Accessing/Paying for Behavioral Health

START HERE
Does the person have health insurance or Medicare?

YES
Contact the health insurance company to get a referral to 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
Contact the educational institution to get a referral to obtain behavioral health services for underinsured students.*

Is the person enrolled in AHCCCS?

YES
Contact the Regional Behavioral Health Authority or AHCCCS Complete Care Plan in your region of the state. (See page 2-Section A)

NO
Contact the Regional Behavioral Health Authority or AHCCCS Complete Care Plan in your region of the state. (See page 2-Section A)

Is this person a K-12 student?

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

NO
Contact the Regional Behavioral Health Authority or AHCCCS Complete Care Plan in your region of the state. (See page 2-Section A)

Does the person have a problem with drugs or alcohol?

YES
Contact the Veterans Administration (VA) in your region of the state to find out if the veteran will qualify for VA funded services. (See page 2-Section B)

NO
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
Is the person a member of a federally recognized Tribal Nation?

YES
(See page 2-Section C)

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 and Regional Behavioral Health Authorities and AHCCCS Complete Care Plans By Region

Note: latest website and 24-hr line information is posted on www.azahcccs.gov

<table>
<thead>
<tr>
<th>Tribal and Regional Behavioral Health Authority (TRBHA / RBHA):</th>
<th>County or Tribal Nation Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizona Complete Health-Complete Care Plan</td>
<td>Gila, La Paz, Pima, Pinal, Yuma, Graham, Greenlee, Santa Cruz, and Cochise</td>
</tr>
<tr>
<td>Gila River TRBHA: <a href="http://www.grhc.org/bhs">www.grhc.org/bhs</a></td>
<td>Gila River Indian Community</td>
</tr>
<tr>
<td>Mercy Care: <a href="http://www.mercycareaz.org">www.mercycareaz.org</a></td>
<td>Maricopa</td>
</tr>
<tr>
<td>Navajo Nation TRBHA: <a href="http://www.nndbmhs.org">www.nndbmhs.org</a></td>
<td>Navajo Nation</td>
</tr>
<tr>
<td>White Mountain Apache TRBHA: <a href="http://www.wmabh.org">www.wmabh.org</a></td>
<td>White Mountain Apache Nation</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACC Plan</th>
<th>Geographic Service Area (GSA) Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care1st Health Plan: <a href="http://www.care1staz.com">www.care1staz.com</a></td>
<td>North, Central</td>
</tr>
<tr>
<td>Molina Complete Care: <a href="http://www.MolinaHealthcare.com">www.MolinaHealthcare.com</a></td>
<td>Central</td>
</tr>
<tr>
<td>Mercy Care: <a href="http://www.mercycareaz.org">www.mercycareaz.org</a></td>
<td>Central</td>
</tr>
<tr>
<td>Banner-University Family Care: <a href="http://www.bannerufc.com/acc">www.bannerufc.com/acc</a></td>
<td>Central, South</td>
</tr>
<tr>
<td>UnitedHealthcare Community Plan: <a href="http://www.uhcommunityplan.com">www.uhcommunityplan.com</a></td>
<td>Central, South</td>
</tr>
<tr>
<td>Arizona Complete Health-Complete Care Plan: <a href="http://www.azcompletehealth.com/completecare">www.azcompletehealth.com/completecare</a></td>
<td>Central, South</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 of free or low/cost no cost support services are listed below:

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.


MIKID AZ: Select "Programs and Services" and select "Family Support" www.mikid.org/.


Substance Use Support:
- Alcoholics Anonymous (AA) meeting locator: 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.
- The Trevor Hotline (Suicide Prevention Hotline for gay and questioning youth): 1-866-488-7386; online www.thetrevorproject.org.
- Teen Lifeline: 1-800-248-TEEN (8336); online teenlifeline.org.
- Low cost/no cost support groups: www.mentalhealthamerica.net/find-support-groups.