



EXTERNAL RESOURCES

Rental and Financial Assistance

We understand that maintaining financial stability can be incredibly challenging, especially when unexpected circumstances arise. Struggling to cover rent, utilities, or other basic expenses can feel overwhelming. You're not alone in that. While our Church has limited resources, but we want to walk alongside you by helping connect you with organizations and services that may be able to provide the support you need. Below is a list of resources that can assist with rental and financial assistance.

You can visit the Arizona Department of Housing page (<https://housing.az.gov/general-public/rental-assistance-eviction-prevention-programs/maricopa-county>), explore the resources below, or dial 211 to be linked to one of 80 St. Vincent de Paul resources throughout Arizona. We hope these connections bring some relief, encouragement, and a step toward stability during this difficult time.

Maricopa County Emergency Rental Assistance Program:

<https://www.maricopa.gov/5582/Rental-Assistance>

The Society of St. Vincent de Paul: <https://www.stvincentdepaul.net/our-work/homelessness-prevention>

Chicanos Por La Causa (CPLC):

<https://cplchomelending.org/housing/utility-assistance.php>



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Shelter and Housing

If you or someone you know is in need of housing assistance, contact the Family Housing Hub, located at UMOM family shelter. Please note, they do not provide emergency shelter. For additional information or to access their resources, call [602-595-8700](tel:602-595-8700). You can also visit their website at <https://umom.org/find-help/>. Below is an additional list of shelters in the area.

Phoenix Rescue Mission:

<https://phoenixrescuemission.org/help/homeless-outreach/housing/>

Family Promise:

<https://familypromiseaz.org/need-shelter/>

House of Refuge:

<https://houseofrefuge.org/need-housing/>

Central Arizona Shelter Services (CASS):

<https://www.cassaz.org/project/locations-services/>

Justa Center Heat Relief Shelter:

<https://www.justacenter.org/heat-relief-1>

Homebase Youth Services:

<https://www.nativeconnections.org/housing/youth/homebase-youth-services/>



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Food

Visit Arizona Food Bank Network for a comprehensive list of options around the Valley. <https://azfoodbanks.org/get-food/>

Harvest Compassion Center:

<https://harvestcompassioncenter.org/about/hcc-services/>

Norish Phoenix:

<https://nourishphx.org/our-services/>

NPHX Hope Center:

<https://www.hopecenterphx.org/request-help>



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Mental Health

Life can be overwhelming, especially in times of crisis, but you are not alone, and there is help and hope available. If you're feeling anxious, burdened, or concerned for a loved one, we encourage you to reach out. God cares deeply for you, and seeking support is a strong and faithful step toward healing.

If you have health insurance, check with your provider or Employee Assistance Program (EAP) for access to counseling services.

If you don't have coverage or need immediate help, the Crisis Response Network is available 24/7 at [602-222-9444](tel:602-222-9444) or crisisnetwork.org.

For teens in need of support, or those concerned for a friend, Teen Lifeline offers trained peer counselors by call or text at [602-248-8336](tel:602-248-8336) (TEEN). Their website also provides helpful resources for parents.

<https://teenlifeline.org/category/parents/>

The Arizona Department of Child Safety also has helpful information for how to support your children during this time of crisis. You can find the information at AZ Department of Child Safety Tips for Parents.

<https://www.wesdschools.org/cms/lib/AZ01901172/Centricity/Domain/136/Tips%20for%20Parents%20from%20the%20Arizona%20Department%20of%20Public%20Safety.pdf>

You matter. You are loved. And it's okay to ask for help.



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Childcare

Visit Arizona Child Care Resources and Referral for a comprehensive list of options around the Valley. <https://azccrr.com/>