

YOU ARE NOT ALONE: RESOURCES FOR SUPPORT

Your health and wellbeing are foremost in our minds. We at TIHAN stand with you in good times and during challenging times. Please know that there are a wealth of mental/behavioral health resources available to offer support.

If you are in need of support or counseling, please reach out and connect with one of our local mental health agencies, including:

Living Out Loud LGBTQI Health & Wellness Center <http://livingoutloudaz.org/> 520-202-1832

CODAC Health, Recovery & Wellness <http://www.codac.org/> 520-202-1840

COPE Community Services <http://www.copecommunityservices.org/> 520-792-3293

La Frontera <http://lafronteraaz.org/> 520-296-3296

Pasadera Behavioral Health Network <http://www.pasaderanetwork.org/> 520-882-5608

If you are on AHCCCS, you can get help in choosing a mental health provider (one of the above, or other options) by calling Cenpatico Integrated Care: <https://www.cenpaticointegratedcareaz.com/> 866-495-6738

If you are a patient receiving care at El Rio Special Immunology Associates (SIA), you can also receive behavioral health support there: <http://www.elrio.org/locations/special-immunology-associates-sia/> 520-628-8287

If you would like someone to talk to on the phone,

HOPE's Warm Line offers a 24/7 service that is confidential for anyone who needs to talk. Non-emergency service – talk to a trained Peer Support operator about anything you want to talk about - 520-770-9909
<http://www.hopetucson.org/warm-line>

Cenpatico's Crisis Intervention Services has a crisis line available 24 hours a day, seven days a week – 866-495-6735. Crisis services are available to everyone, and is staffed by nurses, behavioral health professionals, behavioral health technicians, and peer and family support specialists. Whether you are enrolled in Cenpatico Integrated Care, private or group insurance, or have no insurance at all, this service is available to you free of charge from Cenpatico, the crisis response and stabilization system for our community.

Hay intérpretes en español disponibles: Los Servicios de Intervención de Crisis de Cenpatico tienen una línea de crisis disponible las 24 horas del día, los siete días de la semana - 866-495-6735. Los servicios de crisis están disponibles para todos, y cuenta con personal de enfermería, profesionales de la salud del comportamiento, técnicos de salud conductual y especialistas en apoyo de pares y familias. Simplemente llame y solicite un intérprete español.

Trevor Project hotline for LGBTQ+ youth: 866-488-7386

Transgender Crisis hotline: 877-565-8860

Crisis Text Line: Text 741741 from anywhere in the USA to text with a trained Crisis Counselor

An additional list of important hotlines or support can be found at <http://www.crisistextline.org>

If you are a TIHAN CarePartner living with HIV, please know our Link Specialist volunteers are available to listen and help on weekdays: 520-299-6647.

Of course, please remember that if you ever feel unsafe or if there is a crisis situation, always call 9-1-1 immediately.

No one must go through difficult times alone. Together, we are stronger. TIHAN, our community, and mental/behavioral health providers stand ready to help. Please share this information with others who might benefit from knowing about the resources available in our community to support each other.



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