



Community Resource Packet

2023-2024 Academic School Year

<p>Yuma H.S. 400 S. 6th Ave. Yuma, AZ 85364 (928) 502-5000</p>	<p>Vista H.S. 3150 S. Ave. A, Building C Yuma, AZ 85364 (928) 502-6800</p>	<p>Kofa H.S. 3100 S Ave. A #7904 Yuma, AZ 85364 (928) 502-5400</p>	<p>Gila Ridge H.S. 7150 E 24th St. Yuma, AZ 85365 (928) 502-6400</p>	<p>Cibola H.S. 4100 W 20th St. Yuma, AZ 85365 (928) 502-6400</p>	<p>San Luis H.S. 1250 8th Ave San Luis, AZ 85349 (928) 502-6100</p>	<p>Somerton H.S. 1093 W. Jefferson St. Somerton, AZ 85350 (928)502-3850</p>
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AHCCCS: Mental Health Services

<p><u>Arizona Children’s Association</u> 3780 S. 4th Ave, Suite K Yuma, AZ 85365 Phone (928) 344-8800 https://www.arizonaschildren.org/</p> <p>Services offered: Trauma-based behavioral health, family preservation & reunification, family education, kinship care, crisis services, life skills training for teens, mentorship program, foster care and adoption services.</p>	<p><u>Catholic Community Services</u> 690 E. 32nd Street Yuma, AZ 85364 Phone (928) 341-9400 https://www.ccs-soaz.org</p> <p>Services offered: Counseling, senior nutrition program, adult day health care.</p>
<p><u>Community Bridges, Inc.</u> Residential 3250 E. 40th Street Building B Phone (928) 341-4220</p> <p>Outpatient Services 3250 E. 40th Street Building C Phone (928) 373-6743 https://cbridgesyuma.com/</p> <p>Services offered: IOP, peer support, counseling, assistance for veterans, etc.</p>	<p><u>Community Health Associates</u> 2851 S. Avenue B, Building 4 Yuma, AZ 85364 Phone (928) 376-0026 https://www.chaarizona.com/</p> <p>Services offered: Individual and family counseling, medication management, high-risk case management, etc.</p>
<p><u>Community Partners Integrated Healthcare (Intermountain)</u> 2545 S. Arizona Ave. Building A Yuma, AZ 85364 Phone (928) 376-0220 https://www.communitypartnersinc.org/</p> <p>Services offered: Counseling, medication management, case management, addiction counseling, peer support, recovery coaches, etc.</p>	<p><u>Easterseals Blake Foundation</u> 3860 W. 24th Street, Suite 200 Yuma, AZ 85364 Phone (928) 276-9225 www.easterseals.com</p> <p>Services offered: Early childhood education services and support, therapy, support for children with Autism, in-home care, support for veterans, etc.</p>

<p><u>El Bienestar Wellness Center (Nazcare)</u> 3780 S. 4th Ave, A1 & A2 Yuma, AZ 85364 Phone (928) 783-4253 https://www.nazcare.org/centers/elbienestar.html</p> <p>Services offered: LGBTQ Support</p>	<p><u>The Healing Journey *Therapy for Trauma*</u> 2197 S. 4th Ave #202 Yuma, AZ 85364 Phone main line (928) 920-6220 Phone second line (928) 318-2441 www.healingjourneyyuma.org</p> <p>Services offered: Individual and family counseling by Certified Clinical Trauma Specialists through the Arizona Trauma Institute. Groups include: Women’s Sexual Assault and Domestic Violence Survivor Group (18+); Kids at Hope program; Juvenile Probation and Life Skills Program; Cocopah & Quechan Reservation Program; Reunify Us Program Counseling for Families; Women’s Resilience Program (18+).</p>
<p><u>Hope, Inc. Yuma</u> 971 S. 4th Avenue Suite A & B Yuma, AZ 85364 Phone (928) 783-3616 https://hopearizona.org/</p> <p>Services offered: Recovery-based peer support, therapy, and behavioral coaching for teens.</p>	<p><u>Horizon Health and Wellness</u> Adult & Children Services: 1185 S. Redondo Center Drive Yuma, AZ Mon-Thurs 8-7pm, Fri 8-5pm Phone (833) 431-4449 -or- Adult Services: 3180 E. 40th street Yuma, AZ 85364 24/7 Phone (833) 431-4449 https://www.hhwaz.org/locations/</p> <p>Services offered: Outpatient individual and group counseling, drug and alcohol groups, inpatient services for adults.</p>
<p><u>Hospice of Yuma</u> Yuma Conference Center 1824 S. 8th Avenue (928) 343-2222</p> <p>Bereavement & Community Services Support Grief Support Meetings 1st Wednesday of the month at 2:00pm Additional groups include: loss of a spouse, loss of a child, loss of a parent, grief recovery, etc.</p>	<p><u>Art of Intelligent Minds</u> Psychological Testing & Counseling Services 256 S. 2nd Ste. G (928) 256-5670 www.aimbetter.org</p> <p>Services offered: individual & family counseling care coordination, psychological testing, neurological evaluations, trauma assessment, psychosocial assessment, autism evaluation, ADHD evaluation, career & development, bariatric evaluation.</p>

<p><u>MIKID- Mentally Ill Kids in Distress</u> 2891 S. Pacific Ave. Yuma, AZ 85365 Phone (928) 344-1983 https://www.mikid.org/</p> <p>Services offered: Peer support, pre-employment, family support, direct support etc.</p>	<p><u>Pathways of Arizona</u> 3818 W 16th Street Yuma, AZ 85364 Phone (928) 317-0177 https://www.pathwaysofaz.com/yuma</p> <p>Services offered: HCTC foster care, individual therapy for substance misuse, behavioral intervention, youth and family services, medication management, adult and adolescent groups for substance misuse, etc.</p>
<p><u>Regional Center for Border Health Family Behavioral Integrated Services</u> 214 W. Main Street Somerton, AZ 85350 Phone (928) 627-9222</p> <p>1130 E. Main Street Somerton, AZ 85350 Phone (928) 627-2017</p> <p><u>Center for Children with Special Needs and Autism</u> 214 W. Main Street Somerton, AZ 85350</p> <p><u>San Luis Walk-In Clinic, Inc.</u> 1896 E. Babbitt Lane San Luis, AZ 85349 Phone: (928) 722-6112</p> <p>https://www.rcfbh.org/programs.html</p>	<p><u>Resilient Health</u> 1314 S 4th Ave Suites B & C Yuma, AZ 85364 Phone (928) 344-3870 https://www.resilienthealthaz.org/</p> <p>Art Awakenings: Young adult and adult art therapy group.</p>
<p><u>Rosewood Centers for Eating Disorders</u> Rosewood Ranch for Adults & Adolescents 36075 S. Rincon Road Wickenburg, AZ 85390 Phone (480) 741-4871 https://www.rosewoodranch.com/</p> <p>Services offered: Holistic treatment for individuals experiencing disordered eating.</p>	<p><u>Yuma Mental Health & Wellness</u> Arizona Counseling and Treatment Services 2573 S. Arizona Ave, Ste D Yuma, AZ 85364 Phone (928) 376-0220</p> <p>Services offered: Psychiatric med management; Genomind Medicine Personalized Analysis; Anxiety; Depression; ADHD; Bipolar D/O; etc.</p>

Counseling: Private Health Insurance

<p><u>Desert Counseling, PLLC</u> 3970 W 24th St #204 Yuma, AZ 85364 Phone (928) 373-8041 https://mydesertcounseling.com/</p> <p>Accepts only private pay insurance for individuals 6 years and older; individual counseling; provides DUI services.</p>	<p><u>Latibule Counseling, PLLC</u> 281 West 24th Street Suite 123 Yuma, AZ 85364 Phone (928) 247-6430</p> <p>Services offered: Bilingual counseling; CPTSD, DBT, individuals experiencing mood disorders, anxiety, stress, anger, self-esteem, behavioral challenges and parenting support.</p>
<p><u>Yuma Counseling Services</u> 2201 S. Avenue A #102 Yuma, AZ 85364 Phone (928) 276-9535</p> <p>Services offered: Neurofeedback for ADHD; EMDR (Eye Movement Desensitization & Reprocessing). Accepts Aetna and BCBS; serves individuals ages 10+</p>	<p><u>Yuma Mental Health & Wellness</u> 3970 W. 24th Street, Suite #214 Yuma, AZ 85364 Phone (928) 304-3866</p> <p>Services offered: Psychiatric med management; Genomind Medicine Personalized Analysis; Anxiety; Depression; ADHD; Bipolar D/O; etc.</p>

Emergency Shelters & Victim Support

<p><u>Amberly's Place</u> 1310 S. 3rd Ave. Yuma, AZ 85364 Phone (928) 373-0849 https://www.amberlysplace.com/</p> <p>Services offered: Victim center with a crisis response team to assist victims of domestic violence, child abuse adult sexual assault and elder abuse</p>	<p><u>Crossroads Mission</u> 944 S. Arizona Avenue Yuma, AZ 85364 Phone (928) 783-9362 http://crossroadsmision.org/</p> <p>Services offered: Emergency shelter, free meals, case management, GED programs drug and alcohol treatment and recovery program.</p>
<p><u>Safe House- Domestic Violence Shelter</u> Catholic Community Services 690 E 32nd Street Yuma, AZ 85365 Phone (928) 341-9400 https://www.ccs-soaz.org/services/detail/safe-house-domestic-violence-shelter</p>	<p><u>Salvation Army</u> 454 W. Catalina Drive Yuma, AZ 85364 Phone (928) 783-0181 https://yuma.salvationarmy.org/</p>

Food Assistance

<p><u>Salvation Army</u> 454 W. Catalina Drive Yuma, AZ 85364 Phone (928) 783-0181 https://yuma.salvationarmy.org/</p>	<p><u>Yuma County Food Bank</u> 2404 E. 24th Street Yuma, AZ 85365 Phone (928) 343-1243 https://www.yumafoodbank.org/</p>
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Housing Support

<p><u>Community Partners</u> 2545 S. Arizona Ave. Bldg A-D Yuma, AZ 85364 Phone (928) 376-0220</p>	<p><u>Chicanos Por La Causa</u> 1(888) 635-2177 CPLC Keogh Health Connections “provides community, housing and financial resources to families and individuals in AZ.”</p> <p>Services offered: supportive housing assistance, mental health services, public benefits enrollment assistance, housing counseling, workforce development, utility assistance and transportation.</p>
<p><u>WACOG Rapid Rehousing Program</u> 1235 S Redondo Center Dr. Yuma, AZ 85365 Phone (928) 782-1886</p>	<p><u>Yuma County Housing Department</u> 8450 US-95 #88 Somerton, AZ 85350 Phone (928) 304-7333</p> <p>Services offered: Section 8 housing choice voucher program.</p>

Job Support

<p><u>Arizona @ Work</u> 3826 W. 16th Street Yuma, AZ 85364 Phone (928) 329-0990 Mon-Friday 8-5pm</p> <p>Services offered: Internships and paid work experience, job search and resume assistance.</p>	<p><u>Goodwill Career Center</u> 3097 S. 8th Ave. Yuma, Arizona 85364 Phone (928) 343-7600 Monday-Thursday 9-4pm Friday- Open by appointment</p> <p>Services offered: Provides free training, financial literacy courses, computer basics, job search support, resume building, etc.</p>
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<p><u>Office of Vocational Rehabilitation</u> Phone 1(800) 563-1221 azrsa@azdes.gov</p> <p>Services offered: Provides training, vocational guidance and counseling; job development, job placement services, rehabilitation technology services and devices for individuals 16+.</p>	
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Law Enforcement

<p><u>Yuma Police Department</u> 1500 South 1st Avenue Yuma, AZ 85364 Phone (928) 373-4700</p> <p>Lobby Hours: Mon-Fri 7-5pm</p>	<p><u>Yuma County Sheriff's Department</u> 141 S 3rd Ave Yuma, AZ 85364 Phone (928) 783-4427</p> <p>Lobby Hours: Mon-Fri 8-5pm</p>
<p><u>Yuma County Sheriff's Department (Foothills)</u> 13190 S Frontage Rd Yuma, AZ 85367 Phone (928) 783-4427</p> <p>Lobby Hours: Mon-Fri 8-5pm</p>	<p><u>Somerton Police Department</u> 445 E Main St, P.O. Somerton, AZ 85350 Phone (928) 722-7326</p>
<p><u>San Luis Police Department</u> 1030 Union St San Luis, AZ 85349 Phone (928) 341-2420</p> <p>Lobby Hours: 24/7</p>	<p><u>Cocopah Tribal Police Department</u> 14540 S. Veterans Dr. Somerton, AZ 85350 Phone (928) 627-8857</p>

Legal Support

<p><u>CASA of Yuma County</u> 2440 W 28th Street Yuma, AZ 85364 Phone (928) 314-1900 https://www.azcourts.gov/casaofyumacounty</p> <p>Services offered: Volunteers who advocate for abused and neglected children in the court system.</p>	<p><u>Juvenile Justice Center</u> Hope Center 2440 W. 28th Street Yuma, AZ 85364 Phone (928) 314-1900</p>
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<p><u>Yuma County Adult Probation</u> 405 S. Main Street Yuma, AZ 85364 Phone (928) 329-2210 http://www.hhwaz.org/our-services/</p>	<p><u>Yuma County Detention Center</u> 200 W. Court Street Yuma, AZ 85364 Phone (928) 782-9871 https://www.yumacountysheriff.org/detention.html</p>
<p><u>Yuma County Public Defender's Office</u> 168 South 2nd Ave Yuma, AZ 85364 Phone (928) 817-4600</p>	

Miscellaneous Community Agencies

<p><u>American Red Cross</u> 2191 S. 4th Ave B Yuma, AZ 85364 Phone (928) 248-8220 https://www.redcross.org/local/az-nm.html</p>	<p><u>SHINE Boys and Girls Center</u> 420 S. Madison Ave Yuma, AZ 85364 Phone (928) 782-3823 https://www.theshineprogram.org/</p>
<p><u>United Way of Yuma County</u> 180 W. 1st Street Yuma, AZ 85364 Phone (928) 783-0515 https://www.unitedway.org/</p>	<p><u>YMCA Yuma</u> 1917 W 32nd Street Yuma, AZ 85364 Phone (928) 317-0522 https://valleyymca.org/yuma/</p>

Pregnancy/Childcare

<p><u>Healthy Families</u> Serves Yuma, Foothills, Wellton, Somerton, Gadsden and San Luis. Contact Patty Garcia (928) 920-8281 pgarcia@cfraz.org</p> <p>Services offered: Free and voluntary home visitation program to provide prenatal and child development information, baby health and safety information and resources.</p>	<p><u>New Life Pregnancy Center</u> 2363 S. Kennedy Ln. Yuma, AZ 85365 Phone (928) 726-5568</p> <p>Tues, Thurs 8-4pm</p> <p>Services offered: Free monthly material assistance for families (diapers, wipes and clothing). Must bring photo ID, verification for each child (birth certificate, shot record or notice to provider). Offers parenting classes with the opportunity to get first choice on donations when enrolled.</p>
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<p><u>WACOG Head Start</u> Locations: https://www.wacog.com/head-start-center-locations/ Services offered: Apply online for childcare for children 3+ or Early Head Start for children 0-2yrs. Must provide proof of income.</p>	<p><u>Yuma County Health Services WIC Program</u> 2200 W. 28th Street Yuma, AZ 85364 1358 Liberty Street San Luis, AZ 350 Main Street Somerton, AZ Phone (928) 317-4500</p>
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Support for Individuals with Disabilities

<p><u>Arizona@Work</u> 3826 W. 16th Street Yuma, AZ 85364 Phone (928) 329-0990</p>	<p><u>Division of Developmental Disabilities</u> 1185 S Redondo Center Drive Yuma, AZ 85364 Phone (928) 247-8705 https://des.az.gov/services/disabilities/developmental-disabilities</p>
<p><u>Office of Vocational Rehabilitation</u> Phone (800) 563-1221 https://www.azdes.gov/RSA/</p>	<p><u>SMILE Independent Living and Empowerment</u> 1929 S. Arizona Ave. Suite 11 Yuma, AZ 85364 Phone (928) 329-6681 https://smile-az.org/</p>

Thrift Stores

<p><u>Amberly's Place Thrift Store</u> 812 South Avenue A Yuma, AZ 85364 Phone (928) 329-2989</p>	<p><u>Crossroads Mission Thrift Store</u> 550 W. 8th Street Yuma, AZ 85364 Phone (928) 726-0491</p>
<p><u>Hospice of Yuma Thrift Shop</u> 1808 S. 8th Ave Yuma, AZ 85364 Phone (928) 782-9593</p>	<p><u>Humane Society of Yuma Thrift Store</u> 136 W. 32 Street Yuma, AZ 85364 Phone (928) 783-0408</p>
<p><u>Goodwill</u> Southgate 3096 S. 4th Ave. Yuma, AZ 85364 Phone (928) 343-7629</p>	<p><u>Precious Treasures Mission</u> 492 E. Main Street Somerton, AZ 85350 Phone (928) 627-3640</p>

Frontage 11259 S. Frontage Rd. Unit 110 Yuma, AZ 85367 Phone (928) 343-7630 www.goodwillaz.org	
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National Mental Health Resources

24 Hour Confidential Hotlines & Text Support

Crisis

National Suicide and Crisis Lifeline

988

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

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

1 (866) 495-6735

24 Hr Boys Town National Hotline

1 (800) 448-3000

Text VOICE to 20121

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

*Spanish speaking translation services

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

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

Youthline

Text teen2teen to 839863

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.

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.

Substance Misuse

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 Narcotics Anonymous Hotline

1 (800) 407-7195

Local Meetings: <https://www.narcotics.com/na-meetings/arizona/yuma-arizona/>

24 Hr Alcoholics Anonymous Helpline Yuma

(928) 539-5099

Domestic Violence

24 Hr National Domestic Violence Hotline

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

www.thehotline.org/help/

Disordered Eating

National Eating Disorders Association

Crisis text line: Text NEDA to 741741

Helpline: 1 (800) 931-2237; Mon-Thurs 11-9pm ET, Fri 11-5pm ET

Link to online support groups:

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

Rape

RAINN: Rape, Abuse, & Incest National Network

1 (800) 656-4673

<https://www.rainn.org>

LGBTQIA+

24 Hr LGBTQ Crisis Support TrevorLifeline: The Trevor Project

1 (866)488-7386

Text: 'START' to 678-678

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

Nationwide crisis and suicide prevention for LGBTQ youth.

National Mental Health Agencies

Substance Abuse and Mental Health Services Administration SAMHSA

SAMHSA's confidential Helpline can be reached 24/7, 7 days a week; bilingual; for individuals/families facing substance misuse and mental health challenges.

1(800) 662-HELP (4357)

Text your zip code (i.e. 85364) to 435748 HELP4U to locate a treatment center near you.

Resources through SAMHSA: <http://www.samhsa.gov/>

Services offered: 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

Resources through NAMI: <https://nami.org/Home>

NAMI Yuma Chapter Family Support Group meets the second Monday of each month from 6:30-8pm at:

Yuma Library Main Branch

2951 S. 21st Drive

Yuma, AZ 85364

Contact: Robin Marlatt **(928) 581-6886**

Services offered: NAMI is a free peer-support service offering support, information and referrals for persons with mental health conditions, families, caregivers, the public and providers.