

HEALTH EDUCATION RESOURCES

AGING

National Institute on Aging

Health information resources for: Alzheimer's and related dementias, caregiving, cognitive health, exercise and physical activity, healthy eating, doctor-patient communication, end of life, and other health topics.

Phone: (800) 222-2225

Web: <https://www.nia.nih.gov/health>

Area Agency on Aging

Respite services, resource guide, support groups

Maricopa County: Phone: (888) 264-2258

Web: <https://www.aaaphx.org/>

Pinal County: Phone: (520) 790-7262

Web: <https://www.pcoa.org/>

ALCOHOLISM

Alcoholics Anonymous

Phone: (888) 486-0889

Web: <http://www.aa.org/>

National Council on Alcoholism and Drug Dependence (NCADD)

Phone: (800) 662-HELP (4557)

Web: <https://www.ncadd.org/>

ALZHEIMER'S

Alzheimer's Association

Phone: (800) 272-3900

Web: <https://alz.org/>

National Institute on Aging – Alzheimer's

Phone: (800) 438-4380

Web: <https://www.nia.nih.gov/health/alzheimers>

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AMPUTEE

Ability Tools

Phone: (800) 390-2699, Option 1

TTY: (800) 900-0706

Web: <https://abilitytools.org/resources/amputee-resources.php>

Amputee Coalition

Phone: (866) 267-5669

Web: <https://www.amputee-coalition.org/resources/arizona-2/>

Amputee Resources Center

Phone: (866) 990-0888

Web: <http://www.amputeerresources.com/>

Hanger Clinic Prosthetics and Orthotics

Phone: (877) 4-HANGER or (877) 442-6437

Web: <http://www.hangerclinic.com/>

ARTHRITIS

American Arthritis Society

Web: <https://www.americanarthritis.org/>

Arthritis Foundation

Phone: (844) 571-4357

Web: <https://www.arthritis.org/arizona/local-resources/>

Rheumatoid Arthritis Support Network

Phone: (877) 284-0235

Web: <https://www.rheumatoidarthritis.org/resources/>

ASTHMA

U.S. Environmental Protection Agency – Asthma

Web: <https://www.epa.gov/asthma/resources-about-asthma>

Asthma and Allergy Foundation of America

Phone: (800) 7-ASTHMA or (800) 727-8462

Web: <https://www.aafa.org/>

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BRAIN INJURY

Brain Injury Alliance

Phone: (888) 500-9165 or (602) 508-8024

Web: <https://biaaz.org/>

Brain and Spinal Cord Injury Support Groups

Phone: (866) 512-5192

Web: <https://www.brainandspinalcord.org/support-groups-brain-injury-arizona/>

CANCER

National Cancer Institute

Phone: (800) 422-6237

Web: <https://www.cancer.gov/resources-for/patients>

Cancer Support Community

Phone: (888) 793-9355

Web: <https://www.cancersupportcommunity.org/resources>

National Coalition for Cancer Survivorship

Phone: (877) NCCS-YES or (877) 662-7937

Web: <https://www.canceradvocacy.org/resources/>

Arizona Breast Cancer Resource Guide

Web: <http://azbreastcancer.org/>

Cancer Care

Phone: (800) 813-HOPE or (800) 813-4673

Web: <https://www.cancercare.org/helpinghand/>

Leukemia & Lymphoma Society

Phone: (800) 955-4572

Web: <https://www.lls.org/>

DIABETES

American Association of Diabetes Educators

Phone: (800) 338-3633

Web: <https://www.diabeteseducator.org/living-with-diabetes>

American Diabetes Association

Phone: (800) DIABETES or (800) 342-2383

Web: <http://www.diabetes.org/>

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U.S. National Library of Medicine – Medline Plus – Diabetes Resources

Web: <https://medlineplus.gov/ency/article/002179.htm>

Arizona Diabetes Foundation

Phone: (602) 253-0855

Web: <https://arizonadiabetesfoundation.org/>

Diabetes Local

Web: <http://www.diabeteslocal.org/>

HEARING

HEAR USA

Phone: (877) 664-9353

Web: <https://www.hearusa.com/>

Arizona Commission for the Deaf and Hard of Hearing (ACDHH)

Web: <https://www.acdhh.org/>

AARP Hearing Care Program

Phone: (800) 203-7048

Web: <https://aarphearingcare.com/hearing-health/hearing-resources/>

EART DISEASE

American Heart Association

Phone: (800) AHA-USA-1 or (800) 242-8721

Web: <https://www.heart.org/en/health-topics>

Arizona Department of Health Services

Phone: (602) 364-0824

Web: <https://www.azdhs.gov/prevention/tobacco-chronic-disease/index.php#az-heart-disease-stroke>

Centers for Disease Control and Prevention (CDC)

Phone: (800) CDC-INFO or (888) 232-6348

TTY: (888) 232-6348

Web: https://www.cdc.gov/heartdisease/materials_for_patients.htm

Office on Women’s Health

Phone: (800) 994-9662

Web: <https://www.womenshealth.gov/heart-disease-and-stroke/heart-disease/heart-disease-resources>

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The Heart Foundation

Phone: (818) 865-1100

Web: <https://theheartfoundation.org/about-heart-disease-2/links-to-resources/>

HYPERTENSION

American Heart Association

Phone: (800) AHA-USA-1 or (800) 242-8721

Web: <https://www.heart.org/en/health-topics/high-blood-pressure/find-high-blood-pressure-tools--resources>

Centers for Disease Control and Prevention (CDC)

Phone: (800) CDC-INFO or (800) 232-4636

TTY: (888) 232-6348

Web: https://www.cdc.gov/bloodpressure/materials_for_patients.htm

Pulmonary Hypertension Association

Phone: (800) 748-7274

Web: <https://phassociation.org/Patients/Resources/>

U.S. National Library of Medicine – Medline Plus – High Blood Pressure

Web: <https://medlineplus.gov/highbloodpressure.html>

KIDNEY

Desert Kidney Associates, PLC

Phone: (480) 834-9039

Web: <https://desertkidney.com/patientResources/chronic-kidney-disease.aspx>

National Kidney Foundation

Phone: (800) 622-9010

Web: <https://www.kidney.org/patients/resources>

National Kidney Center

Phone: (703) 662-1253

Web: <http://www.nationalkidneycenter.org/>

NephroNet

Phone: (770) 490-9203

Web: <https://www.nephronet.com/patients/>

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MENTAL HEALTH

Crisis Line

Phone: (800) 631-1314 or (602) 222-9444

TTY: 800-327-9254

Web: <https://www.crisisnetwork.org/>

Mental Health America of Arizona

Phone: (602) 347-1100

Web: <http://www.mhaarizona.org/contact-us.html>

National Suicide Prevention Lifeline

Phone: (800) 273-TALK or (800) 273-8255

Web: <https://suicidepreventionlifeline.org/>

Mental Health Arizona

Phone: (480) 994-4407

Web: <http://mentalhealthaz.org/information-resources/>

National Alliance on Mental Illness - Arizona

Phone: (480) 994-4407

Web: <http://www.namiarizona.org/>

Resources to Recover – Mental Health Resources in Arizona

Phone: (203) 724-9070 or 2-1-1

Web: <https://www.rtor.org/directory/mental-health-arizona/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

Phone: (800) 662-HELP or (800) 662-4357

TTY: (800) 487-4889

Web: <https://www.samhsa.gov/about-us/contact-us>

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society

Phone: (800) 344-4867

Web: <https://www.nationalmssociety.org/Resources-Support>

Multiple Sclerosis Association

Phone: (800) 532-7667

Web: <https://mymsaa.org/>

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Multiple Sclerosis Foundation

Phone: (888) MSFOCUS or (888) 973-6281

Web: <https://mymsaa.org/>

ORGAN DONATION

Donor Network of Arizona

Phone: (800) 94-DONOR or (602) 222-2200

Web: <https://www.dnaz.org/understanding-donation/additional-resources/>

National Institute on Aging – Organ Donation & Transplantation Resources

Phone: (800) 222-2225

TTY: (800) 222-4225

Web: <https://www.nia.nih.gov/health/organ-donation-transplantation-resources-older-donors-and-recipients>

OSTOMY SUPPORT

United Ostomy Associations of America

Phone: (800) 826-0826

Web: <https://www.ostomy.org/>

Community Cancer Connections – Pinal County (Casa Grande)

Phone: (520) 876-5381

Web: <https://www.uacommunitycancerconnections.org/content/ostomy-support-group-banner-casa-grande-0>

OstomyLand

Web: <http://www.ostomyland.com/ostomyland/>

Phoenix Ostomy Support Groups (Maricopa County)

Phone (602) 678-4441

Web: <http://www.phoenixostomysupportgroups.com>

LIVER

Liver Foundation

Phone: (800) 465-4837

Web: <https://liverfoundation.org/for-patients/resources/>

Global Liver Institute

Web: <http://www.globalliver.org/resources>

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U.S. National Library of Medicine – Liver Disease

Web: <https://medlineplus.gov/liverdiseases.html>

LUNG

Allergy & Asthma Network

Phone: (800) 878-4403

Web: <https://www.allergyasthmanetwork.org/>

American Lung Association

Phone: (800) LUNGUSA or (800) 586-4872

Web: <https://www.lung.org/>

Breathe Easy Arizona

Phone: (602) 258-7505

Web: <http://breatheeasyaz.org/>

Centers for Disease Control and Prevention - COPD

Phone: (800) CDC-INFO or (800) 232-4636

TTY: (888) 232-6348

Web: <https://www.cdc.gov/copd/resources.html>

COPD Foundation

Phone: (866) 731-COPD or (866) 731-2673

Web: <https://www.copdfoundation.org/>

Centers for Disease Control and Prevention - Asthma

Phone: (800) CDC-INFO or (800) 232-4636

TTY: (888) 232-6348

Web: <https://www.cdc.gov/asthma/default.htm>

OSTEOPOROSIS

National Osteoporosis Foundation

Phone: (800) 231-4222

Web: <https://www.nof.org/>

NIH Osteoporosis and Related Bone Diseases National Resource Center

Phone: (800) 624-BONE or (800) 624-2663

Web: <https://www.bones.nih.gov/>

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PARKINSON'S DISEASE

American Parkinson's Disease Association - Arizona Chapter

Phone: (800) 223-2732 or (520) 326-5400

Web: <https://www.apdaparkinson.org/community/arizona/>

Parkinson's Research Foundation

Phone: (877) 775-4111

Web: <http://www.parkinsonsresource.org/>

Parkinson's Foundation

Phone: (800) 4PD-INFO or (800) 473-4636

Web: <https://www.parkinson.org/find-help/resources-in-your-community>

STROKES

American Stroke Association

Phone: (800) AHA-USA-1 or (800) 242-8721

Web: <https://www.stroke.org/stroke-resources/>

Centers for Disease Control and Prevention

Phone: (800) CDC-INFO or (800) 232-4636

TTY: (888) 232-6348

Web: <https://www.cdc.gov/stroke/>

National Institute of Neurological Disorders and Stroke

Phone: (800) 352-9424

Web: <https://www.ninds.nih.gov/Disorders/All-Disorders/Stroke-Information-Page>

Stroke Resource Center of Southern Arizona

Web: <https://soazstrokeresources.org/resources/>

SUBSTANCE USE/ABUSE

Crisis Line

Phone: (800) 631-1314 or (602) 222-9444

TTY: 800-327-9254

Web: <https://www.crisisnetwork.org/>

National Suicide Prevention Lifeline

Phone: (800) 273-TALK or (800) 273-8255

Web: <https://suicidepreventionlifeline.org/>

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Addiction Center

Phone: (877) 706-9275

Web: <https://www.addictioncenter.com/community-resources/>

Addiction Resource

Phone: (888) 459-5511

Web: <https://addictionresource.com/>

Arizona Substance Abuse Partnership

Phone: (602) 542-4043

Web: <http://substanceabuse.az.gov/substance-abuse/resources>

National Institute on Drug Abuse

Web: <https://www.drugabuse.gov/>

Substance Abuse and Mental Health Services Administration

Phone: (877) SAMHSA-7 or (877) 726-4727

Web: <https://www.samhsa.gov/>

VESTIBULAR DISORDERS

Academy of Neurologic Physical Therapy

Web: <http://www.neuropt.org/consumer-info/neurologic-disorders-index/vestibular-disorders-dizziness>

National Ataxia Foundation

Web: <https://ataxia.org/>

Vestibular Disorders Association (VeDA)

Phone: (800) VESTIBU or (800) 837-8428

Web: <https://vestibular.org/resources>

VOCATIONAL REHABILITATION

Arizona Department of Economic Security – Vocational Rehabilitation (VR)

Phone: (800) 563-1221

Web: <https://des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr>

VISION

American Academy of Ophthalmology

Web: <https://www.aao.org/eye-health/diseases/low-vision-resources>

Website links provided are to be used for reference only. Clinical decisions are to be made based on the independent judgement of the treating physician or qualified health care practitioner and the best interests of the patient.

American Council for the Blind

Phone: (800) 424-8666

Web: <http://www.acb.org/blind-low-vision-resources>

American Foundation for the Blind

Phone: (212) 502-7600

Web: <https://www.afb.org/blindness-and-low-vision>

Arizona Center for the Blind and Visually Impaired

Phone: (602) 273-7411

Web: <http://www.acbvi.org/>

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