

Resources for Emotional Support & Well-Being

SUICIDE PREVENTION LIFELINE:
800-273-8255 OR TEXT 838255

DOMESTIC VIOLENCE HOTLINE:
800-799-SAFE (7233) OR TEXT LOVEIS TO 22522

CALIFORNIA YOUTH CRISIS LINE:
800-843-5200 (CALL OR TEXT)

LGBTQ YOUTH TREVOR PROJECT HOTLINE:
866-488-7386 OR TEXT START TO 678678

SUBSTANCE ABUSE HOTLINE:
800-662-HELP

MEDI-CAL MENTAL HEALTH OFFICE:
888-452-8609



www.covid19.ca.gov