



# CRISIS SUPPORT SERVICES

of Alameda County



## Confidential Hotlines

Free, 24/7, Translation

- Crisis Support Services (Alameda County): 1-800-309-2131
- National Suicide Prevention Line: 1-800-273-8255 (TALK)
- The Trevor Project LGBTQ+: 1-866-488-7386
- Trans Lifeline: 1-877-565-8860

## Confidential Free Textlines (Standard Message Rates May Apply)

- Crisis Support Services Teen Textline (Alameda County):
  - Text SAFE to 20121 (4-11pm daily)
  - Español: Textear SEGURO al 20121 (5-9pm martes - viernes)
- National Suicide Prevention Line: Text HOME to 741-741 (24/7)
- The Trevor Project LGBTQ+: Text START to 678-678 (24/7)



## Teens for Life Videos

- Scan the QR code for a playlist on the following topics:
  - Crisis hotline and teen textline
  - Depression warning signs
  - Suicide warning signs