

## Crisis Resources

**A note about 988:** When people call, text, or chat with the 988 Lifeline, they are connected to trained crisis counselors who are part of the existing 988 Lifeline network, made up of over 200 local crisis centers. These crisis counselors are trained to provide free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress and connect them to resources. These services are available 24 hours a day, seven days a week, across the United States.

<p><b>Crisis Text Line:</b> anywhere in the United States, 24/7, free, confidential. A live, trained volunteer Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool calm.</p>	<p>Text HOME to 741741</p>
<p><b>National Suicide Prevention Lifeline:</b> Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you judgment-free care.</p>	<p>Call, Text, or Chat 988</p>
<p><b>Trevor Lifeline for LGBTQ Youth:</b> Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free.</p>	<p>Text 'START' to 678-678 or call 866-488-7386.</p>
<p><b>Trans Lifeline:</b> a peer support phone service run by trans people for trans and questioning peers. Call if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.</p>	<p>1-877-565-8860</p>
<p><b>Teen Line:</b> highly trained teen listeners provide support, resources and hope to any teen who is struggling.</p>	<p>CALL 800-852-8336 Nationwide (6 PM - 10 PM PST) TEXT TEEN to 839863 (6 PM - 9 PM PST)</p>
<p><b>Pacific Clinics (Formerly Uplift Family Services - Santa Clara County) Mobile Crisis Team</b> provides 24-hour intervention for children and teens in the community who are in acute psychological crisis. To access the 24-hour/7 days a week crisis line.</p>	<p>1-408-379-9085 or call toll-free 1-877-41-CRISIS or 1-877-412-7474.</p>
<p><b>Santa Clara County Warmline/Helpline:</b> NOT a hotline, or a chat line. This is a free peer-support service providing support, information, and resource referrals to people living with mental health conditions, and their family members, caregivers, mental health providers and the public. Staff answer questions, offer support and provide practical next steps from their own personal</p>	<p>408-453-0400 option 1 Mon – Fri (10 AM to 6 PM)</p>

experience.	
<b><u>Santa Clara County Parental Stress Hotline:</u></b> Parents and caregivers can call the following numbers to receive free counseling and support when they need help	1-408-279-8228
<b><u>Suicide &amp; Crisis Hotline (Santa Clara County)</u></b> continues to operate 24-hours, 7 days a week.	1-855-278-4204
Rape Crisis Hotline (Santa Clara County): 24/7 Phone Hotline	408.779.2115
<b><u>San Mateo Hotline (StarVista 24/7 Crisis Hotline):</u></b> If you are experiencing a behavioral health crisis in San Mateo County.	650-579-0350
<b><u>San Mateo Warm Line:</u></b> is a non-emergency resource. provides peer support for individuals experiencing emotional distress.	650-638-0800
<b><u>Rape Crisis Hotline (San Mateo County):</u></b> 24/7 Phone Hotline	650.493.7273
<b><u>San Mateo County Parental Stress Hotline:</u></b>	650-327-3333
<b><u>San Francisco suicide Prevention:</u></b> always available to give you support, strength, and hope. Their services are also for caregivers or people who are concerned about a suicidal or depressed loved one.	24/7 Crisis Line: Call (415) 781-0500 24/7 Text Line: Text (415) 200-2920
<b><u>San Francisco "TALK Line" Family Support:</u></b> Parents and caregivers can call the following numbers to receive free counseling and support when they need help.	415-441-5437
<b><u>Woman against Rape (San Francisco):</u></b> 24/7 Phone Hotline	415.647.7273
<b><u>California Youth Crisis Line:</u></b> is a statewide, 24/7, free confidential and anonymous hotline where youth ages 12-24 and those supporting youth can talk to volunteer trained counselors who offer crisis intervention counseling and resource referrals to service providers in the caller's local community.	1-800-843-5200
<b><u>Rape, Abuse &amp; Incest National Network:</u></b> 24/7 Phone Hotline	800.656.4673
<b><u>YWCA Rape Crisis Center Silicon Valley</u></b>	800.572.2782
<b><u>Alum Rock Mobile Crisis</u></b>	1 408-294-0579