

Access Points - Entry points to find and access local resources.

211 - Phone line to connect to local resources.

call 211 - 211.org

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Andre House - Also provides showers, hygiene kits

213 S. 11th Ave, Phoenix, AZ 85007

(602) 255-0580 - andrehouse.org/what-we-do

Dinner

Sat-Thur 5pm-6pm

Clothing

Tue/Thur
12:30pm-3pm, Sat
1pm-3pm

Laundry

Mon-Wed 8:30am-
noon

St. Vincent de Paul

1075 W. Jackson St., Phoenix, AZ 85007

(602) 266-4673 - stvincentdepaul.net/locations/phoenix-dining-room

Breakfast

Mon-Fri 7am-8am

Lunch

Every day
11am-12:45pm

Dinner

Friday 4pm-5pm

St. Vincent de Paul Family Dining Room - Open to anyone with a child under the age of 18

420 W. Watkins Rd., Phoenix, AZ 85003

(602) 254-3338 - stvincentdepaul.net/locations/nextphase-family-dining-room

Dinner

Mon-Fri 4pm-6pm

Mesa Dining Room

49 W Broadway Rd., Mesa, AZ 85210

(602) 619-9411 - stvincentdepaul.net/locations/mesa-dining-room

Lunch

Daily 9:30am-11:30am

Heat Relief June 1 - Sept 30

Daily noon-4:30pm

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

El Mirage Dining Room

14013 N Verbena St., El Mirage, AZ 85335

(602) 266-4673 - stvincentdepaul.net/locations/el-mirage-dining-room

Lunch

Mon-Fri 9am-11am

FIBCO Family Services

1141 E. Jefferson St., Phoenix, AZ 85034

fibco.org/programs

Food & Clothing

Tue/Wed/Fri 10:30am-12:30pm

St. Mary's Food Bank

(602) 242-3663 - stmarysfoodbank.org

FoodPantries.org - A directory to find food pantries near you.

foodpantries.org/

Emergency Shelters

Central Arizona Shelter Services - Serves: Men, Women

204 S 12th Ave, Phoenix, AZ 85007

(604) 256-6945 - cassaz.org/get-help

HomeBase - Serves: Ages 18 to 24

931 E. Devonshire Ave., Phoenix, AZ 85014

(602) 263-5531 - nativeconnections.org/housing/youth/homebase-youth-services

Phoenix Dream Center - Serves: Men, Women

3210 Grand Ave, Phoenix, AZ 85017

(602) 346-8700 - phoenixdreamcenter.org

UMOM Halle Women's Center - Serves: Women

3424 E Van Buren St, Phoenix, AZ 85008

(602) 362-5833 - umom.org/find-help

Vista Colina Family Shelter - Serves: Families with Children

1050 W. Mountain View Rd, Phoenix, AZ 85021

(604) 256-6945 - cassaz.org/services

Emergency Shelters

The Haven - Serves: Age 55+
I-17 and Northern, Phoenix, AZ 85051
(604) 256-6945 - cassaz.org/services

Resources

Native American Connections - Addiction recovery, medical services, housing resources
3216 N 3rd St, Phoenix, AZ 85012
(602) 254-3247 - nativeconnections.org

Homeward Bound - Affordable housing
2302 West Colter Street, Phoenix, AZ 85015
(602) 899-8089 - turnanewleaf.org/services/housing-and-shelter/homeward-bound

U.S. Veteran Community Resource & Referral Center (CRRC)
1500 E. Thomas Road Suite 106, Phoenix, AZ 85014
(602) 248-6040 - va.gov/HOMELESS/Crrc.asp

Justa Center - Day center for seniors
1001 W Jefferson Street, Phoenix, AZ 85007
(602) 254-6524 - justacenter.org

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline
(877) 424-3838 - va.gov/homeless

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress
(800) 273-8255 - SuicidePreventionLifeline.org

National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence
(800) 799-7233 - TheHotline.org

National Runaway Safeline - 24/7 crisis line for runaway and homeless youth
(800) 786-2929 - 1800runaway.org

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking
(888) 373-7888 - HumanTraffickingHotline.org

Resources

Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.

[SafeLinkWireless.com](https://www.safelinkwireless.com)

[AssuranceWireless.com](https://www.assurancewireless.com)

FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness

(800) 662-4357 - [FindTreatment.gov/](https://www.findtreatment.gov/)

FreeDentalCare.us - Directory of free and low cost dental clinics

[FreeDentalCare.us/](https://www.freedentalcare.us/)

Available services can change often. Please email support@HelpSheets.org with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.