



1405 E. McDowell Rd, Phoenix, AZ 85006 602-258-1659

www.TrellisAZ.org

Important Numbers:

Community Information & Referral	2-1-1	
CHILDHHELP	602-271-4500	www.childhelp.org
EMPACT Crisis Hotline	480-784-1500	
Maricopa County Crisis Hotline	602-222-9444	
AZ Complete Health (24 hr. Crisis Line)	800-631-1314	www.azcompletehealth.com
Substance Abuse Hotline	800-662-4357	
Nat'l Domestic Violence Hotline	800-799-7233	
Nat'l Sexual Abuse Hotline	800-656-4673	
National Runaway Safeline	800-786-2929	
Parent Assistance Hotline	602-452-3580	
Senior Help Line - 24 hr line	602-264-4357	
Arizona Coalition Against Domestic Violence	602-279-2900	www.acesdv.org
Attorney General's Office of Victim Services	602-542-4911	www.maricopacountyattorney.org/35
Family Advocacy Center	602-534-2120	
Jail Inmate Information Maricopa	602-876-0322	
Maricopa County Victim Services	602-506-8522	
Phoenix City Prosecutors Victim Services	602-261-8192	
Valley Deaf Relay (text teletype)	800-367-8939	
Veterans Crisis Line	877-424-3838	
AZ Coalition for Military Families	602-753-8802	arizonacoalition.org
Victim Compensation Office	602-506-4955	

In an Emergency, CALL 9-1-1 IMMEDIATELY

Misc. Assistance Numbers:

Federal Student Loan Helpline	800-379-0954	
Eliminate Credit Card Offers	888-567-8688	
Tax Relief	888-352-8933	
Legal Rights Advocates(10,000 +)	888-378-9461	
Child Support	888-369-0323	
National Legal Center	888-279-4276	
National Foundation Credit Counseling	800-388-2227	
Credit Score Improvement Help	888-766-2852	
ID Theft Recovery	877-283-8576	
Health Insurance	888-512-4827	
Fresh Start Women's Foundation	602-252-8494	www.freshstartwomen.org

Rental Assistance:

HUD (Phx)	602-379-4461	www.hud.gov/states/arizona/office
Community Housing Partnership	602-253-6905	www.chpaz.org
Section 8 (Mesa)	480-644-3536	
Section 8 (Phoenix)	602-534-1974	
Section 8 (Tempe)	480-350-8950	
Section 8 (Scottsdale)	480-312-7717	
Section 8 (Peoria)	623-486-4375	
Section 8 (Chandler)	480-782-3200	
Section 8 (Glendale)	623-930-2180	
Section 8 (Maricopa County)	602-744-4562	

www.socialserve.com

www.maricopacountyhousing.org

Fair Housing:

AZ Attorney Gen Office Civil Rights Division 602-542-5263 www.azag.gov/civil-rights
AZ Fair Housing 602-548-1599 housing.az.gov/general-public/fair-housing

Tenant Legal Assistance:

AZ Tenants Association 602-257-8987 www.arizonatenants.com
City of PHX Landlord & Tenant 602-262-7210 www.phoenix.gov/humanservices/programs/landlord-tenant-counseling
AZ Tenant Advocate 480-557-8905 www.arizonatenants.com
Community Legal Svcs. (attorney) 602-258-3434 clsaz.org
Community Legal Services (Mesa) 480-833-1442
Maricopa County Bar Assoc (\$35) 602-257-4200

Homeownership Counseling:

HUD 800-569-4287 www.hud.gov/states/arizona/office
Capitol Mall Association (Phx) 602-340-0745
City of Phoenix – Scattered Sites 602-261-8035
Espiritu Community Development Corp 602-305-5012 espiritu.org
Habitat for Humanity-Central Az 602-268-9022 habitatcaz.org
Habitat for Humanity-West Valley 623-583-2417
Habitat for Humanity – Desert Foothills 623-551-6400
Chicanos Por La Causa (Phx) 602-253-0838 cplc.org
Chicanos Por La Causa (Mesa) 480-833-0016 cplc.org
Phoenix Revitalization (referral agency) 602-253-6895
Safe Haven (Phx) 866-707 Baby
Desert Mission (PHX) 602-331-5833 desertmission.com
Greater Phoenix Urban League 602-254-5611
Newtown (Tempe) 480-517-1589 newtowncdc.org
City Of Tempe Housing Services 480-350-8950
Native American Connections 602-254-3247 nativeconnections.org

Credit Counseling:

American Family Credit Counseling 602-944-3849
Consumer Credit Counseling 866-889-9347
Money Management International 888-845-5669

Default/Foreclosure Counseling:

AZ Foreclosure Prevention Task Force 877-448-1211 arizonaforeclosuretaskforce.com
Homeowner's Hotline 888-995-4673
Chicanos Por La Causa 602-253-0838 cplc.org
Labor's Community Services (\$) 602-263-5741
Community Housing Resources of AZ 602-631-9780 communityhousingresources.org

Reverse Mortgage Counseling:

Take Charge America 877-357-6309
Money Management International 866-232-9080

Owner Occupied Rehab:

Mesa Housing Rehabilitation 480-644-3208 mesaaz.gov
Tempe Housing Services 480-350-8372 tempe.gov/housing
City of Phoenix Neighborhood Services 602-495-0700 phoenix.gov/nsd

Emergency Home Repair:

Mesa Housing Services	480-644-3208	mesaaz.gov/residents/housing
Mesa CAN	480-833-9200	turnanewleaf.org
Tempe Housing Services	480-350-8950	tempe.gov/housing
Phx. Neighborhood Services	602-495-0700	phoenix.gov/nsd
Foundation for Senior Living	480-784-1900	fsl.org

Emergency Assistance Shelters:

Shelter Hotline	602-263-8900	
Community information. & Referral	602-263-8856	
Child Crisis Center (for children)	480-969-2308	
La Mesita Family Shelter(Mesa)	480-834-8723	turnanewleaf.org
Central AZ (adults only)	602-256-6945	
Salvation Army Family Shelter	602-267-4130	
United Methodist Outreach (family) UMOM	602-275-7852	umom.org
TLC (halfway house women/men)	480-461-3136	
Vista Colina (Phx- family)	602-944-0960	www.azhousinginc.org/vista-colina.html
Sisters of Mercy (men & women- Phx)	602-254-8424	supportstjosephs.org/sisters-of-mercy--st.-josephs-foundation
Church on the Street (men- Phx)	602-447-0259	cotsphoenix.org

Domestic Violence Shelters:

Maricopa SAFE Domestic Violence	480-890-3039	maricopa-az.gov/.../domestic-violence
AZ Coalition Against D. V.	800-799-7233	acesdv.org
PreHab (Mesa)	480-733-3050	
Autumn House (no shelter, assistance only)	480-835-5555	womenshelters.org
My Sisters Place (Chandler)	480-821-1024	domesticshelters.org
New Life (Goodyear)	623-932-4404	
Faith House (Glendale)	623-939-6798	
De Colores (Phx)	602-269-1515	
Chrysalis (Phx)	602-944-4999	
United Food Bank	480-926-4897	unitedfoodbank.org

Rent / Utility / Food /Financial/ Etc.

Travis Williams Fam Serv Center	602-534-4732	
Mesa CAN	480-833-9200	
Tempe CAP	480-422-8922	
Phoenix CAP	602-262-4520	
Avondale CAP	623-333-2700	
Buckeye CAP	623-349-6615	
Glendale CAP	623-930-2854	
Scottsdale CAP	480-312-2323	
Chandler CAP	480-963-4321	
Guadalupe CAP	480-730-3093	
Gilbert CAP	480-892-5331	
Tolleson CAP	623-936-1407	
Wickenburg CAP	928-684-7894	
Maricopa Counry CAP	602-372-0728	

(El Mirage, Surprise, Peoria, Youngtown, Anthem, Waddell Cave Creek, Carefree, New River, Sun City, Sun City West)

Maricopa County Human Services	602-506-5911	maricopa.gov/3868/Human-Services
Catholic Charities	480-964-8771	

Chicanos Por La Causa	602-257-0700	cplc.org
Salvation Army	480-833-8322	
Chicanos Por La Causa	602-253-0838	cplc.org
St. Vincent De Paul	602-495-3065	stvincentdepaul.net
United Food Bank	480-926-4897	unitedfoodbank.org
DES Utility Assistance	602-542-6600	des.az.gov/services/basic-needs/shelter-housing/utility-assistance
Valley Christian Centers	602-258-5163	
Lutheran Social Ministries	480-654-4539	
Maricopa County Transportation Services	480-833-4629	maricopa.gov/5307
Mission of Mercy (Health care/no \$)	480-833-8987	
Value Options (Counseling/Health)	800-564-5465	

Disability Services

ABILity 360 (Advocacy,home mod & info)	602-256-2245	ability360.org
Opportunity Tree (group home assistance)	602-956-0400	theopportunitytree.org
16th St. Rehab Services	602-266-6752	
Goodwill Industries of AZ	602-254-2222	

Transitional Housing:

Save the Family	480-898-0228	savethefamily.org
UMOM	602-275-7852	umom.org
Homeward Bound	602-263-7654	homewardboundaz.org
Labors Community Service	602-263-5741	lcsaphx.org
House of Refuge-East	480-988-9242	houseofrefuge.org
House of Refuge-Sunnyslope	602-678-0223	refugesunnyslope.com
YWCA (Women w/children only)	602-258-0990	
EVMC (men)	480-610-6722	

Elderly:

Foundation for Senior Living	602-285-1800	fsl.org
24 Hr. Senior Helpline	602-264-4357	
Mesa Senior Services	480-962-5612	
Aster Aging	480-964-9014	asteraz.org
AZ Senior Citizen Law Project (legal sv.)	602-252-6710	azlawhelp.org/resourceprofile.cfm?id=12

Workforce Development:

AWEE	602-223-4333	awee.org
Maricopa County Human Services	602-506-5911	maricopa.gov/5270