



# **CRISIS LINE**

**Feeling anxious or agitated,**

**Feeling trapped like there is no way out,**

**When it seems like there is no hope,**

**You can talk to someone right now**

**We're here to listen 24 hours a day, 7 days a week!**

**Help is Free and Confidential**

**Help for Pinal, Gila, Yuma & LaPaz Counties**

**CALL TOLL-FREE 1-866-495-6735**



**CENPATICO™**  
behavioral health  

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OF ARIZONA