

## **Crisis Resources**

*If you or a loved one are in immediate crisis, call or visit:*

### **Walk-in Crisis Response Center**

2802 E District St.  
Tucson, AZ 85714  
(South of Ajo Way and Country Club)

### **Community Wide Crisis Line**

(520) 622-6000  
(866) 495-6735

### **911 Emergency**

*ask for a CIT (Crisis Intervention  
Trained) officer or the MAC (Mobile  
Acute Crisis) team*

### **Suicide Prevention Lifeline**

(800) 273-8255

### **Emerge Crisis Line**

Domestic/Sexual Violence

(520) 795-4266  
(888) 428-0101

### **HOPE**

non-emergency warm talk line

(520) 770-9909  
(844) 733-9912

## Counseling/Therapy

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### **Blue Door Psychotherapy**

bluedoorpsychotherapy.com  
Ph: (520) 388-9180  
5929 E Pima Street  
Tucson, AZ 85712

### **Cathexis**

cathexistucson.org  
Ph: (520) 329-1250  
6280 E Pima Street Suite 100  
Tucson, AZ 85712 -or-  
4750 N Oracle Road Suite 106  
Tucson, AZ 85705

### **Desert Health Clinic**

deserthealthclinic.com  
Ph: (520) 396-4413  
4601 E Ft. Lowell Road Suite 131  
Tucson, AZ 85712

### **Mastrangelo, Michelle, M. Ed., BCBA**

Ph: (520) 820-3650

### **Morse, Karen, MA**

Ph: (520) 360-1514  
Ph: (520) 441-8399  
800 N Swan Road  
Suite 122  
Tucson, AZ 85711

### **Ronstadt, Margaret, PhD**

Ph: (520) 296-0355  
800 N Swan Road Suite 100  
Tucson, AZ 85711

### **Rosinski, Melissa, LPC - Desert Lotus Counseling**

desertlotuscounseling.com  
Ph: (520) 305-9735  
7670 E Broadway Blvd Suite 106  
Tucson, AZ 85710

### **Sachs, Karl, PsyD**

Ph: (520) 869-4166  
5210 E Pima Street Suite 105  
Tucson, AZ 85712

### **Wellbeing Institute**

wellbeingaz.org  
Ph: (520) 225-0584  
3875 N 1st Ave  
Tucson, AZ 95719 -or-  
3615 N Prince Village Place Suite 121  
Tucson AZ, 85719

## Psychiatry

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### **Desert Health Clinic**

deserthealthclinic.com  
Ph: (520) 396-4413  
4601 E Ft. Lowell Road Suite 131  
Tucson, AZ 85712

### **Frembgen, Samantha, DO Ph:**

(520) 268-2860  
2819 E Broadway Blvd  
Tucson, AZ 85716

### **Mountain Dew Behavioral Health**

mountaindewbehavioralhealth.org  
Ph: (520) 505-4653  
(520) 505-4414  
2292 W Magee Road Suite 200  
Tucson, AZ 85742

### **Surya Psychiatry Clinic**

suryapsychiatricclinic.com  
Ph: (520) 639-8576  
7410 N La Cholla Blvd  
Tucson, AZ 85741

### **Wellbeing Institute**

wellbeingaz.org  
Ph: (520) 225-0584  
3875 N 1st Ave  
Tucson, AZ 95719 -or-  
3615 N Prince Village Place Suite 121  
Tucson AZ, 85719