



CITY OF MESA COMMUNITY RESOURCE GUIDE

COVID-19 Health Concerns

Concerns about COVID-19 symptoms or exposure?

Call Banner Health at **1-844-549-1851** to speak with a clinical team member. Available Monday - Thursday 7am - 6pm and Fridays 7am - 5pm.

Phoenix Children's Hospital: **www.phoenixchildrens.org**, **602-933-1000**
Chat Live with Nurses, Telehealth appointments available.

The Arizona Poison Control System: **https://azpoison.com**
Taking COVID-19 calls at **1-844-542-8201**

Maricopa County Department of Public Health:
www.maricopa.gov/5460/Coronavirus-Disease-2019, **602-506-3011**

AZ Department of Health and Safety: **www.azdhs.gov**, **602-542-1025**

Center for Disease Control (CDC): **www.cdc.gov**



Mesa COVID-19 Updates
www.mesaaz.gov/city-hall/coronavirus



COMMUNITY RESOURCE
CALL CENTER

480-644-CARE (2273)
Everyday 8am - 5pm

Individual Needs Assessment
Organization Needs Assessment



City staff is working with faith-based and human services organizations, ASU, local celebrities and entrepreneurs to target activities that encourage mindfulness through exercise, meditation, education and meaningful interactions while maintaining precautionary measures being recommended by the Centers for Disease Control and Prevention and other public health agencies.

For more information and a list of activities and programs available go to

www.mesaaz.gov/InspireMesa



COMMUNITY
INFORMATION &
REFERRAL SERVICES
Dial **2-1-1** or visit
https://211arizona.org

Arizona Together - **https://arizonatogether.org**
State support during the COVID-19 Outbreak. Links to resources include:

- AHCCCS & Healthcare
- Mental Health & Wellbeing
- Financial Assistance Programs
- Unemployment Benefits
- Find Employment
- Housing & Utilities Help
- Internet & Wireless Services
- Food Banks
- Women, Infants & Children (WIC)
- Free Meals for Children
- Childcare Assistance
- Tribal Nations and Communities
- Disability Resources
- Services for Seniors

Tips for Coping with Stress & Fear*

- Take breaks from watching, reading, or listening to news stories
- Try to eat healthy, well-balanced meals
- Exercise regularly, get plenty of sleep
- Avoid alcohol and drugs
- Make time to unwind. Take deep breaths, stretch, or meditate
- Try to do some other activities you enjoy
- Connect with others. Talk with people you trust about how you are feeling

***https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html**



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Crisis & Emergency Services

National Suicide Prevention Hotline 24 hour: **800-273-8255** (TALK)

Crisis Network: www.crisisnetwork.org

Crisis Line: **602-222-9444**, Warm Line: **602-347-1100**

National Sexual Assault Hotline (RAINN) 24 hour: **800-656-4673** (HOPE)

DCS Child Abuse Hotline: **1-888-SOS-CHILD (1-888-767-2445)**

Child Crisis AZ: Emergency shelter, <https://childcrisisaz.org>, **480-969-2308**

oneten.org – COVID 19 Emergency Relief Fund to LGBTQ+Youth impacted by COVID-19; **602-400-2601**

humantraffickinghotline.org – **1-888-373-7888** (TTY:711); *Text **233733**; Live Chat

Domestic Violence Resources, Counseling and Shelters

Arizona Coalition to End Sexual & Domestic Violence (ACESDV) Helpline: **602-279-2900**, 8:30am to 5pm, Mon-Fri

Community Alliance Against Family Abuse (CAAF): www.caafaaz.org, **480-982-0196**

A New Leaf: 24 hour crisis hotline **480-890-3039**, <https://www.turnanewleaf.org/services/domestic-violence>

Chrysalis: <https://noabuse.org/our-services>, **602-955-9059**, Emergency Housing, Case management, Telehealth counseling and more.

Chicanos Por La Causa: <https://cplc.org/hhs/dv.php>, **602-269-1515**

Catholic Charities Pathways Program: **602-819-0082**, DV advocacy, Virtual support group Wed 5:30pm - 7pm

24-hour Local Shelter Hotline: **602-263-8900**

Seniors & Vulnerable Adults

Mesa Meals on Wheels: **480-964-9014**. For older and disabled adults with challenges in daily living.

Area Agency on Aging: www.aaaphx.org, 24/7 helpline **602-264-HELP** (4357)

AZ Adult Protective Services: **1-877-767-2385**

Hospice of the Valley: <https://hov.org/our-care>, 24/7 helpline **602-530-6900**. Pulmonary, Palliative and Dementia Care, Grief Support, Caregiver Support.

Senior Shopping Hours (hours may vary by location, check with your local retailer).

- Fry's Food: varies by location
- Albertsons: Tue & Thu 7 to 9am
- Safeway: Tue & Thu 7 to 9am
- Basha's: Wed 5 to 6am
- Food City: Wed 5 to 6am
- Ranch Market: 6 to 7am daily
- Costco: Tue, Wed & Thu 8 to 9am
- Sam's Club: Tue & Thu 7 to 9am
- Walmart: Tue 6 to 7am
- Target: Tue & Wed 8 to 9am
- Walgreen's: Tue 8 to 9am



HOW TO TEXT 911

- Type **9-1-1** (with hyphens) in the "To" field
- ALWAYS give your location and the nature of your emergency
- Keep text messages short and concise
- Do not assume your text has been received until you get a response
- Be ready to follow instructions and answer questions from the 911 operator



APPLY FOR A PROTECTIVE ORDER ONLINE
<https://azpoint.azcourts.gov>



NATIONAL DOMESTIC VIOLENCE HOTLINE

Available 24/7 by phone text or online chat.

Call **1-800-799-7233**
Text "**LOVEIS**" to **22522**

Chat online at
www.thehotline.org

CITY OF MESA VICTIM SERVICES

Mesa Family Advocacy Center
480-644-4075

Prosecutor's Office Victim Services
480-644-2188



ADOPT A GRANDPARENT
www.mesaaz.gov/AAGP
480-644-5756

Food box delivery, supplies prescription pick-up.