



Resources

Call 911 in the event of an emergency

Crisis Text Line: Text HOME to 741-741 to speak to a crisis counselor.

Crisis Resolution Center: Call 1.866.251.7584

National Suicide Prevention Line:
Call 1.800.273.8255

California Parent & Youth Hotline: offers support to parents & youth with pressures related to COVID 19
Call or text 1.855.427.2736

The Warmline: offers emotional and mental peer support.
Call 1.855.845.7415

Placer County Community Resources:
<https://211connectingpoint.org/placer-county/>

The Trevor Project: for mental health support for LGBTQI+ people.
Call 1.866.488.7386 or text START to 678678

Love is Respect: for help in preventing and ending abusive relationships.
Text LOVEIS to 22522 or call 1.866.331.9474

Self Harm Hotline: Call 1.800.366.8288

Domestic Violence Helpline: Call 1.800.799.7233