.sedonasalvationarmy.com
Williams Senior Center		Provides lunches on weekdays for seniors, recreational activities, socialization and special events.	850 W. Grant Ave. Williams Ph: (928) 679-7480 Open: M-F 8am-5pm	www.williamsaz.gov
Veterans Support	U.S. Dept of Veterans Affairs	Provides a network of veterans benefits counselors who give information, counseling and assistance to veterans, their dependents and survivors.	1016 W. University Ave., #210 Flagstaff Ph: (928) 779-4166	www.dvs.az.gov.com
Veterans Support	Northern Arizona V.A. Health Care System	A community based outpatient clinic (CBOC) providing primary care services to veterans living in Coconino County.	1300 W. University Ave., Flagstaff. Open M-F 7am-5pm Ph: (928) 226-1056	www.prescott.va.gov

HELP LINES AND HOTLINES

Category	Title	Description	Contact Info	Website
Co-occurring Disorders	Mental Health and Substance Use Disorders	Provides information on the connection between substance use disorders and mental illness. Download a disclosure guide for mental health and substance use benefits.		www.MentalHealth.gov
Crisis Helpline	National Drug Helpline	Offers 24/7 drug and alcohol help to those with addiction, including information regarding treatment and recovery.	Call: 1-844-289-0879	www.drughelpline.org
Crisis Hotline	Crisis Response Network	Provides help during a mental health crisis and determines need for on site support unit. Available in Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties.	Call: (877) 756-4090 Adm Ph: (602) 427-4600 Hearing Impaired: Use TTY relay service at 711 or (800) 367-8939	www.crisisresponsenetwork.org
Crisis Response	TERROS Health-Mobile Crisis	Support for adults, children and families experiencing a mental health emergency. Assesses need for mobile unit response. Mohave, Maricopa, Apache, Western Yavapai and Coconino counties	Ph: (877) 756-4090 Adm. Ph: (602) 427-4090	www.terroshealth.org
Crisis Text Line	A global not-for-profit org.	Provides free 24/7 support via text message for everything from anxiety, depression, suicide, school, etc.	Text HOME to 741741	www.crisistextline.org
Drug & Alcohol Helpline	A National non-profit helpline	Provides detailed information on all state-licensed and certified rehabilitation programs for substance use disorders in Flagstaff.	Call 1-877-882-9275 to find a rehab center	www.drug-rehabs/prg
Helpline	2-1-1 Arizona	For information (and a free downloadable directory) for food, clothing, help paying bills, etc. for Northern AZ listed by County	Dial 2-1-1 within Arizona Or 1-877-211-8661 from anywhere.	www.211arizona.org

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Category	Title	Description	Contact Info	Website
SMI Eligibility	Crisis Response Network Eligibility and Care Center	SMI (severe mental illness) determination process for behavioral health eligibility in Northern AZ. Open M-F 8am to 5pm.	1633 S. Plaza Way, Flagstaff Admin ofc: (928) 478-1069 SMI eligibility: (855) 832-2866	www.crisisnetwork.org
Suicide Hotline	National Suicide Prevention Lifeline	Offers 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.	Call: 1-800-273-8255	www.suicidepreventionlifeline.org
Suicide Prevention	The JEM Foundation	A non-profit org. whose mission is to provide individual and family support to prevent suicide in children and adolescents.	Ph: (480) 930-1733 Closes at 11pm	
Teen Helpline	Teen Life Line and National Runaway helpline	Safe, confidential helpline for Arizona teens in crisis... to help teens take charge of their wellness.	Phone or text to: 602-248-TEEN (8336)	www.onlineteenhelp.com
Tragedy Support Line and Hotline	Crisis Response Network	Open 24/7 for anyone in northern or central Arizona seeking support and information on grief, stress, and trauma. Mobile unit available as needed.	Tragedy Support Line: call 1-800-203-2273 Central AZ: (602) 222-9444 Northern AZ: (877) 756-4090	www.crisisresponsenetwork.org
Veterans Crisis Line	Arizona Dept of Veteran's Services	Offers a free, anonymous, confidential resource to veterans even if not registered with VA or enrolled in VA health care.	Ph: 1-800-273-8255 (option 1) Or text 838255 Be Connected: 1-866-429-8387	www.dvs.az.gov
Warm Line	Nazcare	Talk about triggers, issues and relationships. Work on coping skills and find resources.	Call 1-888-404-5530 Open 11am-10:30pm 7 days/wk while social distancing lasts.	www.nazcare.org
Additional Addiction Hotlines: National Institute on Drug Abuse (NIDA) 1-301-443-1124 National Institute of Mental Health (NIMH) 1-866-615-6464		Substance Abuse and Mental Health Services Administration (SAMHSA) 1-800-662-4357 National Council On Alcoholism and Drug Dependence (NCADD) 1-800-622-2255	Alcoholics Anonymous Number: 1-212-870-3400 National Association for Children of Alcoholics 1-888-554-2626	www.drughelpline.org

SHELTERS

Domestic Abuse Shelter	Northland Family Help Center	A non-profit org. providing domestic violence and sexual assault shelter, counseling, legal advocacy, community education, etc.	2532 N. Fourth St., #506 Flagstaff Bus. Ph: (928) 527-1900	www.northlandfamily.org
Homeless Shelter	Hope Cottage	Provides shelter, clothing and meals for homeless women and children	2211 E. Johnson Ave., Flagstaff Ph: (928) 774-3512	(no website)
Homeless Shelter	Flagstaff Shelter Services, Inc.	Provides emergency shelter and services to all people in crisis, regardless of faith, sobriety or mental health. Open 24 hours.	4185 E. Huntington Dr. Flagstaff Ph: (928) 225-2533	www.flagshelter.org
Homeless Shelter	Sunshine Rescue Mission and Community Outreach Center	Provides shelter for men, women and children. Provides clothing, food boxes, and meals for families and individuals in need.	124 S. San Francisco St., Flag Shelter Intake: 4-6pm Ph: (928) 774-3512	www.srm-hc.org
Homeless Shelter	Northland Family Help Center	Crisis Intervention services, including confidential emergency shelter location, food, clothing, transitional housing, etc. Hotline open 24 hours/7days per week	2532 N. Fourth St. #506 Flagstaff Bus. Ph: (928) 527-1900 or Hotline: (877) 634-2723	www.northlandfamily.org
Homeless Shelter	Catholic Charities	Provides emergency shelter and services to help you recover and gain independence and transition into permanent housing. Closes 5pm	2101 N. Fourth St., Flagstaff (928) 774-0125 ext. 53049	www.catholiccharitiesaz.org

URGENT CARE AND HEALTH CARE

Category	Title	Description	Contact Info	Website
Access to Careline	Community Bridges, Inc.	A non-profit organization that provides integrated medical and behavioral health care, including prevention, education and treatment for mental health and substance use disorders.	Ph: (877) 931-9142 (8am-5pm) Ph: (928) 289-3151 for specific treatment needs	www.communitybridgesaz.org
Urgent Care	Concentra Urgent Care	Offers walk-in urgent care and occupational health for patients and employees in Flagstaff. Open 8am to 5pm	1110 E. Rt. 66 Suite 100, Flagstaff (928) 773-9695	www.concentra.com
Urgent Care	NextCare Urgent Care	Provides urgent care medicine and occupational medical services. Open 7am to 7pm M-F, 7am-4pm Sat & Sun	1000 N. Humphreys St. #104 Flagstaff (928) 779-3844	www.nextcare.com
Urgent Care	Flagstaff Urgent Care	Treats all ages, illnesses, minor injuries, occupational and sports physicals, etc.	(928) 440-5406	www.flagstaffurgentcare.com
Urgent Care	Flagstaff Medical Center Emergency Dept	Offers 2 Cardiac Arrest Centers, Level 1 and Level IV Trauma Centers, a Primary Stroke Center, etc.	1200 N. Beaver St. Flagstaff Ph: 9-1-1	www.nahealth.com