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Mental Health Resources & Hotlines *California*



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Mental Health Resources & Hotlines: California

Crisis Support Services of Alameda County: This service offers support to people of all ages and backgrounds and operates on a volunteer basis. The 24-hour crisis lines offers confidentiality, teletype (TDD) services for deaf and hearing-impaired callers, and translation in 140 languages. Contact this service on their main line at (800) 309-2131 or (800) 273-8255 or visit their website [here](#).

Second Chance, Inc. Hotline: This hotline most commonly serves the Fremont, Newark, Union City and Eden areas in southern Alameda County. The line is available from 8:00 a.m. – 10:00 p.m. on weekdays, and they offer call-back hours on weekends and 10:00 p.m. – 8:00 a.m. Monday – Friday. Visit them on their main line at (510) 792-HELP or visit their website [here](#).

Department of Behavioral Health: The Department of Behavioral Health is a crisis line that operated 24/7 and serves youth and adults. They most commonly serve those in Butte County. Contact this line at the numbers listed below.

Main Line (Adults): (530) 891-2810 or (800) 334-6622

Main Line (Youth): (530) 891-2794 or (800) 371-4373

Mental Health Department Crisis Services: This service is operated on a 24/7 basis and most commonly serves Calaveras County. Contact this service at 209) 754-3239 or (800) 499-4030.

Contra Costa Crisis Center: This crisis center is available 24/7 and has counselors ready to answer your call or text. Contact them at the numbers listed below or visit their website [here](#).

Main Line: (800) 833-2900

TTD/TTY: (925) 938-0725

Mental Health Services/Crisis Services: This service is offered to anyone living in Contra Costa County who experiences a mental or emotional crisis. Services are available in person or over the phone 24 hours a day, seven days a week. Contact them on their main line at (888) 678- 7277 or (800) 833-2900, or visit their website [here](#).

Department of Mental Health: This contact offers psychiatric emergency services 24/7 in the Placerville and South Lake Tahoe areas. Contact this service at the numbers listed below.

Main Line (Placerville): (530) 622-3345

Main Line (South Lake Tahoe): (503) 544-2219

New Hope Online Counseling: This website provides live crisis intervention and support for free. It is available 24/7 and operated by trained crisis workers. Visit the website [here](#).

TeenLine Hotline Help Center: This service is available for call or text. The website offers an online messaging board for teens to discuss their situations with other teens. The calling service is nationwide toll-free from 6:00 p.m. – 10:00 p.m. PST. The texting service is available the same hours. Contact this center by texting “TEEN” to 839863, or by calling their main line at (310) 855-HOPE or (800) TLC-TEEN. You can also visit their website [here](#).

Behavioral Health Services Imperial Valley Crisis Hotline: This hotline is available 24/7 and most commonly serves those in Imperial County. Contact them via their main line at (760) 482-4000 or (800) 817-5292.

Lassen County Mental Health: This service is operated on a 24-hour basis and most commonly serves those in Lassen County. Contact this service at (888) 530-8688.

Hotline of Southern California: This crisis hotline is available 7 days a week from 10:00 a.m. – 12 midnight. It is located in Los Alamitos County. Contact this hotline at (562) 596-5548 or (714) 894-4242.

Los Angeles County Department of Mental Health: This hotline is available 24/7. It most commonly serves those in Los Angeles County. Contact this hotline at (800) 854-7771.

Didi Hirsch Mental Health Services/Suicide Prevention Center: This center offers an array of services including therapy, support and training to a large number of people. The hotline is available 24/7 and is multilingual. An online chat system is available through the website. Contact them at the numbers listed below or at their website [here](#).

Marin County Community Mental Health Services: Psychiatric emergency services are available 24/7. This service most commonly reaches those in Marin County. Contact them at (415) 499-6666 or visit their website [here](#).

Buckelew Programs: Buckelew Suicide Prevention serves the North Bay with outreach, education, and a toll-free 24/7 crisis hotline. Contact them at the numbers listed below or visit their website [here](#).

Main Line (Sonoma, Lake & Mendocino Counties): (855) 587-6373

Main Line (Marin County): (415) 499-1100

Mendocino County Department of Health: The County of Mendocino offers a 24/7 toll-free crisis line. Contact them at (855) 838-0404 or visit their website [here](#).

Nevada County Human Services Agency Behavioral Health Department: This crisis line is available 24/7 and most commonly serves Nevada County. Contact this line at (530) 265-5811 or visit their website [here](#).

Placer County Child & Adult Crisis & Emergency Services: This service is available 24-hours a day and offers various hotlines to contact. For additional help, You can also text the word “Hope” to 916-688-4226. Contact them at the numbers listed below, or visit their website [here](#).

Main Line (English): (800) 273-8255

Main Line (Spanish): (888) 628-9454

Main Line (Veterans): (800) 784-2433

Trevor Lifeline (LGBTQ Youth): (866) 488-7386

San Bernadino County – Family Service Agency: This crisis line is available Monday – Friday from 9:00 a.m. – 8:00 p.m. Contact them at (800) 832-9119.

San Diego County – Behavioral Health Services: This service offers a live chat Monday – Friday from 4:00 p.m. – 10:00 p.m. In addition to this, the San Diego Access & Crisis Line offers immediate support and resources from an experienced counselor 24/7. There are also language interpreter services available to assist with over 150 languages. Contact them at (888) 724-7240 or visit their website [here](#).

San Francisco Suicide Prevention: This service offers a 24/7 online chat option, or you can text “MYLIFE” to 741741 for 24/7 confidential support. Contact them at (415) 781-0500 or visit their website [here](#).

San Joaquin County Public Health Services: This service offers a general crisis hotline, as well as a 24-hour suicide prevention hotline. Contact them at the numbers listed below or visit their website [here](#).

Main Line (Suicide Prevention): (800) 273-8255

Main Line (Crisis Hotline): (209) 468-8686

For local crisis lines, see below:

- Alameda – (800) 309-2131
- Alpine – (530) 694-1816
 - After hours call (800) 486-2163
- Amador – (209) 223-6412 or (888) 310-6555
- Berkeley City – (510) 981-5244
 - After hours call (510) 981-5254
- Butte – (530) 891-2810 or (800) 334-6622
- Calaveras – (209) 754-3239 or (800) 499-3030
- Colusa – (530) 458-0520 or (888) 793-6580
- Contra Costa – (888) 678-7277
- Del Norte – (707) 464-7224 or (888) 446-4408
- El Dorado – (800) 929-1955
 - (530) 622-3345 for Placerville
 - (530) 544-2219 for South Lake Tahoe
- Fresno – (800) 654-3937
- Glenn – (800) 507-3530
- Humboldt – (707) 445-7715 or (888) 849-5728
- Imperial – (760) 339-4504 or (800) 817-5292
- Inyo – (760) 873-6533 or (800) 841-5011
- Kern – (800) 991-5272
- Kings – (559) 582-4484 or (800) 655-2553
- Lake – (800) 900-2075
- Lassen – (888) 530-8688
- Los Angeles – (800) 854-7771
- Madera – (559) 673-3508 or (559) 662-0522 or (888) 275-9779
- Marin – (415) 499-6666
- Mariposa – (209) 966-7000
- Mendocino – (800) 555-5906
 - (707) 472-2304 for Ukiah
- Merced – (209) 381-6800 or (888) 334-0163
- Modoc – (800) 699-4880 or (530) 233-6312 or (800) 762-3003
- Mono – (707) 924-1740
- Monterey – (831) 755-4111 or (877) 663-5433
- Napa – (707) 253-4711
- Nevada – (530) 265-5811
- Orange – (877) 7CRISIS or (877) 727-4747
- Placer
 - Adult Crisis & Intake: (888) 886-5401 or (916) 787-8860
 - Child & Family Crisis: (866) 293-1940 or (916) 872-6549
- Plumas – (530) 283-6307 or (800) 757-7898
- Riverside – (951) 686-HELP (4357)
- Sacramento – (888) 881-4881
- San Benito – (831) 636-4020
- San Bernardino – (888) 743-1478

- 909-458-9628 (West Valley region)
- 909-421-9233 (East Valley region)
- 760-956-2345 (High Desert region)
- 760-365-6558 (Morongo Basin region)
- San Diego – (800) 479-3339 or (888) 724-7240
- San Francisco – (415) 781-0500
- San Joaquin – (209) 468-8686
- San Luis Obispo – (800) 838-1381
- San Mateo – (650) 579-0350 or (800) 273-8255
- Santa Barbara – (888) 868-1649
- Santa Clara – (855) 278-4204
- Santa Cruz – (800) 952-2335
- Shasta – (530) 225-5252 or (888) 385-5201
- Sierra – (877) 435-7137
- Siskiyou – (800) 842-8979 or (800) 452-3669
- Solano – (707) 428-1131
- Sonoma – (800) 746-8181 or (855) 587-6373
- Stanislaus – (209) 558-4600 or (888) 376-6246
- Sutter/Yuba – (530) 673-8255 or (888) 923-3800
- Tehama – (530) 527-5637
- Tri-City – (866) 623-9500 or (909) 623-6131
- Trinity – (530) 623-5708 or (530) 623-1362 or (888) 624-5820
- Tulare – (800) 320-1616
- Tuolumne – (209) 533-7000
- Ventura – (866) 998-2243
- Yolo – (888) 965-6

