

## Mental Health Resources

### In-Person Support & Services

#### **Jade/Opal Clinic**

**Summary:** Jade/Opal Clinic is here to assist veterans in living a fulfilling and meaningful life by providing comprehensive mental health treatment.

**Eligibility:** Open access clinic is for those having a mental health crisis (such as thoughts of hurting your self or others, or experiencing significant medication concerns). You may be seen by your provider on your provider's Open Access day, or by another provider the other days of the week.

**When:** You can walk in for an appointment or call (602) 222-2752

**Where:** Phoenix VA Health Care System, 650 E. Indian School Road, Phoenix AZ. 85012

**Phone:** (602)277-5551 (Crisis Line (800) 273-8255

**Hours:** Mon, Tue, Thurs, Fri, 8am-4pm Wed. 9 am. To 4 pm.

**Website:** <http://www.phoenix.va.gov>

#### **PTSD Foundation of America**

**Summary:** Providing hope and healing from the unseen wounds of war. Provides ongoing groups and fellowship for Combat Veterans. A safe place to share experiences. Dinner is provided.

**Eligibility:** For active duty service members or a combat veteran.

**When:** Tue. 6:30-8:00pm

**Where:** 2320 W. Peoria Ave. Phoenix AZ. 85029

**Phone:** Adam Bigelow (602)668-0034 Dustin Cannon (480) 739-7307

#### **Black Family & Children Services**

**BFCS** offers a variety of services to the community. We offer outpatient behavioral health services, foster care enrichment services, we provide necessary essentials for an improved quality of life, and we offer educational services.

**Address:** 1522 East Southern Ave, PHX, AZ 85040

**Phone:** (602) 243-1773

**Email:** [info@bfcsfamily.org](mailto:info@bfcsfamily.org)

## U.S. Vets Mental Health and Wellness

U.S.VETS—Phoenix is pleased to offer free mental health services such as individual and group counseling as well as substance use treatment to veterans who need it.

**Sara Anderson**

**Phone:** [602.781.5168](tel:602.781.5168)

**Email:** [sanderson@usvets.org](mailto:sanderson@usvets.org)

## Online Resources

### Covid-19 Mental Health Resource Hub

**Summary:** As the world faces unprecedented fear and uncertainty, the mental health community understands that we are stronger together. That's why we've teamed up with the nation's most credible mental health organizations to collaborate on a free resource hub to help people address their mental health needs during the COVID-19 pandemic.

**Eligibility:** For anyone going through a mental health crisis related to Covid-19.

**When:** The COVID-19 Mental Health Resource Hub is a compilation of resources from various contributing partners. Inclusion on this Resource Hub does not indicate that partners have collaborated on, reviewed, or endorsed the materials.

**Where:** Access services on line 24/7 1200 Broadway # 2111 Nashville, TN 37203

**Phone:** 866-779-2482

**Hours:** Access services on line 24/7, they will then contact you.

**Website:** <http://psychhub.com/covid-19/>

### Make the Connection

**Summary:** Resources Veterans can access with different topics from relationships to PTSD. Also help with transitioning out of the military.

**Eligibility:** For all veterans to access.

**Website:** <https://www.maketheconnection.net/>

### Open Counseling

**Summary:** Find affordable counseling. Search results include community based mental health providers from BetterHelp. Open counseling may earn a commission if you follow links to a sponsored provider.

**Eligibility:** For anyone needing to find a mental health counselor. Free or affordable counseling.

**Where:** Helps you find mental health counselors for the city you are in through the internet. 24/7

**Website:** <https://www.opencounseling.com/>

## Service Animals

### **Canine Companions**

**Summary:** Canine Companions LTD has been serving veterans for over 15 years. The non-profit was founded by Walter Hart Jr. in Michigan in 2001. We are a registered 501 (c) (3) aiming to empower veterans to engage with their local communities and build a symbiotic relationship. Veterans serve their fellow vets by training dogs that will provide invaluable emotional, mental, and physical support to their future veteran owners. Currently we work out of three states: Michigan, Arizona and recently California. In Arizona and California, Canine Companions works through local Dream Centers that serve veterans. To find out more about the Dream Center in Los Angeles check out their website at:

<https://dreamcenter.org/>.

**Eligibility:**

**Address:** Pinal County Care& Control

1150 S. Eleven Mile Corner Rd. Casa Grande, AZ. 85194

**Phone:** 520-509-3555

**Email:** [staff@caninecompanionsltd.org](mailto:staff@caninecompanionsltd.org)

**Website:** <https://dreamcenter.org/>.

Contact: Walter Hart (818)679-1233

### **Soldier's Best Friend**

**Summary:** Soldier's Best Friend provides U.S. military veterans living with combat-related Post Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI) with Service or Therapeutic Companion Dogs, most of which are rescued from local shelters. The veteran and dog train together to build a trusting relationship that saves two lives at once and inspires countless others. We are devoted to helping our veterans living with combat-related Post Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI). A second part of our goal is to make a positive impact on the pet overpopulation problem. We are dedicated to pairing and training service dogs with veterans at no cost to the veteran.

**Eligibility:** We consider all eligible veterans of any U.S. military branch for acceptance. However, you will need to be in Arizona for the training sessions AND be responsible to find housing during the training period (a minimum of 6 months).

**Address:** 14505 N 75<sup>th</sup> Ave Peoria, AZ 85381

**Phone:** 623-218-6486

**Email:** [contact@soldiersbestfriend.org](mailto:contact@soldiersbestfriend.org)

**Website:** <https://soldiersbestfriend.org>

## Animal Rescue Foundation (ARF)

**Summary:** Tony La Russa's Animal Rescue Foundation (ARF) is an award-winning, nationally recognized leader for its unique mission of People Rescuing Animals ... Animals Rescuing People®. Founded in 1991, ARF has placed more than 45,000 dogs and cats with loving homes. ARF elevates pets in our society, enhances connections, and transforms the bond between people and animals.

**Eligibility:** U.S. military veterans who receive treatment in Contra Costa or Alameda Counties or reside within 30 miles of ARF's Walnut Creek, CA campus are eligible to be matched with emotional support animals. Please contact our veterans services manager to inquire.

Applications for the Pets and Vets service dog program are currently closed, due to COVID-19, while we serve the veterans already on our waitlist. Please check back for updates about when our waitlist will re-open.

**Address:** 2890 Mitchell Drive, Walnut Creek, California

**Phone:** 925-256-1273

**Fax:** 925-977-9079

**Website** <https://www.arflife.org>

## National Assistance Dogs, Inc (NADI)

**Summary:** Our mission is to raise, train, and place vastly skilled assistance dogs to enrich lives in our community through specialized programs. NADI strives to make a difference in the lives of those who we serve, and impact our community by education and providing volunteer opportunities throughout the development of our puppies into assistance dogs.

**Eligibility:** Service Dog Eligibility –

The applicant will be the person handling the assistance dog and

- Be responsible
- Have a stable home environment including support of household members
- Be able to describe how an assistance dog would help increase your independence and daily life
- Have a disability that impacts your life and ability to engage in activities of daily living
- Have a positive attitude, open mind, and willing to learn and take constructive redirection
- Be able to provide for the dog's physical and emotional well being
- Support and referral from a licensed professional such as a medical doctor or psychiatrist

We feel strongly that the best way to set clients up for success as a team with an assistance dog is to carefully determine whether they realistically could benefit from one of the dogs we have available;

We do not rush our dogs during their raising or training for placement. We also do not force a partnership. We match applicants to an assistance dog and teach how to work as a team to live life independently.

**Address:** 10235 N 55<sup>th</sup> Pl, Paradise Valley, AZ

**Phone:** 480-251-9513

**Email:** [info@nadiassist.org](mailto:info@nadiassist.org)

**Website:** <https://nadiassist.org>

### **American Service Animal Society (Dogs 4 Vets)**

**Summary:** Dogs4Vets has become one of the largest programs of its kind in the nation. Dogs4Vets' training center is located in Gilbert, AZ, but finds that veterans will relocate from across the country to attend the program. Dogs4Vets is comprised of educated, compassionate trainers that want to give back to our military men and women. Most of our trainers are disabled veterans or family members of disabled veterans. The idea is to help veterans every year with service dog (SD) training at no cost to them due to the high cost of typical training, as well as the 3 to 7 year wait for a fully trained SD. American Service Animal Society is a nonprofit organization dedicated to enabling disabled veterans to live a more productive life through the use of service animals.

We offer LIFETIME support and service dog training for approximately 100 Arizona veterans each year – at no cost to the veteran.

**Eligibility:** The first step to our program is to submit an online application to see if you will qualify. There is a small \$25 application fee. New classes start in March and September of every year.

**Address:** 3249 S. Lindsay Rd. Gilbert, AZ 85297

**Mail:** PO Box 13525 Chandler, AZ 85248

**Phone:** 480-802-9339

**Email:** [info@dogs4vets.org](mailto:info@dogs4vets.org)

**Website:** <https://www.dogsforvets.org>

## Help Lines

### **Veterans Crisis Line**

**Summary:** For veterans or people concerned for a veteran that may be in crisis. “Connect with the Veterans Crisis Line to reach **caring, qualified responders** with the Department of Veterans Affairs. Many of them are Veterans themselves.”

**Where:** Support is available 24/7 over the phone, via text message and online chat.

**Phone:** 1-800-273-8255 Option 1

**Website:** <https://www.veteranscrisisline.net/>

### **Vets 4 Warriors**

**Summary:** “Vets4Warriors ... is a one-of-a-kind 24/7 peer support network. We are committed to ensuring that all veterans, service members, their families, and caregivers always have direct and immediate access to a peer who understands their life experiences and the challenges they face, and can provide support whenever they confront an issue, wherever they are in the world.” Services are free and confidential. **This is not a crisis line.** Veterans in crisis should contact the Veterans Crisis Line, the National Suicide Prevention Lifeline, or 911.

**Where:** Veterans, friends and family members can receive support over the phone, text, online chat or email.

**Website:** <https://www.vets4warriors.com/connect/>

**Phone:** 1-855-838-8255

### **WWP TALK**

**Summary:** WWP talk is a helpline for Wounded Warriors Project. Alumni, family members, and caregivers that provide emotional support over the telephone. Participants speak with the same helpline support member each week, developing an ongoing relationship and safe, non-judgemental outlet to share thoughts, feelings, and experiences.

**Eligibility:** WWP provides support for Warriors living with PTSD, depression, or other mental health challenges. Also they support family members and caregivers adjusting to life while supporting a wounded service member or veteran. It is not a crisis line.

**Where:** WWP provides support through the phone. Call to sign up and schedule an appointment.

**Phone:** (888) 997-2586

### **Cigna Veterans Support Line**

**Summary:** A toll-free number, the Cigna Veterans Support Line is available 24/7/365 days a year for veterans and their families - regardless of whether or not they are a Cigna customer

**Phone:** 1 (855) 244-6211