

# Don't Give Up

## Emergency Shelters & Housing

### East Valley Men's Center (A New Leaf)

Located at 2345 N Country Club Dr, Mesa, AZ 85201. This facility offers emergency shelter, meals, and support services for single men. Intake requires completing a prescreen; phone intakes are not accepted. Call at **877-211-8661** to start the process.

### House of Refuge

Situated at 6935 E Williams Field Rd, Mesa, AZ 85212. This nonprofit provides transitional housing and supportive services for families experiencing homelessness. Contact them at **480-988-9242** or via email at [info@houseofrefuge.org](mailto:info@houseofrefuge.org). [abc15.com+3](http://abc15.com+3)

### The Mesa House Inc.

Located at 28 S Olive Ave, Mesa, AZ 85204. This nonprofit offers safe, clean re-entry programs for men. Reach them at **480-844-2968** or email [TheMesaHouse@gmail.com](mailto:TheMesaHouse@gmail.com).

### The Salvation Army Mesa Corps

Located at 605 E. Broadway Avenue, Apache Junction. Provides emergency shelter, food, and transitional housing. They also offer educational, counseling, and vocational services to help individuals develop vital life skills and independence for re-entry into society. Call at **480-982-4110**

# Don't Be Ashamed

## Food and Basic Needs

### Paz de Cristo

Located at 424 W Broadway Rd, Mesa, AZ 85210. Offers meals, clothing, and hygiene services to individuals and families in need. Visit their website at [pazdecristo.org](http://pazdecristo.org) for more information.

### Streets of Joy

Located at 451 E 4th Pl, Mesa, AZ 85203. Provides food, clothing, hygiene products, and assistance with disability benefits. Contact them at **480-757-6921** or via email at [info@streetsofjoy.com](mailto:info@streetsofjoy.com).

## Transportation Assistance

### Valley Metro Bus Services

The Valley Metro Bus system operates several routes serving the Mesa area, including Route 104 along Alma School Road. This can help you access various services and facilities.

**You're NOT alone.**  
**People care about you**

Download this Flyer at  
[Bchain.coffee/unhousedhelp](http://Bchain.coffee/unhousedhelp)

## Medical & Behavioral Health Support

### Banner Desert Medical Center

Located at 1400 S Dobson Rd, Mesa, AZ 85202. A Level I trauma center offering emergency medical services. Visit [bannerhealth.com](http://bannerhealth.com) for more details.

### Community Bridges, Inc. (CBI)

Offers mental health and substance use services. Call their Access to Care Line at **877-931-9142** for 24/7 assistance.

## 24/7 Crisis & Referral Services

- **Mesa Homeless Resource Line:** 480-644-HOPE (4673)
- **Crisis Response Network:** 602-222-9444
- **211 Arizona:** Dial 211 for information and referrals to community resources and essential needs.

For a comprehensive list of resources, you can visit the City of Mesa's official page: [Mesa Homeless Resources](http://MesaHomelessResources.com). (Link Below)

<https://www.mesaaz.gov/Resident-Resources/Housing/Addressing-Homelessness/Homeless-Resources>

**We all need help  
from time to time**

During the summer in Arizona, temperatures can become dangerously high, so seeking food and shelter is especially important. Here are some helpful tips for people experiencing homelessness in Arizona during the summer months:

#### 1. Seek Cool Shelters and Cooling Centers

- **Public Cooling Centers:** Many cities in Arizona set up cooling centers during the hottest months to help people avoid heat-related illness. These centers are typically open during the day and offer a cool space to rest.
- **Emergency Shelters:** Look for emergency shelters that offer both food and a safe, air-conditioned space to rest. They can also help you connect with longer-term housing or resources.

#### 2. Utilize Local Food Assistance Programs

- **Food Banks:** St. Mary's Food Bank and other local food banks across Arizona provide food assistance. They often offer mobile food pantries in addition to fixed locations.
- **Soup Kitchens and Meal Programs:** Many nonprofit organizations, like Paz de Cristo, serve free meals daily. This is a great option to help stretch your resources.
- **Community Centers:** Many local community centers partner with food banks and provide free meals to those in need. Check with your local city or county offices for information.

#### 3. Stay Hydrated

- **Water Distribution:** Many shelters, churches, and organizations in Arizona provide free bottled water during the summer. Find out where water distribution events are happening, as staying hydrated is crucial to avoid heatstroke.
- **Public Drinking Fountains:** In many public spaces, such as parks or community centers, drinking fountains are available. Make use of these when you're out in the community.

#### 4. Avoid the Midday Heat

- **Stay Indoors:** The hottest part of the day is usually between 10 AM and 4 PM. Try to find a shelter, library, or cooling center to stay cool during these hours.
- **Shade and Rest:** If you need to be outdoors, always look for shaded areas or places with some protection from the sun. If possible, rest in a place where you can avoid direct sun exposure.

#### 5. Take Advantage of Local Transportation Services

- **Public Transit:** Most Arizona cities offer bus services that are air-conditioned and affordable. Valley Metro in Phoenix and other transit systems provide low-cost fares for those in need.
- **Ride Share:** Some community programs or local nonprofits may offer discounted or free rides to cooling centers, shelters, or food distribution points.

#### 6. Reach Out for Help

- **211 Arizona:** Dial 211 for information on available services. They can help connect you to shelters, food resources, and medical services.
- **Homeless Outreach Services:** Many cities have outreach teams that specifically help individuals experiencing homelessness. They can bring resources to you and help you find a safe place.

#### 7. Protect Yourself from the Heat

- **Wear Lightweight, Light-Colored Clothing:** If you have access to clothing, wear loose-fitting clothes that are light in color. This helps you stay cooler and protects you from the sun.
- **Use Sunscreen:** If you're outside, try to use sunscreen to protect your skin from harmful UV rays. Some organizations may distribute free sunscreen, so ask around.

#### 8. Watch for Heat-Related Illnesses

- **Recognize the Signs of Heat Exhaustion:** Symptoms include heavy sweating, dizziness, nausea, headache, and weakness. If you experience these, it's crucial to find a cool place and hydrate immediately.
- **Heatstroke:** This is a more severe condition where the body loses the ability to cool itself. Symptoms include confusion, high body temperature, and fainting. Seek immediate medical help if you or someone else shows signs of heatstroke.

#### 9. Use Social Services and Assistance Programs

- **Homeless Assistance Programs:** Arizona has various government programs and local nonprofits that provide financial assistance, housing programs, and case management for individuals experiencing homelessness.
- **Veterans Services:** If you are a veteran, there are specialized services available through the Veterans Administration (VA) to help with housing and food.

#### 10. Stay Safe

- **Stay Connected:** If you have a phone, keep it charged and use it to stay in touch with shelters or services that may have availability. Some organizations offer charging stations for those without access to electricity.
- **Personal Safety:** Always be cautious and try to stay in well-lit, safe areas. Avoid areas that may be isolated or where others may prey on vulnerable individuals.

#### Additional Resources:

- **Local libraries:** Air-conditioned spaces to stay cool and access computers for job searches and other needs.
- **Free clinics:** Many healthcare providers offer free or low-cost health services, including screenings and care for heat-related illnesses.

Being proactive about staying cool, hydrated, and connected with resources can make all the difference!