

Mental Health Resources:

- **211:** for help with mental health services/referrals, access to financial help with food, healthcare and other amenities.
- **Adult Protective Services:** (800) 339-4661
- **Child Protective Services:** (858) 560-2191
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **Veterans Crisis Line:** Dial 988 then press 1; or text 838255;
www.veteranscrisisline.net
- **Crisis Text Line:** 741-741. to receive free, 24/7 confidential support via text
<https://www.crisistextline.org/>
- **The Trevor Lifeline:** 1-866-488-7386; hotline for LGBTQ+ Youth;
www.thetrevorproject.org
- **National Domestic Violence Support Hotline:** 1-800-799-7233
- **National Sexual Assault Hotline:** 1-800-656-4673
- **The Warmline:** (619) 295-1055 Or 1 (800) 930-WARM
(Peer 2 Peer Specialists, 3:30 -11:00 7 days a week.)
- **NAMI Helpline:** 1(800) 950-6264, or text 'HelpLine' to 62640;
www.nami.org Support for families of individuals with mental health concerns
- **www.smarterparenting.com** Provides an array of information and resources for parents regarding behavioral & mental health concerns for toddlers, children and adolescents.

- **Access & Crisis Line: 1 (888) 724-7240. Provides on the spot crisis counseling and has the ability to connect individuals with mental health emergency services.**