

IN CASE OF EMERGENCY:

If you or someone you know is in immediate danger of hurting themselves or others, contact **911**



HELP!

1-800-273-TALK (8255) National SUICIDE PREVENTION LIFELINE. We can help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. <https://suicidepreventionlifeline.org/>

In a crisis? **Text HOME to 741741** to connect with a Crisis Counselor from anywhere in the United States, anytime 24/7, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. <https://www.crisistextline.org/>

(209) 468-3685 – San Joaquin County Youth Warm Line- Available to call daily (excluding holidays) from 11:30am to 8pm. Free and available to all youth, regardless of insurance

1-866-488-7386 – The Trevor Project, 24-hour crisis line for LGBTQ youth. TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. **Text START to 678678** www.thetrevorproject.org

Childhelp.org **1-800-4-ACHILD (224453)** Provides 24/7 assistance in 170 languages to adults, children and youth with information and questions regarding child abuse. All calls are anonymous and confidential.

National Domestic Violence Hotline 1-800-799-SAFE (7233) National call center refers to local resources; Spanish plus 160 other languages available; no caller ID used. <https://www.thehotline.org/help/>

To support students, schools, and communities during this challenging time, the California Department of Education has gathered information regarding mental health resources, including links for students to get direct access to mental health professionals. The new “Help for Students in Crisis” web page includes crisis and warm line numbers, along with other COVID-19-related resources for providing virtual mental health services, and information for mental health providers, families, and youth: <https://www.cde.ca.gov/ls/cg/mh/>

