

SAMHSA (Substance Abuse and Mental Health Services Administration)

The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.

800-662-4357

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

NAMI (National Alliance on Mental Illness) Valley of the Sun

Crisis Support Line: 602-222-9444

Non-Crisis Warm Line: 602-347-1100

<https://namivalleyofthesun.org/>

National Suicide Prevention Hotline

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

<https://suicidepreventionlifeline.org/>

1N10 - Phoenix

602-400-2601

www.OneNTen.org

A source and a support organization for the LGBTQ Youth and people of all ages in the Valley of the Sun.

National Domestic Violence Hotline

1-800-799-7233

1-800—787-3224

www.NDVH.org

If you need further assistance during the holidays, do not hesitate to contact Michael Curry, by email at swclayminister@gmail.com