



# STIGMA-FREE ZONE

know the facts  
learn the signs  
provide help

## Emergency Resources

### Medical Emergency

Always call 911

*Tell the operator if it's mental health-related*

### Hope, Inc. Peer Support Warm Line

520-770-9909

*Available 24/7 for any mental health needs*

## For All Other Resource Questions

### Information and Referral

211arizona.org/pima/

Call 211

## Further Education and Training about Mental Illness

### Mental Health First Aid Training

mentalhealthfirstaid.org

Training@CPSAArizona.org

520-318-6950, Ext. 3000

### National Alliance on Mental Illness of Southern Arizona (NAMISA)

namisa.org

520-622-5582

### Interfaith Community Services

icstucson.org

520-297-6049

## Mental Health Emergency

Call the Crisis Response Center

**520-622-6000**

## What is Mental Health SafeSpace?

Mental Health SafeSpace is a collaborative movement that

- Focuses on educating about mental illness to eliminate fear and invoke compassion and understanding
- Provides 90- minute trainings to businesses, government employees and residents about how to recognize the signs of mental illness and how to access appropriate resources
- Is dedicated to creating a "Stigma Free Zone" and building a more educated and compassionate community to prevent discrimination and misunderstanding and to improve public safety

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**MentalHealthSafeSpace.com**