



- Family Involvement Center's Parent Assistance Center and Help Line. Peer parent support, information, resources and community referrals. 602-288-0155 / 1-877-568-8468 or pac@familyinvolvementcenter.org. Serving parents / primary caregivers. English/Spanish.
- National Childhelp Hotline, 1-800-422-4453 All ages, 170 languages. Counselor support and community referrals. 24/7. <https://www.childhelp.org/>
- Birth to 5 Helpline, 1-877-705-5437 Ages 0-5. Highly-trained infant/child development experts and community referrals. M-F 8a-8p.
- Parent Partners Plus. Expecting moms and ages 0-5 in Maricopa County, AZ. Call 602-633-0732 or www.parentpartnersplus.com
- Kinship Care Coalition. Anyone caring for a child for a family member. Call 888-737-7494 or cr@azcaregiver.net or www.azkincare.org
- 211 Arizona. All ages. Call 2-1-1 within Arizona or 877-211-8661 M-F 7a – 6p or <https://211arizona.org>
- Find Help Phoenix - The website is divided into multiple categories of services/ resources: www.findhelpphx.org or EncuentraAyudaPhx.org email FindHelpPhx@mail.maricopa.gov
- National Domestic Violence Hotline: 1-800-799-7233 (SAFE) or the website www.thehotline.org
- Teen Lifeline 1-800-248-TEEN (8336). Texting services available- (602)248-TEEN (8336)
- National Suicide Prevention Lifeline 1-800-273-8255
- The National Sexual Assault Hotline is available 24/7: 1-800-656-HOPE (4673)
- United We Dream Hotline: This hotline provides resources and support for undocumented communities. 1-844-363-1423
- Strong Families - Free home visitor programs statewide: <https://strongfamiliesaz.com/>