

PHOENIX EAST VALLEY Metro Service Options Resource List

1. Tempe Counseling Services

Phone: 480-350-5400

- Address: Community Health and Human Services, Suite 202, (Tempe Public Library-second floor), 3500 S. Rural Road, Tempe 85282
- Website: www.tempe.gov/government/community-health-and-human-services/counseling-services
- Services: Counseling for Depression, Anxiety, Loneliness and other needs

2. Southwest Behavioral & Health Services

Phone: 602-265-8338

- Address: Multiple Locations Main 3450 N. 3rd Street Phoenix 85012
- Website: <https://www.sbhservices.org>
- Services: adult and family services for outpatient mental health

3. Adelante Healthcare

Phone: 480-964-2273

- Address: Multiple Locations
- Website: adelantehealthcare.com
- Services: Screenings, Assessments, Psychotherapy (telehealth available)

4. Family Care Center

Phone: 888-374-5066

- Address: Multiple locations in Mesa, Gilbert & Peoria
- Website: fccwellbeing.com/clinic-locations/arizona/
- Services: Outpatient clinic offering therapy, psychiatry, medication management, and **telehealth and in-person** options.

5. Lifeline Behavioral Services

Phone: (480) 690-9532

- Address: 5040 E Shea Blvd #164 Scottsdale 85254
- Website: lifelinepcs.com/locations/scottsdale-mental-health-services/
- Services: Talk therapy, partial-hospitalization, intensive outpatient

6. La Frontera (Empact)

Phone: (480)784-1515

- Multiple locations in Apache Junction, Tempe, and Phoenix
- Website: lafronteraaz-empact.org
- Services: Crisis intervention, outpatient therapy, trauma focused therapy, and medication management.

Psychology Today (Search for providers by zipcode):

- Website: www.psychologytoday.com (Use the Find a Therapist Search)

Disclaimer: This referral list is provided for convenience only and is not exhaustive; A Wiser Mind does not endorse or assume responsibility for services or outcomes, and clients should contact providers directly to confirm availability, qualifications, and insurance acceptance.