

Don't Give Up

Emergency Shelters & Housing

I-HELP Emergency Shelter (TCAA)
Overnight sleeping space, evening meals, showers, and laundry for adults 18+. Call the hotline at (480) 422-8922 ext. 5882 to schedule intake.

<https://tempeaction.org/>

Sue's Espacio (City of Tempe Bridge Shelter)

City-operated bridge shelter on Apache Blvd offering rooms, laundry, and hot meals for people experiencing homelessness in Tempe.
480-350-8004

Oasis Center (TCAA)
Drop-in center for unsheltered adults offering social services, ID recovery, employment help, and Circle the City medical care.
480-422-8922

Family Housing Hub & Central Intake
Families with children call 602-595-8700. Adults without children call the central intake line at 602-759-5356.
<https://www.fhhub.org/>

Don't Be Ashamed

Food and Basic Needs

TCAA Food Pantry
Located at 2146 E. Apache Blvd, Tempe, AZ 85281. Emergency food boxes up to twice monthly.
Call 480-422-8922.

To-Go Bags (TCAA)
Ready-to-eat food for unsheltered individuals, no kitchen required.
Available at TCAA's Esquer and Ramsey Center, 2146 E. Apache Blvd.

Transportation Assistance

Valley Metro Light Rail & Bus
The Smith-Martin/Apache Blvd and Price-101 Fwy/Apache Blvd light rail stops serve TCAA directly. Bus routes also connect riders across Tempe.

You're NOT alone.
People care about you

Download this Flyer at
Bchain.coffee/unhousedhelp

Medical & Behavioral Health Support

Community Health Center
Located at 1840 E Broadway Rd, Tempe, AZ 85281. Affordable medical and dental care. Call 602-243-7277.

Circle the City
Mobile medical services for people experiencing homelessness. Call 602-776-0776.

24/7 Crisis & Referral Services

CARE-7 (Tempe 24-Hour Crisis Team): 480-350-8004

211 Arizona: Dial 211 for information and referrals to community resources and essential needs.

Domestic Violence Hotline: 480-890-3039 or 1-844-SAFEDVS.

For a comprehensive list of resources, visit the City of Tempe's official page: Tempe Homeless Solutions (Link Below)

<https://www.tempe.gov/government/community-health-and-human-services/homelessness>

**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:** TCAA's To-Go Bags and I-HELP shelter provide daily meals for people experiencing homelessness. 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!