

NEED TO TALK TO SOMEONE? (WARM LINES)

Hope

- **08:00 AM - 10:00 PM**
- <https://hopearizona.org/>
- Teen Warmline: **1-877-770-2021**
- Adult Warmline : **(520) 770-9912**
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The Friendship Line

- Both a crisis intervention hotline and a warmline for non-emergency emotional support calls. For the 24-hour toll-free FRIENDSHIP LINE call 1-800-971-0016
- <https://www.ioaging.org/services/friendship-line/>

Maternal Mental Health Hotline

- **Free for women and their families who are not in crisis but need real time support**
- **1-833-943-5746**
- <https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Postpartum Support International

- www.postpartum.net
- Helpline: Call or Text "HELP" to 1-800-944-4773
- Spanish: Call 1-800-944-4773 or Text 1-971-203-777

Tribal Warm Line

- **A confidential, no cost American Indian support service**
- **1 (855) 728-8630**

http://www.tonhc.org/wp-content/uploads/2020/04/TribalWarmLineFlyer_July2018.pdf

National Sexual Assault Hotline
1-800-656-4673

Domestic Violence Hotline

1-800-799-7233 or text "START" to 8878

Homicide Survivors INC
Phone: (520) 740- 5729

The National Human Trafficking Hotline.

1-888-373-7888

Covid-19 Crisis Counseling
Phone: (877) 211-8661

You can also text the word 'Help' to 233-733.