



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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