



THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON  
**Arizona Psychiatry  
Access Lines**



# 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.

### How it Works

- 1) Call APAL at 888-290-1336.
- 2) You are matched with the APAL Resource Specialist.
- 3) 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.

### 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.



## 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](https://apal.arizona.edu)