

Organization	Phone Number
Mental Health Intake Line	(805) 485-6114
The Trevor Project: Suicide Prevention for LGBTQ	(866) 488-7386
MentalHealth.gov	see website
COVID-19 Public Call Center (non-emergency, non-medical questions)	call 211
National Suicide Prevention Lifeline	1-800-273-8255
National Sexual Assault Hotline	1-800-656-4673
National Domestic Violence Hotline	1-800-799-7233
YouthLine	(877) 968-8491
Disaster Distress Helpline	(800) 985-5990
24/7 Youth Crisis and Homeless Services Line	(805) 469-5882
24/7 Family Violence and Human Trafficking Response Hotline	1-800-636-6738
National Center for PTSD Info Line	1-800-273-8255
NAMI Helpline	800-950-6264
National Mental Health Association	Text "MHA" to 741741
Trans Lifeline	877-565-8860
Lifeline (for the deaf or hard of hearing)	800-799-4889
COPLINE	800-267-5463
Fire/EMS Helpline	888-731-3473
Lifeline (Spanish)	888-682-9454
Teen Line	310-855-4673
Veteran Lifeline	800-273-8255