



Arizona Resources for Cognitive Disabilities



CRISIS HOTLINES

For life threatening situations, call 9-1-1. For suicide and mental health crisis, call or text 9-8-8. The Arizona specific hotline is 1-844-534-4673 or text 44673.

General

- Arizona Rehabilitation Services Administration: des.az.gov/vr
- Arizona Talking Book Library: 800-255-5578 | <https://azlibrary.gov/talkingbooks>
- AzTAP, Arizona Technology Access Program: (602) 728-9534 | <https://aztap.org>
- Raising Special Kids: <https://raisingspecialkids.org>

Learning Disabilities

- SALT Center, University of Arizona (for students): 520-621-1242 | www.salt.arizona.edu

Brain Injury

- Brain Injury Alliance of Arizona: 602-508-8024 | <https://biaaz.org>
- Arizona Governor's Council on Spinal and Head Injuries: 602-774-9147 | <https://headspineaz.org/contact>

Intellectual and Developmental Disabilities

- Arizona Division of Developmental Disabilities: <https://des.az.gov/services/disabilities/developmental-disabilities>
- The Arc Arizona: 602-234-2721 | <https://arcarizona.org>
- ACCEL: 602-995-7366 | www.accel.org
- Devereux Advanced Behavioral Health, Arizona: 602-283-1573 | www.devereux.org/site/SPageServer/?pagename=az_index
- A Caring Heart of Arizona: 480-308-0382 | www.acaringheartllc.com/index.html
- RISE Arizona: <https://riseservicesincaz.org/about/>
- STARS: 480-994-5704 | www.starsaz.org
- Civitan Foundation: 602-953-2944 | www.civitanfoundationaz.org
- Arizona Developmental Disabilities Planning Council: 602-542-8970 | <https://addpc.az.gov>
- Arizona Autism United: 602-773-5773 | <https://azaunited.org>
- Arizona Autism Coalition: www.azautism.org
- Southwest Autism Research and Resource Center: 602-340-8717 | <https://autismcenter.org>
- Autism Society of Greater Phoenix: 480-779-0899 | <https://phxautism.org>
- Autism Society Southern Arizona: 520-770-1542 | <https://phxautism.org>
- Down Syndrome Network Arizona: 480-759-9150 | <https://dsnetworkaz.org>
- Sharing Down Syndrome Arizona: 480-926-6500 | <https://sharingds.org>

Mental Health

- **Arizona Health Care Cost Containment System:** Page includes a helpful map of Arizona services and a flowchart for accessing services | www.azahcccs.gov/Members/BehavioralHealthServices/
- **NAMI Arizona (National Alliance on Mental Illness):** 480-994-4407 | <https://namiarizona.org>
- **Mental Health America of Arizona:** 602-576-4828 | www.mhaarizona.org
- **Suicide Prevention**
 - **Arizona Suicide Prevention Coalition:** www.azspc.org
 - **EMPACT:** <http://lafronteraaz-empact.org>
 - **Teen Lifeline:** <https://teenlifeline.org>