**Where to call in an Emergency:**

In life or death situations, call 911 immediately.

In the event of a counseling emergency, such as possible teen self -harm or suicide, please use the following resources:

 1 EMPACT/La Frontera Suicide Prevention Center

 24 hour Crisis Lines:

 (480) 784-1500

 1- (800) 273-8255

1. National Suicide Prevention Lifeline:

 1-800-273-TALK (8255)

 3 Teen Lifeline:

 (602) 248-8336 (TEEN)

 or AZ statewide call 1- (800) 248-8336 (TEEN)

1. Maricopa County Crisis Line (24 hours/day):

 Central Arizona (602) 222-9444

 or 1-(800) 631-1314

 Northern Arizona 1-(877) 756-4090