

University of Arizona Resources Guide 2021-2022

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<p>The information within this electronic document is provided as a resource to our campus community. These links are for your convenience and I cannot guarantee the information is current. Should you come across any updated material, or know of additional resources, please contact me directly to include it in the next quarterly update. mailto:pgnorris@arizona.edu</p>	

CAMPUS RESOURCES (frequently used)

Main Campus Map

Academic Calendar

COVID-19 RESOURCES

[COVID-19 Updates](#) *This page serves as the central location for updates and guidance from the University of Arizona on the novel coronavirus COVID-19.*

[Campus Health](#) *continues to support the University during this time and offers a variety of services.*

The [Health and Wellness Resource Catalogue](#) for faculty, staff, students and parents is offered by Health and Wellness Campus Partners and is updated regularly to provide a comprehensive guide for individuals to find mental, physical, and emotional information in response to COVID-19.

Counseling & Psych Services (CAPS) 520-621-3334

**After-hours crisis callers may speak with a licensed counselor by pressing 1 when prompted by the automated message.*

Campus Health 520-621-9202 Medical After Hours: 520-570-7898

Dean of Students Office 520- 621-7057 (located in the Nugent Bldg)

Student Assistance serves as a central support resource for all students. We help students and their families manage crises, life traumas, and other barriers that impede success. The staff works to address the needs of students who struggle in such areas as psychological health, physical health, victimization, relationship issues, social adjustment, and academics through a variety of interventions, referrals, and follow up services. We strive for a culture of caring on campus.

[Link to make a Care Report](#)

[Bias Education & Support Team](#) (BEST) [Link to make a BEST Report](#)

Housing & Residential Life 520-621-6501

Off-Campus Housing

Off-Campus Housing Resource Book

VETS (Veterans Education & Transition Services) 520-626-8380 (SUMC, Rm 404)

Disability Resource Center (DRC) 520-621-3268 Highland Commons (Campus Health)

Office of Institutional Equity (OIE)

Nondiscrimination and Anti-Harassment Policy

Submit a Discrimination/Harassment Report

Make A Referral

Title IX

Submitting a report

Survivor Advocates *If you need any assistance to effectively meet or talk with the Survivor Advocacy Program, please contact the advocates at (520) 621-5767 or survivoradvocacy@email.arizona.edu(link sends e-mail) (link sends e-mail).*

First Amendment

UAPD 520-621-UAPD (8273) Non-emergency line

Detective Michele Kahn and Detective Colin Keating

The Special Investigations Unit (SIU) is responsible for the investigation of sexual assaults, dating violence, bias-hate related crimes, domestic violence, and mental health related cases. The SIU provides a specifically dedicated team with specialized training to focus on these difficult and time-intensive crimes. Additionally, SIU holds primary responsibility for background investigations and for representing UAPD on the UA Behavioral Intervention Team (BIT) and on other committees and groups associated with these crimes.

CALL TPD/PCSD if concern is off-campus

Life & Work Connections 520-621-2493

Student Success & Retention Innovation (SSRI)

Student Support Resources

Student Centers

Cultural Centers

[African American Student Affairs](#) *MLK Jr. Bldg.*

The mission of African American Student Affairs (AASA) is to facilitate a support system that helps students achieve academic excellence and an enriching African American cultural experience at the University of Arizona. AASA provides opportunities for students to learn more about leadership, social justice and creating community.

[Asian Pacific American Student Affairs](#) *Nugent Bldg.*

Promote student success for the diverse East Asian, Southeast Asian, Pacific Islander, and Desi or South Asian American communities on campus, increase awareness of the experiences and issues facing the diverse communities represented within APASA, provide academic, educational, and cultural programs and resources to engage students to become active citizens in our ever-increasing global society, support individual students in realizing their academic, personal, and professional goals

[Adalberto and Ana Guerrero Student Center](#) Cesar Chavez Bldg., room 217

Our mission is to support students to achieve academic and personal excellence by shaping a safe and inclusive campus environment through culturally affirming programs and events that cultivate a sense of belonging, build community, encourage critical reflection, and develop students' as learners, leaders, professionals and engaged citizens.

[Native American Student Affairs](#) Nugent Bldg.

Native American Student Affairs at the University of Arizona provides culturally sensitive academic counseling and support services to American Indian/Alaskan Native students enabling them to achieve academic excellence. We nurture student success by encouraging all students to proactively explore and shape our diverse campus community.

Resource Centers

[Disability Resource Center](#)

To create inclusive and sustainable learning and working environments and facilitate access, discourse, and involvement through innovative services and programs, leadership, and collaboration. [Disability Cultural Center \(DCC\)](#) 2nd floor of the DRC in Highland Commons

One of very few in the nation, UA's disability cultural center (DCC) is a space for students, faculty and staff to explore and celebrate disability identity, culture and community. DCC offers a variety of events and programming that promote an authentic and intersectional perspective on disability.

[Immigrant Student Resource Center](#)

The Immigrant Student Resource Center (ISRC) helps recruit and retain students at the University of Arizona from immigrant and refugee backgrounds. We provide academic, career, scholarship, and social support to currently enrolled students, including students with Deferred Action for Childhood Arrivals (DACA) work permits, undocumented students, students with mixed-immigration status families, and students from refugee backgrounds. We also train university staff, faculty, and administrators how to work more effectively with students from immigrant and refugee backgrounds.

[LGBTQ Affairs](#)

The Office of Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) Affairs creates a safe space for thousands of students every year on the University of Arizona campus through programs, trainings, events, and through the LGBTQ Resource Center in the Student Union.

[Women & Gender Resource Center](#)

The Women and Gender Resource Center is an inclusive on-campus student center which strives to create change on campus in response to sexism, racism, classism, ableism, heterosexism, and transphobia.

Student Legal Services

The office of Student Legal Services is closed. Should you need immediate legal assistance utilize the Pima County Bar Association's Lawyer Referral Program for University of Arizona Students by contacting [Pima County Bar Association](#) at (520) 623-4625 or utilize [Southern Arizona Legal Aid's](#) services by calling (520) 623-9465.

Registrar

Withdrawal from UA

Parking & Transportation Services

ANY QUESTION | JUST ASK

Support. Outreach. Success. (SOS) supports all Arizona community members, with a focus on enhancing the student experience.

***Text SOS to 70542** when you have a quick and easy question. When you are texting us or when we text you, it is always a real live University of Arizona staff member.*

Email or Submit a Question

If your question is a bit longer or needs a more detailed response [email us](#) (link sends e-mail) or use our form. Depending on the question we can only respond to a student's official University of Arizona email address.

Chat with us!

You can chat live with us from our website, or you may find us on partner websites across campus. Click on the rectangle on the bottom right corner that says Need Help? SOS! to start a chat.

CAMPUS MENTAL HEALTH & WELLNESS SERVICES

FOR STUDENTS

Student Mental Health Counseling Resources

COUNSELING & PSYCH SERVICES (CAPS)

***Who is eligible:** All students who have paid the student health fee*

***How to access:** "Walk-in" online via Zoom. Learn more at health.arizona.edu/CAPS or call 520-621-3334*

Services and costs

CAPS develops a Custom Care Plan with students. CAPS Care Pathways Model options include:

- *Self-help and Pathways to Wellness programs | no cost*
- *Triage appointments | \$10/appointment*
- *Psychoeducational workshops | 3-50 minute workshops for \$30*
- *Support groups | most at no cost*
- *Group counseling | \$10/session*
- *Short-term individual counseling | Initial = \$35; Ongoing = \$25*
- *Psychiatry (medication) appointments | Initial = \$150; Ongoing = \$50*
- *Comprehensive referral support | no cost*
- *CAPS accepts multiple insurance plans*

***Are you a concerned friend?** Concerned friends can find out more about helping a friend who might be experiencing problems through our [How to Help a Friend](#) page.*

CAPS Services & Resources Overview
Community and Off-Campus Resources

STUDENT CENTERS SUPPORT (CAPS Embedded Counselors and Liaisons)

Who is eligible: Students who are connected with designated Cultural/Resource Centers

How to access: Connect with the centers CAPS Embedded Counselor or Liaison

Services and costs:

CAPS offers consultations and support | no cost

LIFE MANAGEMENT COUNSELING AND CONSULTING SERVICES (CAPS Embedded Counseling)

Who is eligible: All undergrad students in: The A Center, The College of Agriculture and Life Sciences, Eller College of Management, or the Thrive Center

How to access: Email: wellness@arizona.edu(link sends e-mail) or lifemanagement.arizona.edu/people

Services and costs:

Short-term counseling, consultation and referral | no cost

THE SALT CENTER PSYCHOLOGICAL AND WELLNESS SERVICES (Strategic Alternative Learning Techniques)

Who is eligible: Students who are currently enrolled in the SALT Center

How to access: Ask your SALT Support Specialist, or email debrap@arizona.edu(link sends e-mail)

Services and costs:

Individual psychotherapy, psychoeducational groups, wellness consultations | no additional cost for SALT Center students

COLLEGE OF MEDICINE MENTAL HEALTH SERVICES

Who is eligible: University of Arizona College of Medicine medical students, residents, and fellows (confidential services)

How to access: mentalhealthservices.medicine.arizona.edu

Services and costs:

Individual psychotherapy, psychiatry care, and mental health programming specific to the needs of physicians and medical trainees. Tele-Services are provided. Referrals to community may also be provided | no cost

PSYCHOLOGY DEPARTMENT BEHAVIORAL HEALTH CLINIC

Who is eligible: Any University-affiliated students, faculty, and staff from the Tucson community

How to access: psychology.arizona.edu/bhc

Services and costs:

Outpatient therapy to individuals, couples, and families. All services are provided by graduate students in the Psychology Department's PhD Program in Clinical Psychology who are closely supervised by licensed clinical psychologists with expertise in the delivery of evidence-based treatments | typically \$25 per session

C.A.T.S. CLINICAL AND SPORT PSYCHOLOGY SERVICES (Commitment to Athletes Total Success)

Who is eligible: University of Arizona student athletes

How to access: arizonawildcats.com/sports/2020/9/18/CATS-Clinical-and-Sport-Psychology-Services.aspx or speak with other athletic support individuals to get connected

Services and costs:

Clinical and sport psychology services assist in addressing student-athletes' mental and emotional well-being, which includes mental health and mental performance concerns. These services are intended to support student-athletes in their ability to excel athletically, academically, and in their personal lives. Clinical and sport psychology services also provide team workshops and consultations to sports programs | No cost

SURVIVOR ADVOCACY

Who is eligible: Current UArizona students at the undergraduate, graduate and professional levels

How to access: <https://survivoradvocacy.arizona.edu/>

Referrals can be made directly to the program staff through the website. The referral for link can be found on this [page](#) where it states "Click here to complete a referral form".

Services and costs:

A list of services provided can be found [here](#) | no cost

WILDCATS R.I.S.E. "RESILIENCE IN STRESSFUL EVENTS" (CAPS Peer Mentoring)

Who is eligible: All undergraduate and graduate students

How to access: wellbeing.arizona.edu/wildcats-rise

Services and costs:

Group and individual psychological first aid for students dealing with stressful events | no cost

WILDCATS ANONYMOUS

On-campus organization that works jointly with Campus Health's Counseling and Psych Services (CAPS) to provide meetings, programming, and peer mentoring for students who want to address their substance use. We are also committed to providing free activities that actively promote alcohol and substance abuse awareness or provide an alternative to activities commonly associated with alcohol abuse. [Peer mentoring link.](#)

Insurance

Campus Health

[Fees & Insurance Overview](#)

[Student Health Insurance](#)

[CampusCare](#)

[Commercial Health Insurance Plans:](#) The UA Campus Health (CHS) is a participating provider to **most** United Healthcare, Aetna, Cigna, Blue Cross/Blue Shield, and Health Net plans for Primary Care Services.

Community Insurance

[HealthCare Marketplace](#) Health Plans

[Project SHARE](#) (Students Helping Arizona Register Everyone) From September to May, there is a student group that helps other students apply for AHCCCS and to help Arizona residents understand the insurance coverage options and financial assistance available at [HealthCare.gov](#). (Healthcare Marketplace)

[To apply for AHCCCS](#) or <http://coveraz.org/>

Private spaces for Telehealth at University Libraries Main Library, Albert B. Weaver Science-Engineering Library, Health Sciences Library

Academic Supports

Student Success & Retention Innovation (SSRI)

Thrive Center

Arizona Assurance Program

Arizona Assurance (AZA) is a program that was created to increase the number of low-income, Arizona residents attending and graduating from the University of Arizona. AZA provides both financial aid and support services; both work together to retain and graduate students. This is achieved through first-year transition programming, mentoring, leadership building, career development, graduate/professional school preparation, and preparing for life after college.

Cultural Learning Communities

Financial Wellness

First Cats

Fostering Success

New Start

SSS/TRiO (STUDENT SUPPORT SERVICES | TRiO)

Must be a first-gen college student, come from a low-income household or have a documented disability.

Thrive Guides

Thrive Guides serve as peer mentors, meeting one-on-one with students from across campus to discuss their personal and professional goals, connect them to campus resources, and suggest strategies for success.

Transfer Student Center

Wildcat Welcome

UA Dictionary

Colleges and universities use so many acronyms sometimes it can feel like learning a whole new language. Thrive Center has created a UA dictionary to help you navigate the many terms you will hear as a member of the Wildcat community.

SALT Center

Think Tank

Advising Resource Center (ARC)

The A Center – Academic Advising for undeclared, transitional, pre-health professionals and pre-law students

ASEM Scholars Program (Arizona Science, Engineering & Math Scholars Program)

C.A.T.S. Academics (Commitment to an Athlete's Total Success) C.A.T.S. Academics provides customized services to student-athletes for them to achieve academic success.

Physical Health Student Resources

Staying physically healthy is an essential part of student success. Explore how the following resources can boost your physical wellbeing!

Campus Health - services offered include: General Medicine, Immunizations, Laboratory, LGBTQ+ Health, Medical Records, Nutrition, Pharmacy, Physical Therapy, STD Testing, Sports Medicine, Walk-in Clinic, Women's Health, X-Ray and more.

Campus Recreation - there are so many different ways to stay active and boost your physical health. Campus Rec exercise options include: swimming/aquatics, group fitness, Personal Training, Small group training, Wellness Services, Certifications, Guided Trips, Outdoor Adventures, Equipment Rental Center, Scuba Courses, Wilderness Medicine, Challenge Programs, Intramural Sports and Club Sports.

Financial Health Resources

Financial wellbeing is an important aspect of student success. Explore the following financial resources to boost your financial wellness!

Financial Aid: learn about the different types of financial aid and how to complete your FAFSA application.

Scholarship Universe: use this scholarship-matching tool which connects UArizona students to millions of dollars in internal and external scholarships.

Thrive Center: Financial Wellness Support - the Thrive Center will equip students with the knowledge and tools they need to confidently manage their finances during college and beyond. For more, email thrive@email.arizona.edu(link sends e-mail) or call (520) 626-3789.

Take Charge Cats: become a UArizona student ambassador providing financial literacy outreach in our community. You will also increase your own financial literacy, public speaking, and leadership skills. For more information, email takechargecats@arizona.edu(link sends e-mail) or call (520) 621.8579.

Food Resources

Campus Pantry: The goal of the UArizona Campus Pantry is to reduce food insecurity in our Wildcat community. At our distribution events, students and staff can receive important food staples at no cost. All you need is your CatCard! Hours change each semester. To see what items we are in need of [CLICK HERE](#).

Other Food Resources

Nutrition Assistance through the State of Arizona

Tucson Food Share

Stage of Life Resources

Adult and Elder Care Consultations

Parenting Consultations

Childcare Consultations

Childcare Choice – Student

Students can receive a subsidy for childcare expenses through their applicable student accounts.

Student Engagement & Career Development

Jobs & Internships

Handshake

Jobs & Internship Search

Resume & Cover letters

Interviewing

Networking

Design Your Search

Self & Career Development

Major & Career Exploration

Life Lab

Research Industries

Job Shadow Program

Build the Skill & Gain Experience

Learn to Lead

Blue Chip

Leadership Endorsement

Build the Skill Leadership

Build Professional Skills

Build the Skill (Essential transferable skills)

Fast Track Program (specific job & industry skills)

Make an Impact

Design Thinking Challenge

100% Engagement

Design Lab

Community Engaged Learning Toolkit

Prepare for Internships

ASUA (Associated Students of the University of Arizona)

What We Do

Bear Down Camp
Campus Pantry
Campus Closet
Diversity
Government Affairs and Policy
Feminists Organized to Resist, Create, and Empower (FORCE)

Marketing and Public Relations
Pride Alliance
Safe Ride
Spring Fling
Student Health Advocacy Committee (SHAC)
Student Legal Services
Students for Sustainability
UAEMS
Vendor Fair
Volunteer Services
Wildcat Events Board
ZonaZoo

Clubs

Clubs Directory
New Club Recognition
Club Re-Recognition
Club Funding
Club Services
Club Resources

Basic Needs

On Campus
Survivor Advocacy
Campus Pantry
DES Assistance AHCCCS/SNAP
Counseling and Psych Services (CAPS)
Dean of Students DOS - Emergency Student Fund
Oasis Sexual Assault and Trauma Services
Fostering Success
Childcare Choice (UA Childcare Choice- Student)
Financial Aid
Nourishing Minds
Support. Opportunity. Success (SOS)
Campus Health
The Ombuds Program

Off Campus

The Community Food Bank of Southern Arizona

Queer Closet

Arizona Health Care Cost Containment System (AHCCCS) and Behavioral Health

Housing Resources

CashCourse

Other Resources

Health and Behavioral Health

Financial Assistance

Showers/ Clothing/ Furniture

Youth Services

Employment Support

Pregnancy Services

Housing: Coordinated Entry

Emergency Shelter

Domestic Violence

Food Insecurity

Other Assistance

Rent and Utility Assistance

FOR FACULTY & STAFF

Mental Health Resources for Faculty and Staff

[Life & Work Connections](#)

[Employee Assistance Counseling](#)

[Support and Resiliency Hub](#) Adaptation, compassion, and well-being during the novel coronavirus pandemic

[On-Demand Videos](#) Do you want to expand your personal wellness toolkit, or to invest in your team's well-being? We've prepared videos on a wide array of topics. Build your knowledge, skills, and abilities – whenever you're ready.

Are you a University of Arizona employee and in need of support? *Life & Work Connections Crisis Support for Arizona Employees 520-621-2493. To make an appointment, employees call 877-327-2362 (TTY: 800-697-0353) anytime 24/7 to speak to a guidance consultant. **If this an emergency call 911 or the Community Crisis Line at 520-622-6000.***

Are you a concerned UA faculty/staff member? CAPS has a [Call and Consult](#) program to assist UA staff and faculty when student problems come to their attention. Call and Consult can be reached at 520-621-3334.

Other Mental Health Resources

Resilient Arizona - Free and confidential to help people and communities recover from the effects of disasters and/or pandemics through short-term interventions that provide emotional support, crisis counseling, and connection to community supports.

Talk It Out

Talk It Out is an initiative out of the College of Education Counseling Program that was created in partnership with the [Tucson Unified School District Family Resource Centers](#).

The program provides free and timely mental health counseling services to TUSD students and families using a practicum training model. Under supervision, master's-level counselors-in-training provide individual, group, and family counseling **free of charge to enrolled TUSD students and their families (no insurance required)**.

Stage of Life Resources

Adult and Elder Care Consultations

Parenting Consultations

Childcare Consultations

Childcare Choice – Employee

Employees can receive reimbursement for childcare expenses through their paycheck.

Physical Resources for Faculty and Staff

Campus Health

Campus Health provides convenient and quality care to University of Arizona employees.

Wherever you are, we're here for you through virtual and in-person care.

Please call (520) 621-9202 before you come in.

BENEFITS OF USING CAMPUS HEALTH AS AN EMPLOYEE

Same-day appointments

Conveniently located

Less travel time to appointments

One-stop shop

OTC items in our Pharmacy

University Health Insurance Plans are accepted

Most other United Healthcare, Cigna, Aetna, Blue Cross Blue Shield, and HealthNet are accepted

Life and Work Connections Health and Wellness Services for the University Community.

Main Phone: [520-621-2493](tel:520-621-2493)

Health Screenings

Health Impact Program

Walk Across Arizona

Wellness Ambassadors

Campus Recreation See how Campus Rec can keep you physically fit and support your health goals

FOR ONLINE & DISTANCE EDUCATION

Student Wellness

Excelling in college begins with taking care of yourself and your loved ones.

The University of Arizona Online & Distance offers FREE access to remote mental health counseling and wellness services that can be accessed from anywhere!

1. CALL 1-833-251-9941

Licensed professional counselors (LPC) are available to talk to you anytime - 24/7! They can help address urgent concerns or can help connect you to a local provider in your area.

Referrals and counseling sessions are FREE for all students enrolled in Arizona Online & Distance campuses.

2. D2L: LAUNCH PAD

Check out the student wellness resources featured within the Launch Pad course in D2L! You can find a variety of articles, webinars, and interactive tools to help you stay well and feel your best. Learn about stress and time management, mental health, nutrition & healthy living, child care or eldercare, legal assistance, and much more!

Log into Launch Pad @ d2l.arizona.edu

3. DEAN OF STUDENTS

The Dean of Students Student Assistance team helps students and their families manage crises, life traumas, and other barriers that may impede success. This team helps support students in areas such as psychological health, physical health, victimization, relationship issues, social adjustment, and academics through a variety of interventions, referrals, and services.

deanofstudents.arizona.edu

FOR PARENTS & FAMILY

Parent & Family Programs

CAPS Consultative Services

Are you a concerned parent or family member?

Helping Your Student Navigate College. <https://health.arizona.edu/helping-your-student-navigate-college>

Parents Matter free consultation service.

<https://parentsmatter.health.arizona.edu/>

How students who are minors can access CAPS services.

<https://health.arizona.edu/caps-services-minors>

DIVERSITY & INCLUSION

Counseling and Psych Services: Racism, the Black Lives Matter Movement, and CAPS' Commitment to Action If you are in need of support, we invite you to utilize CAPS services, including free, online drop-in groups: a support group for students of color; a general support group to help you through these stressful times; and a guided meditation group. We are here for you.

The Student Centers (Cultural and Resource Centers)

At the University of Arizona, the Student Centers are a place on campus where students can seek holistic support for their academic, mental, and social wellbeing.

Academic Programs and Support Centers

At the University of Arizona, we believe diversity enhances the quality of your education. That's why the UA offers numerous programs where students can find academic assistance, research opportunities, community support and more.

International Student Services

International Student Services (ISS) is your headquarters for immigration guidance, cultural adjustment, and connections to the University of Arizona and Tucson community. We support the core Arizona values of diversity and inclusiveness and are invested in making your experience meaningful and positive.

HELPFUL CAMPUS RESOURCES (listed alphabetically)

a

Academic Advising
Account Balances & Billing Issues
Admissions and Enrollment Services
Advising Resource Center
African American Student Affairs
Air Force ROTC
Any Question | Any Time
Arizona Assurance
Army ROTC
Asian Pacific American Student Affairs
Associated Students of the University of Arizona (ASUA student government)
Athletic Tickets
Athletics/Zona Zoo

b

Bias Education & Support Team (BEST)
Bicycle Registration
Bookstore
Bursar's Office
Bus Passes

c

C.A.T.S. Academics
Campus Health
Campus Recreation
Campus Safety
Campus Safety (UAPD)
Career - Student Engagement & Career Development
Career Exploration (Student Engagement & Career Development)
Change of Schedule/Drop/Add
Childcare Resources
Church, Mosque, Temple, Chapel
Clubs and Organizations
Commencement
Computer Issues
Counseling Services
COVID-19 Information
Crime On-Campus (UAPD)
Cultural & Identity Centers
Getting Around (Cattran)

d

Dean of Students
Disability Related Accommodations
Disability Resource Center
Disciplinary Issues/Code of Conduct

f

Family Weekend
Financial Aid
First Generation College Students
First Year/Freshmen Support Programs
Food Pantry & Food Insecurity
Foster Youth Support
Fraternity & Sorority Programs
Parents & Family Programs

g

Getting Around (Cattran)
Getting Around (Saferide)
Grade Replacement Opportunity (GRO)
Graduate and Professional Student Council (GPSC)
Guerrero Hispanic Student Center

h

Hazing Prevention/Reporting
Health & Wellness
Health Promotion and Preventive Services (HPPS)
Help (General Assistance)
Housing & Food Insecurity
Housing (off campus)
Housing (on campus)

i

Cultural & Identity Centers
Immigrant Student Resource Center
Instructional Resources
International Student Services (UA Global)
Intramurals
Involvement Opportunities

l

Leadership Opportunities/Courses
Leadership Programs
Learning & Attention Challenges
Leave of Absence
Legal Services (Student)
LGBTQ Affairs
Loans

m

Church, Mosque, Temple, Chapel
Major Exploration
Major Exploration
Meal Plans
Meal Plans
Medical Care
Mental Health Services (Anxiety, Depression, Crisis and more)
Undecided Major

n

Native American Student Affairs
Naval ROTC
New Start Summer Program

o

Clubs and Organizations
Off Campus Housing
Office of Student Engagement
Office of the Ombuds
Orientation
Orientation (New Student)
Outdoor Rec

p

Campus Safety (UAPD)
Getting Around (Cattran)
Parents & Family Programs
Parking
Placement Testing

q

Help (General Assistance)

r

Registrar
Registration Holds
Religion/Spirituality
Residence Life
Roommate Issues

s

Religion/Spirituality
SALT Center (Strategic Alternative Learning Techniques)
Scholarships & Financial Aid
Sexual Harassment& Violence - Sex Discrimination - Reporting
Sexual/Relationship Violence
Stress Management

Student Accountability
Student Assistance
Student Assistance (Dean of Students)
Studying Abroad

t

Test Anxiety
Testing Office
The Think Tank
Thrive Center
Transfer Students (At the UA)
Transfer Students (New to UA)
Transitioning to the UA Difficulties
Tutoring & Supplemental Instruction

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UA Bookstores
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Veteran Support
VETS (Veterans Education & Transition Services)

w

Withdrawal from UA
Women's Resource Center
Working On-Campus

CRISIS AND EMERGENCY INFORMATION

Where to go, who to call if you're in crisis

If this is an emergency, Call 911

Located in Tucson?

- *If you need to call 911, ask for a CIT (Crisis Intervention Trained) Officer who is equipped in handling a mental health crisis situation or ask for the CMT (Crisis Mobile Team).*
- CAPS Crisis Support for Students: call CAPS at 520-621-3334. *After-hours crisis callers may speak with a licensed counselor by pressing 1 when prompted by the automated message.
- Crisis Support for Arizona Employees: If it an emergency, call 911 or use the Community Crisis Line. Life & Work Connections 520-621-2493. To make an appointment, employees call 877-327-2362 (TTY: 800-697-0353) anytime 24/7 to speak to a guidance consultant.
- Community Crisis Line: (24/7) 520-622-6000 or 866-495-6735 (TDD/TTY: 1-877-613-2076)
- Peer Support/Warm Line: 520-770-9909 (8a-midnight)
- Domestic & Sexual Abuse Prevention and Services:
 - Emerge!: 24/7, multilingual hotline. 520-795-4266 or 1-888-428-0101.
 - Southern Arizona Center Against Sexual Crisis Line (24/7): 800-400-1001 or 520-327-7273

24-Hour National Hotlines

PHONE

- Suicide Prevention Lifeline: 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.
- Spanish Lifeline: 800-273-TALK (8255) and Press 2 or 888-628-9454.
- National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-HELP (4357)

TEXT OR INSTANT MESSAGING (IM)

- Crisis Text Line/Peer Support: Free, 24/7, Confidential. Text the word "HOME" or START" to 741741. (Text "Steve" if you are a student of color and you will be prioritized for getting a counselor who is a POC; some culturally Deaf counselors are available, so if you prefer one, ask if any are available).
- Lifeline Crisis Chat: (IM, also 1-800-273-TALK).
- Online PEER Support Chat: (LGBTQ, IM, also 1-888-843-4564).

Veterans Crisis Line

- Veteran's Live Chat: 1-800-273-TALK (8255) and Press 1 or text to 838255 (global access for American vets).
- Be Connected: 1-866-4AZ-VETS (429-8387). Connecting Arizona service members, veterans, families & helpers to information, support and resources.

LGBTQ youth

- The Trevor Lifeline: 1-866-488-7386, national 24-hour, confidential suicide hotline
- Trans Lifeline: US 877-565-8860; Canada: 877-330-6366. If you have medical/police/EMT trauma, they do not call 911 without consent. translifeline.org

Domestic Violence Sexual Assault

- National Sexual Assault Hotline: 1-800-656-HOPE (1-800-656-4673)
- Love is Respect: (National Dating Abuse Helpline) 1-866-331-9474, Text: LOVEIS to 22522
- National Domestic Violence Hotline: (24/7) 800-799-SAFE (7233), Text: START to 88788
- RAINN Online Hotline (sexual assault, global access): 800-656-HOPE (4673)

TTY, Text, and VP Hotlines for Deaf and Hard-of-Hearing People

- Crisis Line for VideoPhone users who use American Sign Language (available 24/7): 321-800-3323 (321-800-DEAF)
- National Suicide Prevention Hotline: To chat online with a counselor (2pm-2am Monday-Friday Eastern Standard Time) TTY Hotline: 800-799-4889
- Crisis text line: text START to 741-741 (free, 24/7, sometimes have Deaf counselors available)
- National Crisis Text Line for the Deaf – (text HAND to 839863)
- National Domestic Violence Hotline
- E-mail hotline: deafhelp@thehotline.org
- TTY: 1-800-787-3224 (24/7 hotline)
- VP: 1-855-812-1001 (Mon.- Fri. 9AM—5PM Pacific Standard Time)

<https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/>

International Help Lines and Crisis Lines

<https://health.arizona.edu/international-help-lines-and-crisis-lines>

International Association for Suicide Prevention – Resources: Crisis Centers

EMERGENCY NUMBERS (Tucson/Pima County)

AZ Crisis Line (Crisis Line or CL) Through AZ Complete Care.

520-622-6000 or 866-495-6735

24/7 hotline serving 8 counties

Gatekeepers for BH services for SMI/ AHCCCS

If a Crisis Mobile Team (CMT) is needed, the request must be made to the AZ Crisis Line who will triage the call and dispatch a CMT.

The Crisis Line has implemented a dedicated service for 9-1-1. The City of Tucson and Pima County Sheriff's Department's 9-1-1 Communication Centers use this service to divert calls not requiring a law enforcement response.

Crisis Mobile Teams (CMTs)

CMT assessment and intervention services are available to any person regardless of insurance or enrollment status. CMTs will respond to community locations such as a person's home, school, business, church, public place or jail. There is no need to bring a person in crisis to the ED unless there is a medical emergency.

There are two CMT providers in Pima County: Community Bridges Incorporated (CBI) and Community Health Associates (CHA). Each agency covers the entire county. CMTs are activated by calling the AZ Crisis Line. Upon dispatch, CMT response time expectations are 60 minutes in municipal areas and up to 90 minutes in rural areas. You may experience delays if all CMTs are busy.

Response to the University of Arizona (CAPS)

The University of Arizona has the Counseling & Psych Services (CAPS) staff on campus to assist students with behavioral health concerns and services. During business hours, CAPS will provide crisis intervention to students who are in a crisis and in their presence. After business hours, CMTs can be requested by calling the AZ Crisis Line at 866-495-6735. CMTs will respond and assist the student with crisis stabilization. If the student is community stabilized, CMTs will attempt to coordinate with the CAPS staff to ensure stabilization and follow-up care. If the student is transported to a higher level of care, communication and coordination will occur between the placement provider and CAPS staff

Suicide and Crisis Hotlines by Arizona County

Maricopa County served by Mercy Care:

1-800-631-1314 or 602-222-9444

Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties served by Arizona Complete Health - Complete Care Plan:

1-866-495-6735

Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Health Choice Arizona:

1-877-756-4090

Gila River and Ak-Chin Indian Communities:

1-800-259-3449

Salt River Pima Maricopa Indian Community:

1-855-331-6432

About Arizona's Crisis Services: *Arizona has a robust behavioral health crisis services network available to any Arizona resident regardless of health insurance coverage. Services include:*

- *24/7/365 crisis telephone lines operated by trained crisis specialists.*
- *24/7 mobile teams staffed by behavioral health professionals who travel to the individual experiencing a crisis and provide assessment, stabilization and may triage the individual to a higher level of care, as appropriate.*
- *Facility-based crisis stabilization centers that offer crisis stabilization and observation, including access to Medication Assisted Treatment.*

Additional Hotlines

Emergency hotlines are here to help! If you need immediate assistance with any of these issues, help is just a phone call away.

Emergencies 911

[COVID-19 and Community Resources](#)

[SAAF Anti-Violence Project Crisis Line \(800\) 553-9387](#)

[Safe Place for Teens \(520\) 320-5122](#)

Any youth under age 18 can get help at a Safe Place site or through TXT 4 HELP.

*[National Human Trafficking Hotline \(888\) 373-7888 \(TTY: 711\) | *Text 233733 | Live Chat](#)*

[National Runaway Safeline \(800\) 786-2929](#)

Tucson Psychiatric Hospitals

Sonora Behavioral Health

6050 N. Corona Rd Tucson, AZ 85704. Phone: 520-469-8700 or 844-835-4609

24/7 availability for walk-ins, but better to call ahead

AHCCCS patients accepted but not for detox

Accept direct referrals if not intoxicated and no medical

Palo Verde Behavioral Health

2645 N. Craycroft Rd Tucson, AZ 85712. Phone: 520-322-2888 Ask for Admissions

24/7 availability for walk-ins, but better to call ahead

AHCCCS and all major insurances accepted

Accept direct referrals if not intoxicated and no medical

Banner UMC South

2800 E Ajo Way Tucson, AZ 85713. Phone: 520-874-2000

Patients must first be medically cleared through E.R unless they are brought there on an involuntary petition.

Additional Evaluating Hospitals

Crisis Response Center (CRC)

2802 E. District, Tucson, AZ 85714 Main Number: 520-301-2400

The CRC is a free standing, behavioral health walk-in facility that provides services for people in crisis, in need of immediate psychiatric intervention or inpatient psychiatric treatment. The CRC can provide services for both adults and children. Services may be accessed 24/7 via referral or walk-in basis. Referrals are accepted from, but not limited to: CMTs, EDs, law enforcement and other system partners. The CRC has a “no wrong door” policy for first responder drop offs which do not require prior authorization to transport. They accommodate persons who are voluntary and involuntary for treatment. The CRC has an outpatient walk-in clinic for both adults and children, a 23-hour observation unit for adults and a 23-hour observation unit for children. If a higher level of care is needed, the CRC offers a short term inpatient unit for adults

Carondelet Medical Group (Carondelet Health Network Hospitals)

O’Rielly Care Center at St. Joseph’s Hospital

350 N. Wilmot, Tucson, AZ 85711. Main Number: 520-872-3000

The O’Rielly Care Center at St. Joseph’s Hospital offers immediate psychiatric care for adults age 18 years and older who are experiencing a psychiatric crisis and are in need of stabilization. The O’Rielly Center also offers additional services, including detoxification and medication management. Admission is voluntary.

Bridges Geropsychiatric Program at St. Mary’s Hospital

1601 W St Mary’s Rd, Tucson, AZ 85745. Main Number: 520-872-3000

Our program offers psychiatric and medical care for people 55 years and older with mental health problems such as Alzheimer’s disease, dementia, depression, bipolar disorder, schizophrenia and substance abuse.

Admission is voluntary

There is an understanding between hospitals that no bed is their own. No matter which hospital a client chooses to go, it is that hospital’s responsibility to make sure that client is transported to a hospital that will provide appropriate care and insurance coverage.

Police Departments

UAPD: Michele Kahn and Colin Keating

520-621-UAPD (8273) Non-emergency line

Tucson Police Department: contact Jason Winsky

Non-Emergency Line- 520-791-4444 x3

TPD Check Welfare 520-791-5059 Dispatch Number (someone answers)

TPD Mental Health Support Team (MHST) 24 hour crisis line 1-866-495-6735

Pima County Sheriff's Department: Contact Cade Hansen

Main Headquarters (520) 351-4600 (info line)

NON-EMERGENCY (520) 351-4900 (Check Welfare)

South Tucson Police Department:

520-622-0655

Marana Police Department: Timothy Fane MHST contact and Adam Lawson

520-382-2000

Oro Valley Police Department (OVPD): Contact Sonja Hudson

520-229-4900

Tohono O'Odham Nation Police Department:

Office: (520) 383-3275/3276

Tucson Line: (520) 879-8900

Pima Community College Police Department: Contact Michelle Nieuwenhuis:

520.206.2692

College Police Assistance/Suspicious Activity/Lost & Found: 520.206.2700

Sahuarita Police Department:

520-344-7000

Emergency Animal Care

Safety Net Foster Program

Pima Animal Care Center, 4000 N. Silverbell Rd., Tucson, AZ 85745,

Kristina Hurlburt, Coordinator Cell: (520) 873-7647,

kristina.hurlburt@pima.gov, pacc.safetynet@pima.gov

For students with pets who need to go to the hospital (psychiatric or medical). They will take temporary custody until the student is released. Email is reportedly the best way to reach the coordinator.

No Kill Pima County

EMERGENCY OR TEMPORARY HOUSING- Tucson emergency pet foster care

Phone: (520) 477-7401

<https://www.nokillpimacounty.org/pet-owner-resources/emergency-or-temporary-housing/>

COMMUNITY RESOURCES

Community Assistor *Trained community partners that help individuals and families connect to coverage, benefits and services.*

BENEFITS

Government benefits can provide an important lifeline to services and assistance. Some of the most commonly used benefit programs include:

Arizona Healthcare Cost Containment System (AHCCCS)

Medical and behavioral health care for low-income Arizonans. See the Medical and Behavioral Healthcare section of this guide for information. [Available Health Plans](#)

Supplemental Nutrition Assistance Program (SNAP)

Nutrition Assistance (formerly the Food Stamp Program) is Arizona's program for the Food and Nutrition Service (FNS) Supplemental Nutrition Assistance Program (SNAP). Nutrition Assistance supports families to prevent under-nutrition in Arizona.

Arizona Long Term Care Services (ALTCS)

ALTCS (pronounced ALTECS) is an Arizona Medicaid program that is designed to help fixed income seniors and other disabled individuals afford the care that they need. ALTCS pays for the care that you need after savings are exhausted. The program requires an application and typically takes between 60 and 90 days for approval. The program contractor works with doctors, nursing homes, assisted living facilities, hospitals, pharmacies, specialists, etc. to provide care. You will also be assigned a case manager who will coordinate your care. Apply for ALTCS by calling (888) 621-6880 or visiting the Tucson ALTCS Office at 7202 E. Rosewood Street, Suite 125 (Tucson, AZ, 85710).

What is the difference between ALTCS and AHCCCS?

AHCCCS is the state program that implements the Federal Medicaid program which is a health care program for the poor. ALTCS provides acute and long term care services for persons who are elderly (over age 65), physically disabled or developmentally disabled.

Supplemental Security Income (SSI) & Social Security Disability Income (SSDI)

SSI provides monthly financial assistance for eligible older adults and people with disabilities who have little or no income and is based on financial need (no prior work history required). SSDI provides monthly financial assistance for people with disabilities and certain family members based on their work history. Learn more about SSI/SSDI eligibility requirements and how to apply by calling (800) 772-1213. Social Security offices are closed for in-person meetings during the pandemic but are available to take your call. You can also work with a SOAR case manager to submit your application (see below).

SSI/SSDI Outreach, Access & Recovery (SOAR)

*SOAR case managers are able to help people experiencing homelessness apply for social security. We encourage you to ask any agencies you are working with if they have SOAR staff who can help you with your application. Applications submitted through SOAR have a higher acceptance rate and are processed faster than applications submitted through the Social Security office. **Arizona State Team Lead(s):***

Joy Johnson, 602-771-1026 joy.johnson@azhousing.gov(link sends e-mail)

Cristina Benitez, 520-809-6579 cbenitez@azcompletehealth.com(link sends e-mail)

Liaison: Dan Coladonato, 518- 439-7415 x5241 dcoladonato@prainc.com(link sends e-mail)

Veterans Benefits

Eligible U.S. military veterans can access medical and behavioral healthcare and a variety of other benefits by contacting the Southern Arizona VA Healthcare System. To find out if you qualify or enroll in VA services, contact the Southern Arizona VA's eligibility office at (520) 792-1450 extension 16572 or visit Building 69 on the VA campus (3601 S. 6th Avenue, Tucson, AZ, 85723). [Arizona Department of Veterans' Services](#)

Unemployment Benefits

If you have recently lost your job, you may be eligible for unemployment benefits (weekly cash assistance). Special unemployment benefits are available for people who lost their job because of COVID-19 pandemic. Apply online [HERE](#) or by calling (877) 600-2722.

MEDICAL & BEHAVIORAL HEALTHCARE

Healthcare providers continue to provide medical and behavioral healthcare throughout the pandemic. Agencies may be using new methods to provide services by phone or video chat. If you are already enrolled in medical and/or mental/behavioral health services, call your provider for more information.

AHCCCS is the Medicaid health program for low-income Arizonans. If you are not enrolled in AHCCCS, you can apply online at <https://www.healthearizonaplus.gov/> or by contacting any of the plans below.

The following AHCCCS plans are available in Pima County: [Click here](#) for a list other Arizona County AHCCCS Health Plans.

Arizona Complete Health – Complete Care Plan

(888) 788-4408

Medical care, general mental health services, services for members with serious mental illness (SMI), services for foster children enrolled in Comprehensive Medical and Dental Program (CMDP), services for members enrolled with DES/DDD

Banner – University Family Care

(800) 582-8686

Medical care, general mental health services

United Healthcare Community Plan

(800) 348-4058

Medical care, general mental health services

American Indian Health Program (Tribal members)

Maricopa County: (602) 417-7100

All other counties: (800) 334-5283

Medical care, general mental health services, services for members with serious mental illness (SMI).

Healthcare for U.S. Military Veterans

Eligible U.S. military veterans can access medical and behavioral healthcare and a variety of other benefits by contacting the Southern Arizona VA Healthcare System. See the Veteran Benefits section of this guide for information (under Benefits).

Community Clinics in Tucson

DENTAL CARE

Reduced Fee and Community Dental Clinics in Arizona

Free Dental Care Clinics (Also Low Cost And Sliding Scale)

Dental Care in the Tucson Community

ADDITIONAL COMMUNITY RESOURCES

Arizona Resource List PDF of Community Resources

Arizona Self Help is a free and easy way to find out if your family may be able to get help from 40 different assistance programs in Arizona. (602) 604-0640 ArizonaSelfHelp@gmail.com

RECEIVE MAIL, MAKE CALLS, GET CONNECTED:

You may qualify for a free [US Post Office Box](#)

[Free Phones](#) (cell phone)

[Low-cost Internet and Computer Access Services](#)

[Use of Public Computers](#)

[Emergency Broadband Benefit](#)

FOOD ASSISTANCE

Applying for Nutrition Assistance (Formerly the Food Stamp Program)

The Emergency Food Assistance Program (TEFAP) *The Emergency Food Assistance Program (TEFAP) is a federally funded program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost. Under TEFAP, the U.S. Department of Agriculture (USDA) makes commodity foods available to state distributing agencies. [Local sites](#) and [Community Food Bank of Southern Arizona](#) and [211](#).*

Non-TEFAP food assistance *Supplemental pantries where you can receive additional food assistance*

Tucson Food Pantries and Soup Kitchens

Tucson Food Share

HOMELESS RESOURCES

211 Arizona

211 Arizona *offers information and referral to community resources that can help with rental assistance, shelter, legal services, transportation, food, childcare, treatment services, and other needs. Dial 2-1-1 from any Arizona phone number or visit www.211arizona.org.*

Tucson/Pima Coordinated Entry System

Tucson/Pima Coordinated Entry System provides assessment and referral to crisis and long-term housing services at a number of community agencies. Visit [www.tpch.net/coordinated entry](http://www.tpch.net/coordinated-entry) for more information or to request an assessment.

City of Tucson

City of Tucson Homeless Outreach Team provides basic needs assistance and help accessing shelter, housing, and supportive services for people experiencing homelessness in unsheltered environments. The link also provides additional community resources.

Tucson Pima Collaboration to End Homelessness

Emergency shelter and other services are available throughout the community to meet the needs of people experiencing homelessness.

Immediate Resources:

Find a shelter bed tonight

Shelter bed availability

(PDF) A Resource Guide for People Experiencing Homelessness during the COVID-19 Pandemic

Includes info on street Outreach Teams, emergency shelter, Coordinated Entry (Housing Assessments), Day Centers, meals, food bags and emergency food assistance, medical and behavioral healthcare, etc.

EXTREME WEATHER SHELTERS: *Very Hot Weather* *(places to go during the day to get out of the sun and get water)* *Very Cold Weather* *(place to spend the night when it is very cold)*

Coordinated Entry for Homeless Services

Coordinated Entry is a simpler way for people experiencing homelessness, or at imminent risk of homelessness, to get the help they need. Housing services are accessed through a single assessment which is completed at any local Community Access Point. Based on the assessment, homeless individuals and families most in need of assistance are placed on the community-wide priority list for housing assistance from which dozens of local programs accept referrals.

In response to COVID-19, housing assessments are being conducted by phone only at most Access Points. Assessments are currently available at the locations/phone numbers and times lists below:

What to expect when completing a Coordinated Entry assessment by phone:

- 1. You may be asked to make an appointment for an assessor to give you a call back or forwarded to voicemail. If this happens, try calling another Access Point or wait for a return call from the Access Point with which you left a message. They will return your call within 1 business day.*
- 2. You may be referred to a different agency or phone number on this list.*
- 3. You will be read a release of information that you normally would sign in person but will be only asked if you agree to it.*
- 4. You will be asked to complete a brief health screening to assess need for isolation as a result of COVID-19.*
- 5. The housing assessment process will take about 30 minutes.*

Salvation Army 7 days/week 2pm-5pm	Phone (520) 622-5411	No in-person assessments during the pandemic.
Primavera Foundation	Phone (520) 308-3079 M, W, Th, F (1PM-4PM) Tues (8AM-4PM)	In Person HIP Drop-In Center 811 S. 6th Avenue or 702 S 6th Ave (new facility will be completed and open Fall 2021) M, W, Th, F (9AM-12:30PM)
Our Family Services	Phone (520) 323-1708 Mon-Fri (9AM-4PM)	No in-person assessments during the pandemic.
La Frontera RAPP	Phone (preferred) (520) 882-8422 Mon-Fri (8AM-4PM)	In Person 1082 E. Ajo Way #100 Mon-Fri (8AM-4PM)
La Frontera Sonora House	Phone (520) 624-5518 Mon-Fri (10AM-6PM)	No in-person assessments during the pandemic.
Old Pueblo Community Services (OPCS)	Phone (520) 546-0122 Mon-Fri (9AM-4PM)	No in-person assessments during the pandemic.
City of Tucson Outreach (Robert)	Phone (520) 437-5003 Mon-Fri (7:30AM-3:30PM)	In person assessments conducted during street outreach activities.

Updated June 2021

EMERGENCY SHELTERS

Homeless Shelters

Programs that provide a temporary place to stay for people who have no permanent housing.

Casa Paloma Women's Program

Provides daytime drop-in center and residential housing services for women who are homeless.

Services: Case/Care Management, Community Shelters, General Clothing Provision, Homeless Drop In Centers, Laundry Facilities, Public Showers/Baths, Soup Kitchens, Telephone Facilities

Confidential location

Tucson, AZ 85713

(520) 882-0820

Church on the Street Mission

Provides emergency shelter for adults who are homeless. Services: Missions

1402 S Tyndall Ave

Tucson, AZ 85713

(520) 409-2440

Family Pathways Emergency Shelter Program

Provides scattered-site emergency shelter program for homeless families (of any form) with children.

Services: Community Shelters

702 S 6th Ave

Tucson, AZ 85701

(520) 623-5111

Gospel Rescue Mission at the Center of Opportunity

Provides services for men, women, and families who are homeless. Services: Missions

4550 S Palo Verde Rd

Tucson, AZ 85714

(520) 740-1501

Operation Deep Freeze Winter Shelter Program

Seasonal program provides extra shelter beds for homeless people during winter months.

Services: Extreme Weather Shelters, Homeless Shelter Volunteer Opportunities, Underwear/Sleepwear Donation Programs, Winter Clothing Donation Programs

1002 N Main Ave

Tucson, AZ 85705

(520) 622-5411

Our Family Services Emergency Shelter Program

Provides scattered-site emergency shelter program for adults and families who are homeless.

Services: Community Shelters, Housing Related Coordinated Entry

Various locations citywide.

Tucson, AZ 85712

(520) 323-1708 x410

Primavera Men's Shelter

Provides emergency shelter for up to seven consecutive nights for adult males who are homeless.

Services: Community Shelters

200 E Benson Hwy

Tucson, AZ 85713

(520) 623-4300

Sister Jose Women's Center

Provides a day center and overnight shelter for women who are homeless.

Services: Cleaning Product Donation Programs, Community Shelters, Donations Sorting/Packing Volunteer Opportunities, Food Donation Programs, General Clothing Donation Programs, General Clothing Provision, Gift Card Donation Programs, Homeless Drop In Centers, Laundry Facilities, Meal Preparation/Serving Volunteer Opportunities, Office Supplies Donation Programs, Personal/Grooming Supplies, Personal/Grooming Supplies Donation Programs, Portable Travel/Storage Container Donation Programs, Public Showers/Baths, Soup Kitchens, Underwear/Sleepwear Donation Programs

1050 S Park Ave

Tucson, AZ 85719

(520) 909-3905

The Salvation Army Hospitality House

Provides emergency shelter for men, women, women with children, and families for seven consecutive nights every 30 days.

Services: Community Shelters, Housing Related Coordinated Entry

1002 N Main Ave

Tucson, AZ 85705

(520) 622-5411

The Salvation Army South Corps Community Center

Multipurpose neighborhood center open to all youth and adults, with an emphasis on the Hispanic community.

Services: Community Shelters, Neighborhood Multipurpose Centers

1625 S 3rd Ave

Tucson, AZ 85713

(520) 620-1076

Gospel Rescue Mission

Center for Opportunity. Intakes at 10:00 AM (First come first serve, take 10 new admits per day). For directions and an "invitation" [click here](#).

4550 S. Palo Verde Rd.

Tucson, AZ 8571

(520) 740-1501

Transitional Housing Shelters

Programs that provide extended shelter and supportive services primarily for homeless individuals and/or families with the goal of helping them live independently and transition into permanent housing.

Bread & Roses Crisis Transitional Shelter for Homeless LGBTQ+ Youth

Provides transitional shelter for homeless young adults who identify as LGBTQ+ and offers a safe and inclusive place for youth ages 18 to 24. Services: Transitional Housing/Shelter

375 S Euclid Ave

Tucson, AZ 85719

(520) 547-6019

Esperanza En Escalante

Provides transitional housing for homeless veterans and veteran families.

Services: Bedding/Linen Donation Programs, Court Community Service Sites, Custodian Volunteer Opportunities, Donation Pickups, Donations Pickup Volunteer Opportunities, Furniture/Home Furnishings Donation Programs, General Clothing Donation Programs, Kitchenware Donation Programs, Nongovernmental Agency Departments, Transitional Housing/Shelter

3700 S Calle Polar

Tucson, AZ 85730

(520) 571-8294

Family Journey Transitional Housing

Provides transitional housing for single mothers who are homeless. Services: Transitional Housing/Shelter

1550 N Country Club Rd

Tucson, AZ 85716

(520) 322-9557

Miracle Center

Provides faith-based transitional housing for women in a crisis situation.

Services: Career Development Volunteer Opportunities, Clerical Volunteer Opportunities, Communications/Marketing Volunteer Opportunities, Fundraising Volunteer Opportunities, Nongovernmental Agency Departments, Therapy Volunteer Opportunities, Transitional Housing/Shelter

Confidential location

Tucson, AZ 85751

(520) 327-1208

Old Pueblo Community Services

Provides a variety of specialized housing programs.

Services: Alcohol Use Related Recovery Homes/Halfway Houses, Appliance Donation Programs, Board/Committee Member Volunteer Opportunities, Drug Use Related Recovery Homes/Halfway Houses, Ex-Offender Halfway Houses, Fundraising Volunteer Opportunities, Furniture/Home Furnishings Donation Programs, General Clothing Donation Programs, Homeless Permanent Supportive Housing, Housing Related Coordinated Entry, Kitchenware Donation Programs, Mentoring Services Volunteer Opportunities, Nongovernmental Agency Departments, Personal/Grooming Supplies Donation Programs, Transitional Housing/Shelter

Various locations citywide

Tucson, AZ 85711

(520) 546-0122

Operation Homefront Housing Programs

Provides mortgage-free homes and rent-free transitional housing to veterans.

Services: Mortgage Free Homes, Transitional Housing/Shelter

Various locations nationwide

San Antonio, TX 78232

(877) 264-3968

Our Family Services Homeless Youth Program

Provides outreach and support services for homeless and near-homeless youth and young adults.

Services: Case/Care Management, Street Outreach Programs, Transitional Housing/Shelter

2590 N Alvernon Way

Tucson, AZ 85712

(520) 323-1708

Pio Decimo Transitional Housing Program

Provides long-term transitional housing for families who are homeless or at risk of becoming homeless.

Services: Appliance Donation Programs, Cleaning Product Donation Programs, Furniture/Home Furnishings Donation Programs, Transitional Housing/Shelter

848 S 7th Ave

Tucson, AZ 85701

(520) 622-2801 x7112

Spina Bifida Association of Arizona

Provides information for people with spina bifida and their families.

Services: Clerical Volunteer Opportunities, Communications/Marketing Volunteer Opportunities, Disease/Disability Information, Gift Card Donation Programs, Handyworker Volunteer Opportunities, Incontinence Supplies, Nongovernmental Agency Departments, Transitional Housing/Shelter

Confidential location

Phoenix, AZ 85044

(602) 274-3323

VA Supported Housing

Provides transitional housing for homeless veterans.

Services: Transitional Housing/Shelter

3601 S 6th Ave

Tucson, AZ 85723

(520) 629-1839

Domestic Violence Shelters

Programs that provide temporary emergency shelter for individuals, primarily women, who have experienced domestic violence/abuse, and for their children.

Emerge Domestic Abuse Hotline & Emergency Shelter

Provides crisis intervention hotline and safety planning to people experiencing domestic abuse.

Services: Domestic Violence Hotlines, Domestic Violence Shelters

Confidential location

Tucson, AZ 85716

(520) 795-4266

Genesis House Shelter

Provides emergency shelter for women escaping domestic violence, sexual assault, and human trafficking.

Services: Domestic Violence Shelters, Human Trafficking Shelters, Sexual Assault Shelters

Confidential location

Green Valley, AZ 85614

(520) 648-3589

The Brewster Center

Two shelters are available at the Brewster Center for children and women that have been abused. Both shelters are available 24 hours a day, year-round, including holidays.

The first shelter is called the West House and is a 30 bed shelter located in Central Tucson. Whereas the second shelter is called Casa Amparo and is a 14 bed shelter located in South Tucson. The Casa Amparo is operated entirely by bilingual (Spanish/English) staff. Both the Brewster Center shelters provide food, shelter, apparel and other basic necessities. Assistance and cooperation in planning for the future is also a part of the Brewster Center service offering.

Tucson, AZ

webmaster@thebrewstercenter.org

Showers and Laundry for the homeless

Call in advance:

- *The Primavera Foundation - Casa Paloma Women's Program (for Women)*
(520) 882-0820
- *La Frontera RAPP*
(520) 882-8422
- *Tucson Poverello House Breakfast, laundry and showers*
221 E Lee St
(520) 624-0589
- *Center of Opportunity From 3:00PM to 4:30 PM open gate to homeless community and offer a chance to shower and get fresh cloths and a hot meal is served.*
4550 S Palo Verde Rd, Tucson, AZ 85714. Closes at 4:30PM
(520) 740-1501
- *Primavera Foundation: HOMELESSNESS INTERVENTION & PREVENTION DROP-IN CENTER*
623-5111
PROGRAM HOURS: Monday, Wednesday, Thursday, Friday from 9:00 am to 12:30 pm. Closed Tuesday, Saturday, Sunday
NOTE: In order to promote the health and safety of participants and staff during the COVID-19 crisis, HIP will provide only the following services:
Mail and packages, Community Access Point for Coordinated Entry, Hygiene Supplies, IDs, Pet food, Restroom, Water and food
- *Homeless Resource Centers (may include the use of phones, restrooms, and laundry facilities)*
- *Showers*

Elder Abuse Emergency Shelter

Programs that provide a safe, secure shelter environment for older adults who are experiencing physical, psychological/emotional, financial, or sexual abuse.

ARC Elder Shelter Project

Provides short-term, emergency placement in local care homes for older adults in crisis.

Services: Elder Abuse Shelters

1625 N Alvernon Way Ste 101

Tucson, AZ 85712

(520) 339-2801

NOTES: Best shelter for male students is Primavera

***DISCLAIMER:**

The information within this electronic document is provided as a resource to our campus community. These links are for your convenience and I cannot guarantee the information is current. Should you come across any updated material, or know of additional resources, please contact me directly to include it in the next quarterly update. <mailto:pgnorris@arizona.edu>