Crisis and Warm Lines

- 24/7 National Suicide Hotline: **988** OR 1-800-273-TALK (1-800-273-8255)
  - For Veterans, Press 1
  - Deaf and Hard of Hearing: 1-800-799-4889

- Crisis Textline: www.crisistextline.org, **Text HELP to 741741**

- LGBTQIA+ Crisis Line through The Trevor Project
  - TrevorLifeline: Call: 1-866-488-7386;
  - Text START to 678678;
  - Chat online at: https://www.thetrevorproject.org/get-help-now/

- Sacramento County Suicide Prevention Crisis Line: (916) 368-3111
  - The Effort operates the region's Suicide Prevention Crisis Line. The hotline serves Sacramento County residents 24 hours per day, 7 days per week, 365 days per year. The Suicide Prevention Crisis Line receives calls from people of all ages who are experiencing depression, hopelessness, alone, desperate, considering suicide.
  - They also take calls from third parties who are concerned about a friend or loved one who is suicidal.

- **Teen Line**: Call (310) 855-HOPE or (800) TLC-TEEN (nationwide toll-free) from 6 pm to 10 pm PST or Text "TEEN" to 839863 between 6:00 pm - 9:00 pm PST to receive person teen-to-teen education and support.

- **Source Support Line for Youth and Caregivers**: Need someone to talk to about the current situation, stress, or anything else? Call or text 916-SUPPORT (916-787-7678) for 24/7 support.

- **Sacramento County Mental Health 24-Hour Crisis Line**

  If you are experiencing a mental health crisis, please call (888) 881-4881

- Crisis Suicide Hotline in Auburn (530) 885-2300

- Crisis Suicide Hotline in Roseville (916) 773-3111

- Crisis Suicide Hotline in Lincoln (916) 645-8866

- El Dorado County Mental Health Crisis Line
  - (530) 622-3345 West Slope
  - (530) 544-2219 South Lake Tahoe

- Yolo County Mental Health Crisis and Access Line (888) 965-6647

- Hope Cooperative Mental Health Crisis Respite Center (916) 737-7483
  23-hour respite center; transportation provided in Sacramento County

- Runaway – California Youth Crisis Line, 1-800-843-5200

- Self-Injury – SAFE: Self Abuse Finally Ends 1-800-366-8288

- Teen Covenant House Nineline: (Provides homeless and shelter services to youth – not in Sacramento but close by in Oakland) Below number is accurate.
  - Teen Line is a confidential hotline for teenagers which operates every evening from 6:00pm to 10:00pm PST. If you have a problem or just want to talk with another teen who understands, then this is the right place for you! You can call us at 800-TLC-TEEN (852-8336), text us by texting "TEEN" to 839863; also available as an app "Teen Talk"

- Safe & Sound talkline for parents at 415-441-KIDS (5437) https://safeandsound.org/for-parents/

- National Domestic Violence Hotline 24/7 at 1-800-799-SAFE (7233); TTY1-800-787-3224 (TTY) or Chat online: https://www.thehotline.org/what-is-live-chat/

- National Sexual Assault Hotline: (800.656.HOPE and online.rainn.org)

- National Human Trafficking Hotline: Call 1-888-373-7888 (TTY: 711); Text 233733; Chat: https://humantraffickinghotline.org/

- SAMHSA's (Substance Abuse and Mental Health Services Administration) https://www.samhsa.gov/

  - National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889; confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.
    https://www.samhsa.gov/find-help/national-helpline
    Also visit the online treatment locator, or send your zip code via text message: 435748 (HELP4U) to find help near you.

  - The Disaster Distress Helpline, 1-800-985-5990,
    providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
    https://www.samhsa.gov/find-help/disaster-distress-helpline

Loss by Suicide: https://jedfoundation.org/resource/ive-lost-someone-to-suicide/

Warm Lines

- The CA Peer-Run Warm Line: 1-855-845-7415 is a 24/7 non-emergency resource for anyone in California seeking emotional support.

- National Postpartum Depression Warmline: 1-800-PPD-MOMS

- Sacramento County Consumer Warmline (916) 366-4668 M - F, 9 am - 5 pm

- Institute on Aging Friendship Line 1-800-971-0016
  Provides both a crisis line and warmline for seniors ages 60+ and a call out services.
  https://www.ioaging.org/services/all-inclusive-health-care/friendship-line

- Lesbian, Gay, Bisexual and Transgender National Hotline 1-800-273-8255
  Call from 1pm – 9pm for support, information or help finding resources.

- Victims of Crime Resource Center: Call or text 1-800-842-8467 or chat online for information about rights, legal protections, and local resources. https://1800victims.org/

- Life Enhancement through Support (L.E.T.S) (530) 621-6567
  Provides telephone and peer counseling, and community service referrals for El Dorado County. Warmline open Tuesday, Thursday and Friday from 1:00 p.m. - 4:00 p.m.or by appointment.