

| Organization | Phone Number | |
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| Mental Health Intake Line | (805) 485-6114 | Mon-Fri. 8am-5pm |
| 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 | |