

Resources

We understand that coping with the uncertainty and stress of COVID-19 has been challenging and the struggle to cover basic needs continues for many. We care about your well-being and want to make sure that you know about the resources available in this document. The vast majority of resources listed here are free.

I. UNIVERSITY OF ARIZONA

A. Financial

[UA Student Emergency Fund](#)

This fund is intended to assist UA students by providing subsidies for unexpected emergency expenses. This directly includes expenses related to the disruption of campus operations due to the COVID-19 pandemic.

[UA Campus Pantry](#)

Any person with a UA CatCard can access the Pantry. Summer hours are Tuesdays & Wednesdays, 11am-1pm and is temporarily located in the Student Union, Sonora Room.

B. Mental Health

<https://health.arizona.edu/getting-started-caps>

University of Arizona Counseling and Psychological Services (CAPS), open M-F, 9am-3:30pm. Note, this service is not free. 520-621-3334

If you attend the University of Arizona as a student, please note that CAPS can refer you to a local mental health counseling provider with experience with a specific mental health concern and/or experience working with a specific population.

II. ARIZONA

A. Mental Health

<https://uacupclinics.medicine.arizona.edu/clinics/mind-clinic>

The MIND Clinic is an outpatient psychiatric clinic for uninsured people in Tucson. The clinic is run by medical students and board-certified volunteer psychiatrists. We provide psychiatric assessment and medication management for adults and children with anxiety, depression, OCD, bipolar, schizophrenia, or any other mental illness. We do not provide addiction or substance abuse treatment. We do, however, provide individual therapy services for children. Physician visits are free, and we use low cost medications whenever possible.

https://www.azca.org/i4a/memberDirectory/index.cfm?directory_id=10&pageID=3313

Search for licensed counselors by geographic region within Arizona. The search is free. However, counseling offered by any of these providers is not free.

<https://www.namisa.org/immediate-crisis-help/>

If you are in immediate crisis, whether it be for you or your loved one, call the Community Wide Crisis line at (520) 622-6000 or 1 (866) 495-6735. This is a publicly funded crisis hotline.

<https://www.namisa.org/immediate-crisis-help/>

Warm Line is a publicly funded peer support line for anyone needing to talk. The Warm Line is not for emergency situations. Call (520) 770-9909 or 1 (844) 733-9912 from 8am-10pm daily.

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=848860>

Pima County and Southern Arizona support geared specifically for students in grades 6-12 who are looking for self-care tips, boost emotional well-being, and learn how to help a friend using a free interactive and anonymous text messaging activity . The program helps you connect with others, find therapy near you, and boost your mental health during the pandemic. Text CONNECT to 822-429-1994 or START to 8900

III. NATIONAL

A. COVID

[Dial 2-1-1](#)

2-1-1 providers connect people with local services and resources. This web page lists specific resources for the COVID-19 pandemic.

B. Mental Health

[Crisis Text Line](#)

Crisis Text Line is a crisis-intervention hotline that conducts conversations exclusively by text message. Trained crisis counselors are available 24 hours a day. Free 24/7 support at your fingertips. For US and Canada, text 741741. UK: text 85258. Ireland: text 50808

[CrisisNOW](#)

CrisisNOW provides a roadmap to safe, effective crisis care. Their goal is to keep people out of emergency rooms or jails by providing targeted services for people in distress.

[Direct Online and Phone Support Services for LGBTQ Youth](#)

This web page provides online and phone support services for LGBTQ youth and their caregivers.

[Disaster Distress Helpline](#)

SAMHSA's Disaster Distress Helpline provides 24/7 crisis counseling to people experiencing emotional distress related to natural or human-caused disasters. The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and

other depression-like symptoms are common reactions after a disaster. Call [1-800-985-5990](tel:1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor.

[Mental Health - Warm Lines](#)

Warmlines are confidential, peer-run listening lines staffed by people who have experienced mental health conditions themselves. Click the link and scroll down to see a directory of Warm Lines by state within the US.

[National Domestic Violence Hotline](#)

Staying at home during the COVID-19 crisis may not be the safest option for intimate partner violence survivors. This web page provides suggestions to make survivors feel safer during this uncertain time. For any victims and survivors who need support, we are here for you, 24/7. Call 1-800-799-7233 or 1-800-787-3224 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

[National Human Trafficking Hotline](#)

The National Human Trafficking Hotline connects survivors of sex and labor trafficking with services and supports to get help and stay safe. Call 1-888-373-7888 (TTY: 711) Text and online chat also available.

[National Suicide Prevention Lifeline](#)

The National Suicide Prevention Lifeline provides 24/7 support for people in suicidal crisis or emotional distress. We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. 1-800-273-8255

[Online/Phone Meeting Resources for Substance Use Disorder](#)

The Washington Area Intergroup Association provides a list of resources for online and phone Alcoholics Anonymous meetings.

[SAMHSA's National Helpline](#)

SAMHSA's National Helpline is a free, confidential, 24/7 treatment referral and information service for individuals and families facing mental or substance use disorders. This service is available in English and Spanish. SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357)), (also known as the Treatment Referral Routing Service) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

[The National Sexual Assault Telephone Hotline](#)

The National Sexual Assault Telephone Hotline is a confidential service that connects callers with local sexual assault service providers. When you call 800.656.HOPE (4673), you'll be routed to a local RAINN affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider. A live online chat is also available.

[The Partnership for Drug-Free Kids Helpline](#)

Learn about support programs for individuals and families struggling with substance use and addiction during the COVID-19 crisis.

[Trans Lifeline](#)

The Trans Lifeline's Hotline is a peer-support service for trans and questioning individuals in crisis. All operators are trans-identified. US: 877-330-6366 / Canada: 877-330-6366

[TrevorChat](#)

A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors, open daily from 3–10pm ET / Noon–7pm PT, available 24/7, at trevorproject.org/get-help-now/.

[Trevor Lifeline](#)

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25, available at 1-866-488-7386.

[TrevorText](#)

A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention, available Monday–Friday from 3–10pm ET / Noon–7pm PT by texting START to 678678.

[ULifeline](#)

ULifeline is an anonymous, confidential, online resource center that provides college students with information about emotional health. If you need immediate help text: START to [741-741](tel:741-741) or call: [1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

<https://www.counseling.org/knowledge-center/mental-health-resources>

Free resources about a variety of mental health concerns (e.g., anxiety, depression) for general and more specific populations (e.g., LGBTQ+, immigrant families).

<https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources>

A list of resources on a variety of specific mental health concerns, such as anxiety and depression, eating disorders, ADHD, and Schizophrenia.

<https://www.counseling.org/knowledge-center/mental-health-resources/resources-for-counselors-and-clients>

A website of resources and support for specific populations (e.g. aging individuals, caregivers, tribal resources, LGBTQ, those experiencing economic insecurity, substance abuse, etc.).