



# Community Resource Packet

## 2020-2021 Academic School Year

**Yuma H.S.**  
400 S. 6<sup>th</sup> Ave.  
Yuma, AZ  
85364  
(928) 502-5000

**Vista H.S.**  
3150 S. Ave. A,  
Building C  
Yuma, AZ 85364  
(928) 502-6800

**Kofa H.S.**  
3100 S Ave. A  
#7904  
Yuma, AZ  
85364  
(928) 502-5400

**Gila Ridge H.S.**  
7150 E 24th St.  
Yuma, AZ 85365  
(928) 502-6400

**Cibola H.S.**  
7150 E 24th St.  
Yuma, AZ 85365  
(928) 502-6400

**San Luis H.S.**  
1250 8th Ave,  
San Luis, AZ  
85349  
(928) 502-6100

## Mental Health Services | Family Support | Substance Abuse

<p><b>Child and Family Services of Yuma</b>                  257 S. 3<sup>rd</sup> Ave                  Yuma, AZ 85364                  (928) 783-0179  <a href="http://www.cfsyuma.com">www.cfsyuma.com</a>  <i>*Individual and family therapy, family support, group therapy, transitional housing for veterans.</i></p>	<p><b>Catholic Community Services</b>                  690 E. 32<sup>nd</sup> Street                  Yuma, AZ 85364                  (928) 726-4400  <a href="https://www.ccs-soaz.org">https://www.ccs-soaz.org</a>  <i>*Counseling, senior nutrition program, adult day health care.</i></p>
<p><b>Hope, Inc.</b>                  201 S. 1<sup>st</sup> Ave                  Yuma, AZ 85364                  (928) 783-3616  <a href="https://hopearizona.org/">https://hopearizona.org/</a>  <i>*Includes recovery-based peer support, therapy, and behavioral coaching for teens.</i></p>	<p><b>MIKID- Mentally Ill Kids in Distress</b>                  2891 S. Pacific Ave.                  Yuma, AZ 85365                  (928) 344-1983  <a href="https://www.mikid.org/">https://www.mikid.org/</a>  <i>*Peer support, pre-employment, family support, direct support.</i></p>
<p><b>Easterseals Blake Foundation</b>                  3860 W. 24<sup>th</sup> Street Suite 200                  (928) 248-5112  <a href="http://www.easterseals.com">www.easterseals.com</a>  <i>*Early childhood education services and support, therapy, support for children with Autism, in-home care, support for veterans,</i></p>	<p><b>Horizon Health and Wellness</b>                  791 South 4<sup>th</sup> Ave                  -or-                  3180 E. 40<sup>th</sup> street                  Yuma, AZ 85364                  (833) 431-4449  <a href="http://www.hhwaz.org/our-services/">http://www.hhwaz.org/our-services/</a>  <i>*Adult Inpatient, outpatient, and residential services.</i></p>
<p><b>Pathways of Arizona- Yuma Location</b>                  3818 W 16<sup>th</sup> Street                  Yuma, AZ 85364                  (928) 317-0177  <i>*Foster care, substance abuse, Autism and behavioral intervention, youth and family services, psychiatric services, counseling.</i></p>	<p><b>Arizona Children's Association</b>                  275 W 17<sup>th</sup> Place                  Yuma, AZ 85364                  (928) 344-8800  <i>*Trauma-based behavioral health, family preservation &amp; reunification, family education, kinship care, crisis services, life skills training for teens, mentorship program, foster care and adoption services.</i></p>
<p><b>El Bienestar Wellness Center (Nazcare)</b>                  100 E. 24<sup>th</sup> Street, Suite 1 &amp;2                  Yuma, AZ 85364                  (928) 783-4253  <a href="https://www.nazcare.org/centers/elbienestar.html">https://www.nazcare.org/centers/elbienestar.html</a>  <i>*LGBTQ Support</i></p>	<p><b>Crossroads Mission</b>                  944 S. Arizona Avenue                  Yuma, AZ 85364                  (928) 783-9362  <a href="http://crossroadsmission.org/emergency-shelter.html">http://crossroadsmission.org/emergency-shelter.html</a>  <i>*Emergency shelter, free meals, case management, GED programs drug and alcohol treatment and recovery program.</i></p>

<p><b>Rosewood Centers for Eating Disorders</b>  950 W Elliot Rd #201  Tempe, AZ 85284  (844) 264-1580  <a href="https://www.rosewoodranch.com/">https://www.rosewoodranch.com/</a>  <i>*Holistic treatment for eating disorders.</i></p>	<p><b>Community Bridges, Inc.</b>  1012 South Stapley Drive Building 5, Suite 117  Mesa, AZ 85204  <a href="https://communitybridgesaz.org/families-patients/adolescent/">https://communitybridgesaz.org/families-patients/adolescent/</a>  <i>*Teen substance abuse, peer support, counseling, assistance for veterans,</i></p>
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### Community Support & Resources

<p><b>Amberly's Place</b>  1310 S. 3<sup>rd</sup> Ave.  Yuma, AZ 85364  (928) 373-0849  <a href="https://www.amberlyspplace.com/">https://www.amberlyspplace.com/</a>  <i>*Victim center with a crisis response team to assist victims of domestic violence, child abuse adult sexual assault and elder abuse</i></p>	<p><b>American Red Cross</b>  2191 S. 4th Ave  Yuma, AZ 85364  (928) 248-8220  <a href="https://www.redcross.org/local/az-nm.html">https://www.redcross.org/local/az-nm.html</a></p>
<p><b>SHINE Boys and Girls Center</b>  1100 S 13<sup>th</sup> Ave  Yuma, AZ 85364  (928) 318-5800  <a href="https://www.theshineprogram.org/">https://www.theshineprogram.org/</a></p>	<p><b>YMCA Yuma</b>  1917 W 32<sup>nd</sup> Street  Yuma, AZ 85364  (928) 317-0522  <a href="https://valleymca.org/yuma/">https://valleymca.org/yuma/</a></p>

### Thrift Stores

<p><b>Goodwill</b>  3096 S. 4<sup>th</sup> Ave.  Yuma, AZ 85364  (928) 343-7629  <a href="http://www.goodwillaz.org">www.goodwillaz.org</a></p>	<p><b>Precious Treasures Mission</b>  492 E. Main Street  Somerton, AZ 85350  (928) 627-3640</p>
<p><b>Crossroads Mission Thrift Store</b>  550 W. 8<sup>th</sup> Street  Yuma, AZ 85364  (928) 726-0491</p>	<p><b>Amberly's Place Thrift Store</b>  812 South Avenue A  Yuma, AZ 85364  (928) 329-2989</p>

## Emergency Shelters

<p><b>Crossroads Mission</b>            944 S. Arizona Avenue            Yuma, AZ 85364            (928) 783-9362  <a href="http://crossroadsmission.org/emergency-shelter.html">http://crossroadsmission.org/emergency-shelter.html</a></p>	<p><b>Salvation Army</b>            600 W. Catalina Drive            Yuma, AZ 85364            (928) 783-0181  <a href="https://yuma.salvationarmy.org/">https://yuma.salvationarmy.org/</a></p>
<p><b>Safe House- Domestic Violence Shelter</b>            690 E 32<sup>nd</sup> Street            Yuma, AZ 85365            (928) 782-0077  <a href="https://www.ccs-soaz.org/services/detail/safe-house-domestic-violence-shelter">https://www.ccs-soaz.org/services/detail/safe-house-domestic-violence-shelter</a></p>	

## Food Assistance

<p><b>Yuma County Food Bank</b>            2404 E. 24<sup>th</sup> Street            Yuma, AZ 85365            (928) 343-1243  <a href="https://www.yumafoodbank.org/">https://www.yumafoodbank.org/</a></p>	<p><b>Salvation Army</b>            600 W. Catalina Drive            Yuma, AZ 85364            (928) 783-0181  <a href="https://yuma.salvationarmy.org/">https://yuma.salvationarmy.org/</a></p>
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## Housing Support

<p><b>Community Partners</b>            2545 S. Arizona Ave. Bldg A-D            Yuma, AZ 85364            (928) 376-0220</p>	<p><b>Arizona Interagency Farmworker Coalition, Inc. AIFC</b>            2215 South 8th Ave            Yuma, AZ 85364            (480) 269-0744            info@aifc.org  <i>*Housing support for Migrant workers</i></p>
<p><b>WACOG Rapid Rehousing Program</b>            1235 S Redondo Center Dr.            Yuma, AZ 85365            (928) 217-7116</p>	<p><b>Yuma County Housing Department</b>            2050 W. Main Street            Somerton, AZ 85350            (928) 304-7333  <i>Section 8 housing choice voucher program.</i></p>

## Legal Support

<p><b>Yuma County Public Defender's Office</b>          168 South 2<sup>nd</sup> Ave          Yuma, AZ 85364          (928) 817-4600</p>	<p><b>Juvenile Justice Center</b>          2440 W. 28<sup>th</sup> Street          Yuma, AZ 85364          (928) 314-1900</p>
<p><b>Yuma County Adult Probation</b>          405 S. Main Street          Yuma, AZ 85364          (928) 329-2210  <a href="http://www.hhwaz.org/our-services/">http://www.hhwaz.org/our-services/</a></p>	<p><b>CASA of Yuma County</b>          2440 W 28<sup>th</sup> Street          Yuma, AZ 85364          (928) 314-1900  <a href="https://www.azcourts.gov/casaofyumacounty">https://www.azcourts.gov/casaofyumacounty</a>  <i>*Volunteers who advocate for abused and neglected children in court system.</i></p>
<p><b>Yuma County Detention Center</b>          200 W. Court Street          Yuma, AZ 85364          (928) 782-9871  <a href="https://www.yumacountysheriff.org/detention.html">https://www.yumacountysheriff.org/detention.html</a></p>	<p><b>Yuma Police Department</b>          1500 South 1<sup>st</sup> Ave          Yuma, AZ 85364          Non-emergency phone: (928) 373-4700  <a href="https://www.yumaaz.gov/police/index.html">https://www.yumaaz.gov/police/index.html</a></p>

## Disability Support

<p><b>SMILE Independent Living and Empowerment</b>          1929 S. Arizona Ave. Suite 11          Yuma, AZ 85364          (928) 329-6681  <a href="https://smile-az.org/">https://smile-az.org/</a></p>	<p><b>Division of Developmental Disabilities</b>          1185 S Redondo Center Drive          Yuma, AZ 85364          (928) 247-8705  <a href="https://des.az.gov/services/disabilities/developmental-disabilities">https://des.az.gov/services/disabilities/developmental-disabilities</a></p>
<p><b>Office of Vocational Rehabilitation</b>          (800) 563-1221  <a href="https://www.azdes.gov/RSA/">https://www.azdes.gov/RSA/</a></p>	<p><b>Arizona@Work</b>          300 S. 13th Avenue          Yuma, AZ 85364          (928) 329-6466</p>

# Additional Mental Health Resources

## Phone Numbers & Websites

### **Hotlines**

#### **24 Hr National Suicide Prevention Lifeline**

1 (800) 273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

#### **24 Hr National Substance Use Issues & Referral Treatment Hotline SAMHSA**

1 (800) 662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

#### **24 Hr National Domestic Violence Hotline**

1 (800) 799-7233 or 1 (855) 812-1001 (for hearing impaired)

[www.thehotline.org/help/](http://www.thehotline.org/help/)

#### **RAINN: Rape, Abuse, & Incest National Network**

1 (800) 656- 4673

<https://www.rainn.org>

#### **24 Hr Narcotics Anonymous Hotline Yuma**

1 (928) 502-2201

#### **24 Hr Boys Town National Hotline**

1 (800) 448-3000

<https://www.boystown.org/hotline/Pages/default.aspx>

\*Spanish speaking translation services

#### **Suicide & Crisis Hotline Yuma County AZ Complete Health- Complete Care Plan**

1 (866) 495-6735

#### **24 Hr LGBTQ Crisis Support TrevorLifeline: The Trevor Project**

1 (866)488-7386.

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

*Nationwide crisis and suicide prevention for LGBTQ youth.*

### **Confidential & National Support via Text**

#### **Youthline**

Text teen2teen to 839-863 or call 1-877-968-8491

*Children & adults ages 11 to 21, can talk through any issues including eating disorders, relationship/family concerns, bullying, sexual identity, depression, self-harm, anxiety, and thoughts of suicide.*

### **Crisis Text Line**

Text HOME/HELLO to 741-741

[www.crisistextline.org](http://www.crisistextline.org)

*\*Trained crisis counselors providing crisis support through anxiety, emotional abuse, depression, suicide, and school, etc.*

### **The Trevor Project: TrevorText**

Text START to 678-678

<https://www.thetrevorproject.org/get-help-now/>

*\*Nationwide crisis and suicide prevention for LGBTQ youth.*

### **Boys Town National Hotline**

Text VOICE to 20121

### **National Eating Disorders Association**

Crisis text line: Text NEDA to 741741

Helpline: 1 (800) 931-2237

Link to online support groups:

<https://www.nationaleatingdisorders.org/help-support/support-groups-research-studies>

### **Safe Place**

TXT 4 HELP supports youth facing abuse, bullying, family issues, depression, thoughts of suicide. Text the word “safe” and your current location (address, city, state) to 4HELP (44357). You will receive a message for the nearest Safe Place and their phone number. Reply “2chat” to text with a counselor for immediate help.

### **National Support**

#### **Substance Abuse and Mental Health Services Administration SAMHSA**

<http://www.samhsa.gov/>

*\*SAMHSA is an agency within the Department of Health and Human Services whose mission is to reduce the impact of mental illness and substance abuse.*

#### **National Alliance on Mental Illness NAMI**

NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm, ET.

1-800-950-NAMI (6264)

Text NAMI to 741741

[info@nami.org](mailto:info@nami.org)

*\*Nami is a free peer-support service offering support, information and referrals for persons with mental health conditions, families, caregivers, the public and providers.*