



Local & National Crisis Resources

Local Crisis Resources		
Solano Behavioral Health Line	24/7 Screenings & resources for Mental Health	(800) 547-0495
David Grant Medical Center	24/7 Emergency Room for Tricare military dependents	(707) 423-3000
Solano Crisis Stabilization Unit	24/7 Acute care unit for individuals with no insurance	(707) 428-1131
Kaiser Permanente Insurance	24/7 Emergency Room for Kaiser subscribers	(707) 624-4000
Kaiser Financial Services Office	May be able to help reduce the costs of ER co-pay	(707) 624-1154
Safequest Solano	24/7 Confidential crisis line for sexual assault, human trafficking, domestic violence, and teen dating violence	(866) 487-SAFE
NAMI Solano (non-crisis)	Provides support groups for families with mental illness	(707) 422-7792
Solano Pride Center	Provides LGBTQ individual, child, & group counseling	(707) 389-4520
National Crisis Resources		
Boys Town National Hotline 24/7 Crisis hotline for teen boys AND girls		(800) 448-3000
California Youth Crisis Line (ages 12-24) 24/7 Crisis intervention counseling and resources		(800) 843-5200
Crisis Text Line 24/7 Suicide prevention text line		Text "Home" to 741-741
Lifeline for Deaf & Hard of Hearing 24/7 Suicide prevention for people with hearing loss		(800) 799-4889
Military Crisis Line 24/7 Support for military dependents		(800) 273-8255 (Press 1) or Text "Help" to 838-255
Trans Lifeline 24/7 Emotional support for trans people in crisis		(877) 565-8860
Trevor Lifeline LGBTQ Support 24/7 Crisis intervention and suicide prevention		(866) 488-7386
Trevor Text Line 24/7 Crisis intervention and suicide prevention		Text "Start" to 678-678
National Suicide Prevention Lifeline 24/7 Suicide prevention hotline		988
National Runaway Safeline 24/7 Support and help for runaway teens		(800) RUN-AWAY
Blackline Crisis (check website for hours) Peer support and counseling for BIPOC		(800) 604-5841 www.callblackline.com
NAMI Helpline (10am-10pm PST) Support for families with mental health conditions		(800) 950-NAMI
National Parent Helpline (Mon-Fri 10am-7pm PST) Emotional support for parents from trained advocates		(855) 4A-PARENT
NON-Crisis Teen Text Line (6pm-10pm PST) Trained teenagers helping teens		(800) 852-TEEN Text "Teen" to 839-863