

National Suicide Hotline	988 or (800) 273-8255	Free and confidential emotional support to people in suicidal crisis or emotional distress.
National Dating Abuse Line	1-866-331-9474 Text "LOVEIS" to 22522	Confidential support for teens, young adults, and their loved ones seeking help related to healthy relationships and dating abuse.
CA Hope Peer Support Line	1-833-317-4673	Connects callers to peers who have experiences with stress, anxiety, and depression.
Teen Support Hotline	Text: TEEN to 839862	Highly trained teen listeners provide support, resources and hope to any teen who is struggling.
LGBTQ Crisis Support	Text: START to 678678	Trained counselors understand the challenges LGBTQ+ young people face and are available for support 24/7.
Pacific Clinics Mobile Crisis	877-412-7474 or 408-379-9085	Provide crisis management and de-escalation services for children/teens, adults, and families.
Trusted Response Urgent Support Team (TRUST)	408-596-7290	Deploy a team of mental health clinicians whose goal is to de-escalate the situation and provide resources and assistance to individuals in crisis and their family members 24/7.