



# We Can Help You Find Mental Health Resources in Arizona!

#### Free Live Assistance Available

The Arizona Psychiatry Access Lines (APAL) now offer resource assistance to new and expecting moms, children, adolescents, and care teams in Arizona, Monday to Friday from 8:30 a.m. to 4:30 p.m.

## Who Can Call?

Anyone in Arizona can call APAL for resource assistance. Callers may contact APAL for themselves, their children, or on behalf of a person they are caring for.

## Across Arizona

APAL serves all of Arizona, including rural counties and tribal communities.

## Free

APAL services are free of charge, regardless of insurance coverage.

# **Services We Provide**

APAL helps navigate the complexities of mental health care for mothers and children across Arizona. Our services include, but are not limited to:



Assistance locating therapists, psychiatrists, and support groups

- Guidance on insurance-covered options and community resources
- Navigation of perinatal and pediatric mental health services



Scan the QR code to access the APAL resource library.

#### How it Works

- 1) Call APAL at 888-290-1336.
- 2) You are matched with the APAL Resource Specialist.
- Our Resource Specialist will assess your needs and recommend programs that fit your situation.
- 4) You will receive a follow-up email with resources tailored to your individual needs.



Call 888-290-1336 to speak to the APAL Resource Specialist Monday to Friday | 8:30 a.m. to 4:30 p.m.

#### APAL.arizona.edu

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