Accessing/Paying for Behavioral Health

START HERE

Does the person have commercial health insurance or Medicare?

YES
Contact the health insurance company to get a referral for behavioral health services. Medicare pays 80% of initial visit to behavioral health professionals and 55% of follow-up visits. Locate providers at medicareinteractive.org.

NO

Does the person have Medicaid (AHCCCS) health insurance?

YES
Contact the AHCCCS Complete Care Plan or ACC-RBHA in their region of the state (See page 2, section A).

NO

Is this person a K-12 student?

YES
Contact their educational institution to get a referral to obtain behavioral health services for uninsured students.*

NO

Does the person have a substance use disorder?

YES
Contact the AHCCCS Complete Care Plan or ACC-RBHA in their region of the state. (See page 2-Section A).

NO

Has this person ever served in the military?

YES
Contact the Veterans Administration (VA) in their region of the state to determine whether the veteran will qualify for VA-funded services. (See page 2-Section B)

NO

Is the person a member of a federally recognized tribal nation?

YES
Contact Indian Health Services (IHS) to determine eligibility and receive referral information:
- Navajo Nation: 928-871-4811; serving Navajo Nation.
- Tucson: 520-295-2405; serving the Tohono O’Odham Nation and Pascua Yaqui tribe.
- Phoenix: 602-364-5039; Alcohol and Substance Abuse: 602-364-5159; Suicide Issues: 602-364-5183; serving all other Arizona tribal nations.

NO
(See page 2, section C)

* Senate Bill 1523 established the Children’s Behavioral Health Services Fund (CBHSF) in 2020 to assist with increased access for behavioral health services. Written parental consent for behavioral health services will be requested.
SECTION A

Tribal Regional Behavioral Health Authorities (TRBHAs), AHCCCS Complete Care Regional Behavioral Health Agreements (ACC-RBHAs) and AHCCCS Complete Care Plans By Region

Note: latest website and 24-hr line information is posted on the Available Health Plans web page.

<table>
<thead>
<tr>
<th>TRBHAs and ACC-RBHAs</th>
<th>County or Tribal Nation Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizona Complete Health-Complete Care Plan ACC-RBHA</td>
<td>La Paz, Pima, Yuma, Graham, Greenlee, Santa Cruz, and Cochise</td>
</tr>
<tr>
<td><a href="http://www.azcompletehealth.com/completecare">www.azcompletehealth.com/completecare</a>, 1-888-788-4408</td>
<td></td>
</tr>
<tr>
<td>Gila River TRBHA: <a href="http://www.grhc.org/bhs">www.grhc.org/bhs</a>, 1-888-484-8526 ext. 7100</td>
<td>Gila River Indian Community</td>
</tr>
<tr>
<td>Mercy Care ACC-RBHA: <a href="http://www.mercycareaz.org">www.mercycareaz.org</a>, 1-800-624-3879</td>
<td>Gila, Maricopa, Pinal</td>
</tr>
<tr>
<td>Navajo Nation TRBHA: <a href="http://www.nndbhhs.org">www.nndbhhs.org</a>, 1-866-841-0277</td>
<td>Navajo Nation</td>
</tr>
<tr>
<td>Care1st ACC-RBHA: <a href="http://www.care1staz.com">www.care1staz.com</a>, 1-866-560-4042</td>
<td>Apache, Coconino, Mohave, Navajo, Yavapai</td>
</tr>
<tr>
<td>White Mountain Apache TRBHA: <a href="http://www.wmabhs.org">www.wmabhs.org</a>, 928-338-4811</td>
<td>White Mountain Apache Nation</td>
</tr>
</tbody>
</table>

SECTION B

Veterans Administration (VA) by Region

<table>
<thead>
<tr>
<th>VA Health Care System</th>
<th>Counties Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phoenix: 602-277-5551</td>
<td>Gila, Maricopa</td>
</tr>
<tr>
<td>Northern Arizona: 928-445-4860</td>
<td>Apache, Coconino, Mojave, Navajo, Yavapai</td>
</tr>
<tr>
<td>Southern Arizona: 520-792-1450</td>
<td>Cochise, Graham, Gila, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma</td>
</tr>
</tbody>
</table>

SECTION C

Additional Resources

Some free or low-cost support services may be obtained from sliding fee scale clinics, community organizations, and/or places of worship. Some examples include:

The Arizona Department of Financial Institutions: offer free counseling service to those behind on mortgage payments or facing foreclosure, 877-448-1211. SOS Non Title 19 Resource Hotline: (602) 759-8175. [SOS Non Title 19 Resource Hotline](http://www.sosaz.gov).


Family Involvement Center “FIC”: Select “Services” then “Classes/Support Groups” [www.familyinvolvementcenter.org](http://www.familyinvolvementcenter.org).

NAMI AZ: Select your local affiliate and select “Support Groups” [www.namiaz.com](http://www.namiaz.com).

MIKID AZ: Select “Programs and Services” and select “Family Support” [www.mikid.org](http://www.mikid.org/).


Substance Use Support:

- Alcoholics Anonymous (AA) meeting locator: [www.area03.org/AA-Meetings](http://www.area03.org/AA-Meetings).

Suicide Prevention Resources:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255), press “1” for veteran support; online [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).
- The Trevor Hotline (Suicide Prevention Hotline for gay and questioning youth): 1-866-488-7386; online [www.thetrevorproject.org](http://www.thetrevorproject.org).
- Teen Lifeline: 1-800-248-TEEN (8336); online [teenlifeline.org](http://teenlifeline.org).
- Low cost/no cost support groups: [www.mentalhealthamerica.net/find-support-groups](http://www.mentalhealthamerica.net/find-support-groups).

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