**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