

## ***There Are Resources Out There Where You Can Get Help***



If you need someone to talk to about what's going on, you can call the non-emergency California Peer-run Warm Line at **855-845-7415**.

The California Youth Crisis Line offers assistance for people ages 12 to 24 every day, round the clock. You can reach it by calling or texting **1-800-843-5200** or by visiting [Calyouth.org](http://Calyouth.org)



***Here are other mental health resources for both adults and young people:***

**National Suicide Prevention Lifeline** | call 1800-273-8255 or Text HOME to 741741

**Teen Line** | Teens Helping Teens | call 310-855-4673 or text TEEN to 839863  
New parent site: [www.teenlineonline.org/parents](http://www.teenlineonline.org/parents)

**Crisis Text Line** | Text HOME to 741741 for 24/7 Crisis support in the US

**LGBTQ + Youth Suicide Prevention & Crisis Intervention: The Trevor Project (866) 488-7386 or Text START to 678678**

**Trans Lifeline** link is <https://www.translifeline.org/> 877-565-8860

### **Community Crisis Response Team:**

CCRT provides crisis intervention services in the home and in the community – wherever the person is. Services include assessments and referrals to appropriate mental health care services.

[#\(909\) 421-9233](tel:9094219233) -or- [Pager #\(909\) 420-0560](tel:9094200560)