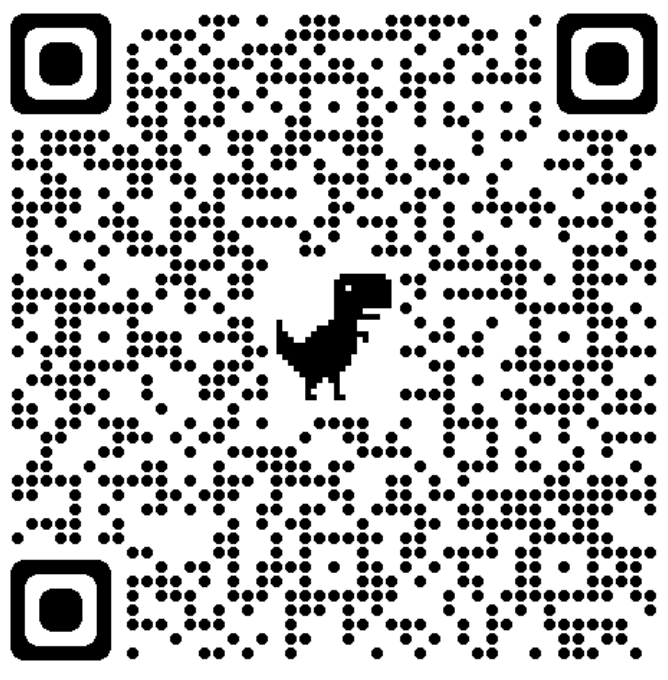




Suicide Prevention Resources

YOUR
LIFE
MATTERS

Resources for Youth



- [988](#)
- [CalHOPE](#)
- [CA Youth Crisis Line](#)
- [Teen Line](#)
- [Local Resources and Support](#)



Resources for Families



- [Know the Signs - English](#)
- [Know the Signs - Spanish](#)
- [Parent Guide to Teen Depression](#)
- [Stress Relief for Kids](#)
- [CA Parent and Youth Help Line](#)
- [Need Someone to Talk to? \(English\)](#)



Resources for LGBTQIA+



- [Trans Lifeline](#)
- [The Trevor Project](#)
- [Q Chat Space](#)
- [Rainbow Pride Youth Alliance](#)



Multi Language Resources



- [Necesitas Hablar Con Alguien?](#)
- [需要找人倾诉吗? \(Mandarin\)](#)
- [需要找人倾诉吗? \(Cantonese\)](#)
- [누군가에게 이야기해야 합니까? \(Korean\)](#)
- [Cần nói chuyện với ai khác? \(Vietnamese\)](#)
- [Kailangang may makausap? \(Tagalog\)](#)
- [Խոսելու կարիք ունե՞ք \(Armenian\)](#)
- [احتیاج دارید با کسی حرف بزنید? \(Farsi\)](#)
- [هل تحتاج الى التحدث مع شخصا ما? \(Arabic\)](#)

Resources for Schools & Teachers



- [Livingworks Suicide Prevention Online Training.](#)
- [Suicide Prevention: A Toolkit for High Schools](#)
- [Center for Resiliency, Hope and Wellness in Schools](#)
- [Classroom WISE Video Library.](#)



Community Resources



- [Siskiyou County Behavioral Health Services.](#)
- [Crisis Line 800-842-8979](#)

You Are Important!

