

Suicide Prevention Guide

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Counseling and Crisis Services	
<p>YUMA VETERAN CENTER 1450 East 16th Street, Suite 103 Yuma, AZ 85364 Phone: (928) 271-8700 Fax: (928) 726-1343 Vet Center Director: Sheryl Derby, LCSW Counselors: Scott Lung & Lori Sullivan Office Manager: Mario Guerra Outreach Specialist: Delphine Hamilton, USMC Retired</p>	
<p>VET CENTER CALL CENTER 1-877-WAR-VETS (927-8387) http://www.vetcenter.va.gov/media/Call-Center-PSA.asp</p>	
<p>Around the clock (24/7) confidential call center for Veterans and their family members can call to talk about military life or any other issues they are facing.</p>	
<p>MILITARY ONE SOURCE 1-800-342-9647 https://www.militaryonesource.mil/</p>	
<p>Military Once Source is a confidential line providing comprehensive information regarding all aspects of military life at no cost to Active Duty Personnel and their families. Areas of assistance include Relationship counseling; stress relief counseling, financial counseling, document translation, education and career benefits, child care options.</p>	
<p>NATIONAL SUICIDE PREVENTION LIFELINE Call or text 988 https://988lifeline.org/</p>	
<p>ARIZONA COMPLETE HEALTH 24 HOUR CRISIS LINE 1-866-495-6735 http://www.azcompletehealth.com</p>	
<p>TEEN LIFELINE 1-800-248TEEN</p>	
<p>RAPE/SEXUAL ASSAULT CENTER 1-800-400-1001</p>	
<p>DOMESTIC VIOLENCE HOTLINE 1-888-428-0101</p>	
<p>CHILD ABUSE HOTLINE 1-888-767-2445</p>	
<p>LGBT NATIONAL CRISIS LINE 1-888-843-4564</p>	
<p>TRIBAL WARM LINE 1-855-728-8630</p>	
<p>LICENSED PSYCHOLOGIST Ashley Hart II, Ph. D 106 East 1st Street, Suite D Yuma AZ, 85364 Phone: (928) 341- 1046 Email: ahart@appliedinterventions.com</p>	

Behavioral Health Services
<p align="center">YUMA MENTAL HEALTH AND WELLNESS 3970 W. 24th Street #214 Phone: (928) 304-3866</p>
<p align="center">COMMUNITY PARTNERS INTEGRATED 2542 S. Arizona Avenue Phone: (928) 376-0220</p>
<p align="center">PATHWAYS OF ARIZONA 3818 W. 16th Street Phone: (928) 317-0177</p>
<p align="center">RESILIENT HEALTH 1314 S. 4th Avenue, Ste B and C Phone: (928) 344-3870</p>
<p align="center">TRANSITIONAL LIVING CENTER 1340 S. 4th Avenue Phone: (928) 261-8668</p>
<p align="center">YRMC BEHAVIORAL HEALTH 2851 S. Avenue B., Bldg 19 Phone: (928) 336-2090</p>
<p align="center">COMMUNITY HEALTH ASSOCIATES 2851 S. Avenue B, Bldg 4 Phone: (928) 376-0026</p>
<p align="center">ARIZONA'S CHILDREN ASSOCIATION 3870 S. 4th Avenue, Ste K Phone: (928) 344-8800</p>
<p align="center">EASTERSEALS BLAKE FOUNDATION 3860 W. 24th St, Suite 200 Phone: (928) 726-9225</p>

VA Medical Services	
YUMA COMMUNITY BASED OUTPATIENT CLINIC (CBOC)	3111 South 4 th Avenue Yuma, Arizona 85364 Phone: (928) 317-9973 Hours: Monday-Friday 8:00 AM- 4:30 PM Toll free Number for appointment scheduling and healthcare advice: 1-800-470-8262 Office Manager: Marisela Casares (928) 317-9973
	HUD-VASH Sylvia Hernandez Vargas (928)317-9973 EXT.1155 Sylvia.Hernandezvargas@va.gov
	Mental Health Janice Fontes, RN To assist in your care and treatment, please bring all of your medications to your first appointment. For after-hours emergency care, Call 911
VA MAILING ADDRESSES	Phoenix Regional Office 3333 North Central Ave. Phoenix, AZ 85012 Fax: (602) 627-3039
	Southern Arizona VA Health Care System 3601 South 6 th Ave. Tucson, AZ 85723 Phone: (520) 792- 1450 Toll Free: 1-800-470-8262
VA WEBSITES	http://www.va.gov
	Veteran ID Card https://verts.gov/veteran-id-card/
	Ask VA https://ask.va.gov/
	My Health VA Portal https://www.myhealth.va.gov/mhv-portal-web/home
	Ebenefits (some have moved to VA.gov) https://www.ebenefits.va.gov/ebenefits/homepage
	Veteran Crisis Line Confidential Chat https://www.veteranscrisisline.net/get-help-now/chat/
VA PHONE NUMBERS	Veteran Crisis Line: 988 "Press 1"
	VA Benefits: 1-800-827-1000
	Quit VET (get help from a counselor to stop smoking): 855-784-8838
	Debt Management Center: 1-800-827-0648
	Education (GI Bill): 1-888-442-4551
	Women Veterans Hotline: 1-855-829-6636
	Caregiver support line: 1- 855-260-3274
	Support for SGLI or VGLI: 1-800-419-1473
	All other VA life insurance programs: 1-800-669-8477
	Special issue hotline (Blue Water Navy Act, Gulf War, Agent Orange, and other information): 1-800-749-8387
	National Cemetery Scheduling Office: 1-800-535-1117
	Headstones and markers: 1-800-697-6947
VA Regional Loan Center (Phoenix): 1-877-827-3702 CVGC.VBAPHO@va.gov	

Marine Corp Air Station Yuma	
EMPLOYMENT	MCCS Personnel Department Building 633 Phone: (928) 269-2209
	MCCS Employment Opportunities Posted Website: https://yuma.usmc-mccs.org/
	Family Member Employment Assistance Program (FMEAP) Building 852 Phone: (928) 269-2680 Fax: (928) 269-3723
LODGING	Inns of the Corps Building 1088 Phone: (928) 269-2262
	Lake Martinez Resort (Rec Center) 9448 N Roadrunner Rd Yuma, AZ 85365 Phone: (928) 783-3422
COUNSELING	Community Counseling, Family and Victim Advocacy Support Branch Building 598 Phone: (928) 269-2561
	Substance Abuse Counseling Building 598 Phone: (928) 269-5634
	Transition Readiness Program Building 852 Phone: (928) 269-3159/ Allison Longoria
	Chaplains Religious Enhancement Development Operation (CREDO) Building 1177 Phone: (928) 269-2371
	Preparation, Relationship Enhancement Program (PREP) Building 1177 Phone: (928) 269-2371

El Centro, California Resources	
EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD)	1550 W Main St. El Centro, CA 92243 Phone: (760) 339-2722 Carleton S. Bradley, Disabled Veteran Outreach Specialist Phone: (760) 339-2746 Email: carleton.bradley@edd.ca.gov
VETERANS SERVICE OFFICE	Federico Garcia, Veterans Outreach Representative 217 South 10 th Street El Centro, CA 92243 Phone: (442) 265-3202 Email: federicogarcia@co.imperial.ca.us

Army Yuma Proving Ground	
ALCOHOL AND DRUG CONTROL OFFICE (ADCO) Phone: (928) 328-2249	
ARMY COMMUNITY SERVICE FAMILY SUPPORT CENTER Building 309 Phone: (928) 328-2513	
ARMY EMERGENCY RELIEF (AER) Building 309 Phone: (928) 328-2513	
YPG LODGING Building 540 https://www.ihg.com/armyhotels/hotels/us/en/reservation Phone: (928) 388-6200	
CHAPEL Phone: (928) 328-3588	
OFFICIAL VISITOR PASS AND ID Building 990 Office Phone: (928) 328-3216 Cell: (601) 954-8995 Cell for After Hours <i>ONLY</i> 1700-0600	
TRANSITION ASSISTANCE PROGRAM (TAP) LIASION AND HEALTH PROMOTION OFFICER Building 501 Phone: (928) 328-2167/ Connie Everly	

Benefits and Compensation Services	
ARIZONA DEPARTMENT OF VETERAN SERVICES (ADVS)	6051 East 34 th Street Yuma, AZ 85365 Toll Free: 1-800-892-8387 Phone: (928)726-2851 Fax: (928)726-2866
	Veterans' Benefits Counselor- Jose Avalos Email: javalos@azdvs.gov Provides assistance with disability claims Recommended to call for appointment

Claims Assistance
WOUNDED WARRIOR PROJECT 4150 North Drinkwater Boulevard Suite 100 Scottsdale, AZ 85251 Phone: (480) 946-0663 Fax: (480) 946-3686

Legal Resources	
FREE LEGAL COUNSEL/ADVICE WITH ATTORNEY 37 West Dunlap Avenue Phoenix, AZ 85021 John R. Tokarz, Legal Clinic Director Email: vetlegalclinic@gmail.com Phone: (480)363-6880 Fax: (602)371-0275	
THE VETERANS CONSORTIUM PRO BONO PROGRAM 2101 L Street Northwest Suite 420 Washington, DC 20037 Toll Free: 1-888-838-7727 Phone: (202)628-8164 Fax: (202)628-8169	
YUMA COUNTY LEGAL SERVICES 204 South 1 st Avenue Yuma, AZ 85364 Phone: (928)782-7511	

Education and Employment Services	
VA VOCATION READINESS AND EMPLOYMENT	Mary Fleck Phone: (520)628-6810
	David Howard Phone: (520)628-6810
ARIZONA WESTERN COLLEGE	2020 S Ave 8 E Yuma, AZ 85365 Phone: (928)344-7622 Email: veteran.services@azwestern.edu
	Coordinator of Veteran Services- Gabriela Siqueiros Email: gabriela.siqueiros@azwestern.edu
NORTHERN ARIZONA UNIVERSITY – YUMA BRANCH	2020 S Ave 8 E Yuma, AZ 85365 Phone: (928)523-8387 Email: Vets@nau.edu
MCAS YUMA EDUCATION CENTER	Shaw Avenue BLDG 850 Room 113 Yuma, AZ 85365 Phone: (928)523-0097 Email: mcas@nau.edu
YUMA TRUCK DRIVING SCHOOL	3180 E. 32 nd Street Yuma, AZ 85365 Phone: (928)919-7041 Fax: (928)247-9723
DEPARTMENT OF ECONOMIC SECURITY (DES)	1185 South Redondo Center Drive Yuma, AZ 85364 Unit Supervisor- Lorena Garcia Phone: (520)934-1918
VOCATIONAL REHABILITATION SECRETARY DISTRICT IV	Adolfo Arrizon and Eva O. Gonzalez Phone: (928)247-8880
DISABLED VETERAN OUTREACH PROGRAM (DVOP)	Briana Perez Phone: (928) 329-0990 EXT 7126
	Workforce Supervisor- Roland Castellanos Email: rcastellanos@azdes.gov Phone: (928)329-0990 EXT 186 Cell: (928) 294-4769

Education and Employment Services (continued)	
LOCAL VETERAN EMPLOYMENT REPRESENTATIVE (LVER)	3826 W. 16 th Street Yuma, AZ 85364 Phone: (928) 329-0990
ARIZONA JOB CONNECTION	https://www.azjobconnection.gov/
ARIZONA @ WORK (YUMA PRIVATE INDUSTRY COUNCIL)	3826 W 16 th Street Yuma, AZ 85364 Phone: (928)329-0990 Fax: (928)783-1825
YUMA PRIVATE INDUSTRY COUNCIL YOUTH CAREER CENTER	Coordinator-Frank Atondo 3826 W 16 th Street Yuma, AZ 85364 Phone: (928)783-9347 Fax: (928)343-7427 Email: fatondo@ypic.com
GOODWILL OF CENTRAL AND NORTHERN ARIZONA	3097 South 8 th Avenue Yuma, AZ 85364 Phone: (928)343-7600 Fax: (928)343-7610
WORKFORCE DEVELOPMENT Solidier for Life Transition Assistance Program	301 C. Street Building 501 Yuma, AZ 85365 Phone: (928)328-2167 Fax: (928)328-2089
	Connie Everly Direct Line: (928) 899-2167 Email: connie.f.everly.civ@mail.mil

Housing
CROSSROADS MISSION 944 South Arizona Avenue Yuma, AZ 85364 Greg Culver Phone: (928)783-9362
YUMA ASSISTED LIVING 2600 South 4 th Avenue Yuma, AZ 85364 Phone: (928) 388-6888 Fax: (928)388-6869
NATIONAL COMMUNITY HEALTH PARTNERS (NCHP) 255 West 24 th Street Suite 4 Yuma, AZ 85364 Miguel Villalpando, MPA Project Coordinator Phone: (928) 726-6022 Fax: (928) 726-2972 Daniel Herrera: (928) 304-4937 Eric Weeks: (928)920-5572 Ruben Leon: (928)750-6354
YUMA RIGHT TURN FOR VETERANS 257 South 3 rd Avenue Yuma, AZ 85364 Phone: (928)783-2427 Fax: (928)783-0623 Judy Smith & Ron Bailey - ask@rightturnyumavets.com

Housing (continued)
<p align="center">WESTERN ARIZONA COUNCIL OF GOVERNMENTS (WACOG) 1235 South Redondo Drive Yuma, AZ 85365 Phone: (928) 782-3462</p>
<p align="center">SMILE (SERVICES MAXIMIZING INDEPENDENT LIVING & EMPOWERMENT) 1931 South Arizona Avenue Suite 4 Yuma, AZ 85364 Bert Rios - bert@smile-az.org Phone: (928)329-6681 Fax: (928)329-6715 TTY: (928)782-7458</p>
<p align="center">SYNERGY HOMECARE (IN-HOME CARE) 1405 West 16th Street, Suite A Yuma, AZ 85364 Melissa Dunn - melissadunn@synergyhomecare.com Phone: (928)817-7172 Fax: (928)404-9172</p>
<p align="center">HOSPICE CARE CONSULTANT Phone: (928)304-0493 Yuma Office: (928)344-6100 Fax: (928)317-0311</p>
<p align="center">STATE HOMELESS VETERAN COORDINATORS 6051 East 34th Street Yuma, AZ 85365 Phone: (928)247-8307 Lucia Perras - (928)975-9188</p>
<p align="center">CITY OF YUMA HOUSING AUTHORITY 420 South Madison Avenue Yuma, AZ 85364 Senior Section 8 Specialist - Claudia Ibarra Phone: (928)782-3823 EXT 150 Fax: (928)343-2595</p>

Veteran Choice Act Participants
<p align="center">SUNSET COMMUNITY HEALTH CENTER 2060 West 24th Street Yuma, AZ 85364 Phone: (928)819-8999</p>
<p align="center">ADELANTE HEALTHCARE GILA BEND 100 North Gila Avenue Gila Bend, AZ 85337 Phone: (928)293-7090</p>

Transportation	
DAV TRANSPORTATION Phone: 1-800-470-8262 EXT 6565 Transportation for medical appointments only	
HELPING HANDS OF YUMA 11776 South Sheryl Drive Phone: (928)305-9974 Website: helpingyuma.org Email: helpinghandsofyuma@gmail.com Free for seniors (rides for shopping and appointments)	
SOUTHERN ARIZONA VA HEALTH CARE SYSTEM--TRANSPORTATION SYSTEMS DISPATCHER (VTS) Patient/Beneficiary Travel Arrange Travel: (520)629-4626 For Reimbursement: (520)629-4713 For Lodging: (520)792-1450 EXT 6670	
VICK'S VIP TRANSPORTATION Phone: (928)210-8020 Transportation for military and veterans *Fee Based*	

Substance Abuse	
ALCOHOL/DRUG TREATMENT COUNSELING	Fort Yuma Alcohol and Drug Abuse- (760)572-0232
	Yuma Treatment Center- (928)344-4310
	Cocopah Alcohol and Drug Treatment- (928)627-2161
	MMCS-Yuma Behavioral Health- (928)269-2561
	A.A. 24-Hour Helpline- (928)539-5099
	SAMHSA Substance Use Referral and Treatment Hotline- 1-800-662-4357
ALCOHOL AND DRUG MEDICAL DETOX TREATMENT	24-Hour Helpline 1-800-494-2180
WATERSHED ADDICTION TREATMENT CENTER	24-Hour Helpline 1-800-861-1838
SELF-HELP GROUPS FOR ALCOHOLISM AND ADDICTION	Alcoholics Anonymous- (928)782-2605
	Narcotics Anonymous- (928)502-2201
	Cocaine Anonymous Helpline- 1-855-667-3434
	Co-Dependents Anonymous- (928)750-8981
SELF-HELP FOR FAMILIES AND FRIENDS	AI-Anon- (928)783-2011

Local Veteran Service Organizations
<p align="center">AMERICAN LEGION, POST 19 2575 South Virginia Drive Yuma, AZ 85365 Fred Richard Phone: (928)344-3441 Fax: (928)726-0249</p>
<p align="center">AMERICAN LEGION, POST 56 1490 West 3rd Street Yuma, AZ 85365 Andy Noriga Phone: (928)343-1490</p>
<p align="center">KOREAN WAR VETERANS ASSOCIATION POST 330 8889 South Frontage Road Yuma, AZ 85365 Mike and June Condon Phone: (928)726-0102</p>
<p align="center">DISABLED AMERICAN VETERANS, CHAPTER 11 954 South 13th Avenue Yuma, AZ 85364 Lonny Blowerf Phone: (928)783-6661 Email: yumadav11@gmail.com</p>
<p align="center">VETERANS OF FOREING WARS, POST 1763 2485 East 14th Street Yuma, AZ 85365 Mark Martinez Phone: (928)329-1763 Email: vfwpost1763yumaaz@gmail.com</p>
<p align="center">VETERANS OF FOREIGN WARS, POST 8242 7120 South US Highway 95 Yuma, AZ 85365 Tom King Phone: (928)341-1522</p>
<p align="center">THE MILITARY ORDER OF THE PURPLE HEART, CHAPTER 433 500 East Country Club Drive Unit 14 Yuma, AZ 85365 Alan J. Kinnel Phone: (928)317-8627</p>
<p align="center">VIETNAM LEGACY VETS 2581 West 21st Place Yuma, AZ 85364 Phone: (928)210-2472 Barry Butz Email: papabutz41@gmail.com</p>

Local Veteran Service Organizations (continued)
<p align="center">NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS) 645 Narr Avenue Room 101 Yuma, AZ 85365 Lt. General Robert Ruark Phone: (928)269-2373</p>
<p align="center">MILITARY OFFICERS OF AMERICAN ASSOCIATION – YUMA CHAPTER PO Box 4861 Yuma, AZ 85366 James Adler Phone: (928)287-9915</p>
<p align="center">NAVY LEAGUE OF THE UNITED STATES – YUMA COUNCIL Dean Hager Phone: (928)920-2635 Website: nlus-yumacouncil.org</p>
<p align="center">U.S. SUBMARINE VETERAN INC. 11381 South Viewpoint Way Yuma, AZ 85366 Phone: (928)305-0050</p>
<p align="center">PEARL HARBOR SURVIVORS, CACTUS FLOWER CHAPTER 1750 South 14th Avenue Robert Dalpe Website: pearlharborsurvivors.org</p>
<p align="center">COMBAT CASUALTY ASSISTANCE NURSE Patricia Otts Phone: (928)287-2182 Website: nmcrs.org</p>
<p align="center">YUMA VETERAN CENTER “OUTREACH” ACCESS POINTS Monday: AWC Yuma Campus (0900-1500) AWC Wellton Campus (0900-1100) VFW Post 6790, Wellton (1130-1300)</p> <p align="center">Tuesday: Parker VFW (1000-1300)</p> <p align="center">Wednesday: By appointment only (928) 271-8700 Leave a message and they will call back to setup an appointment</p> <p align="center">Monthly Schedule for Thursdays: 1st Thurs- Quartzite VFW Post 769 2nd Thurs-Blythe VA Clinic 3rd Thurs-El Centro VSO 4th Thurs- Gila Bend Town Hall</p> <p align="center">Friday: Community Outreach - MCAS Yuma, YPG, Quechan, Cocopah, San Luis, Somerton</p>

Local Veteran Service Organizations (continued)
<p align="center">WOUNDED WARRIOR REGIMENT WEST HQ Camp Pendleton, CA Phone: (760)763-6776</p>
<p align="center">WOUNDED WARRIOR REGIMENT TWENTYNINE PALMS Twentynine Palms, CA Phone: (760)830-3713</p>
<p align="center">AMERICAN VETERANS OF YUMA 8889 S. Frontage Road Phone: (928) 726-0102</p>

National Service Officers
<p align="center">PHOENIX REGIONAL VA OFFICE 3333 North Central Avenue Phoenix, AZ 85012</p>
<p align="center">AMERICAN EX-PRISONER OF WAR (Ex-POW) Phone: (602)627-3296</p>
<p align="center">AZ CHAPTER OF PARALYZED VETERANS (PVA) Phone: (602)627-3311</p>
<p align="center">THE AMERICAN LEGION Phone: (602)627-3281</p>
<p align="center">AMERICAN VETERANS Phone: (602) 627-3276</p>
<p align="center">AZ DEPARTMENT OF VETERANS SERVICES Phone: (602) 627-3261</p>
<p align="center">VIETNAM VETERANS OF AMERICA Phone: (602) 627-3299</p>
<p align="center">DSIABLED AMERICAN VETERANS Phone: (602)627-3286</p>
<p align="center">MILITARY ORDER OF THE PURPLE HEART Phone: (602)627-3307</p>

Hospice Care
<p>HOSPICE OF YUMA 1824 S. 8th Avenue Phone: (928) 343-2222</p>
<p>COMPASSUS 2320 S. 22nd Drive, Suite A Phone: (928) 218-8146 Fax: (928)317-0311</p>
<p>ARIZONA BEST HOSPICE 250 W. 24th St, Ste P Phone: (928) 783-0705</p>
<p>ACACIA HOSPICE CARE 107 E. 24th Street Phone: (928) 919-8342</p>
<p>UNICARE HOSPICE 2180 S. 4th Avenue Phone: (928) 248-4110</p>
<p>SOUTHWESTERN PALLIATIVE CARE AND HOSPICE 1950 W. 3rd Street Phone: (928) 276-4477</p>

Additional Local Resources
<p>YUMA COUNTY FOOD BANK 2404 East 24th Street Yuma, AZ 85365 Phone: (928)343-1243</p>
<p>AMERICAN RED CROSS, GRAND CANYON CHAPTER 2191 South 4th Avenue Suite B Yuma, AZ 85365 Phone: (982)248-8222 Fax: (928)248-8221</p>
<p>YUMA POLICE DEPARTMENT 1500 S. 1st Avenue Phone: (928) 373-4700 Non-Emergency: (928)783-4421</p>
<p>YUMA COUNTY SHERIFF'S OFFICE 141 S. 3rd Avenue Phone: (928) 783-4421</p>
<p>YUMA READINESS AND COMMUNITY CENTER 6550 East 24th Street Yuma, AZ 85364 Phone: (928)373-5239</p>

Assisted Living Homes	
	<p>HOLIDAY DESERT ROSE 1545 S. 14th Avenue Phone: (928) 615-8093</p>
	<p>YUMA SENIOR LIVING 2600 S. 4th Avenue Phone: (928) 388-6858</p>
	<p>RIVER'S EDGE ASSISTED LIVING 2050 S. 4th Avenue Phone: (928) 276-9057</p>
	<p>BEE HIVE HOMES 1839 W. 25th Street Phone: (928) 271-8756</p>
	<p>EMERALD SPRINGS SENIOR LIVING 145 S. 46th Avenue Phone: (928)329-7707</p>
	<p>REFLECTIONS ASSISTED LIVING 450 S. Orange Avenue Phone: (928) 726-9414</p>
	<p>ASSISTED LIVING BONI'S CASITA 1322 W. 17th Street Phone: (928) 783-0551</p>
	<p>PARADISE OASIS 8691 S. Mojave Lane Phone: (928) 329-0481</p>
	<p>ATIVO SENIOR LIVING OF YUMA 10565 S. Commercial Centre Loop Phone: (928) 597-9158</p>
	<p>KINDRED HOMES YUMA 5238 E. 47th Street Phone: (928) 344-8541</p>
	<p>HAVEN HEALTH 2470 S. Arizona Avenue Phone: (928) 305-9974</p>
	<p>RIVER VALLEY ESTATES 7053 E. 31st Place Phone: (928) 433-6958</p>
	<p>COPPER PLACE 12234 N Frontage Road Phone: (928) 723-3401</p>