

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