



# MENTAL HEALTH RESOURCES

Support you need, when you need it.



## WHO TO CALL & WHEN

### WHEN NEEDING TO CONNECT WITH A COUNSELOR

#### EMPLOYEE ASSISTANCE COUNSELING



Life & Work Connections offers 12 free counseling sessions, per person, per issue, per year through ComPsych to all benefits-eligible employees and all members of their households. Sessions can be virtual, by phone or face-to-face. It's free, completely confidential, and available in multiple languages\*.

\*Ask for a translator or a counselor who speaks your language.

#### Call anytime, 24/7

Call: 855-511-9855 (TTY: 800-697-0353)

### WHEN IN CRISIS OR EMOTIONAL DISTRESS

#### CALL OR TEXT 988



Call, text, or chat 988 to receive free and confidential emotional support and crisis counseling from trained counselors and get connected to helpful resources. Available 24/7 anywhere in the United States.

### WHEN NEEDING SOMEONE TO TALK TO & LISTEN

#### A WARM LINE

A warm line is a peer support help line for people living with emotional and mental health challenges. Calls are answered by specially-trained volunteers who have lived experience with mental health challenges. They have a deep understanding of what you are going through and are here to provide emotional support, comfort, and information. All calls are confidential.

#### Warm line in Southern Arizona

520-770-9909 or 877-770-9912

#### Find a Warm Line anywhere in the US:

<https://warmline.org/warmdir.html#directory>

#### WHEN TO CALL 911

If a person is **an immediate threat to themselves or others (violent, threatening violence, suicidal).**