

# Helpful Resources

## Statewide Resources

- **1-888-688-4222 | Opioid Assistance and Referral Line**  
Local medical experts offer patients, providers, and family members opioid information, resources and referral 24/7. Translation services available.
- **1-800-662-HELP (4357) | SAMHSA's National Helpline**  
Free, confidential treatment referral and information service available 24/7 (in English and Spanish).
- **NaloxoneAZ.com**  
See where the opioid overdose reversal drug naloxone is available near you.
- **DumpTheDrugsAZ.org**  
Find a location to dispose of unused, unwanted, or expired medication.
- **FindTreatment.gov**  
Find treatment resources available in your area.
- **TalkNowAZ.com**  
Get tips on talking with youth about substance use.



## Community Resources

## Youth Resources

- Text **HELLO** to **741741** to text anonymously with a trained crisis counselor for free, 24/7
- **Teen Lifeline | Available 24/7**  
**1-800-248-TEEN (8336)**  
Arizona support line for teens operated by teens.
- **Suicide Prevention Lifeline | Available 24/7**  
**1-800-273-8255**  
Helps individuals in suicidal crisis with support.
- **Trevor Project Lifeline | Available 24/7**  
**1-866-488-7386**  
Confidential suicide hotline for LGBT youth.
- **Teens Helping Teens | Available 6p to 9p PST**  
**1-800-TLC-TEEN**  
Text **TEEN** to **839863** to speak with another teen.