



*Presents to you: Crisis Resources*

**Lifeline:** 1-800-273-8255  
24-hour line

**Mobile Crisis Response Team (MCRT):** 1-800-704-0900  
select option #2 to request a Mobile Crisis Response team member  
(Monday – Friday, 8:00 a.m. – 8:00 p.m.)

**Mental Health Call Center:** 1-800-704-0900  
Hours: 24-hours, 7 days a week

**National Suicide Prevention Lifeline:** 1-800-273-TALK/1-800-273-8255

**SAMHSA (Substance Abuse and Mental Health Services Association)**  
<https://www.samhsa.gov/>

**Substance Use Services Call Center:** 1 (800) 488-9919  
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

**Trevor Lifeline (LGBTQ youth):** 1-866-488-7386

**Uplift Mobile Crisis Program:** 408-379-9085 or  
toll-free 1-877-41-CRISIS/1-877-412-7474  
24-hour crisis hotline

**911: ask for CIT (Crisis Intervention Team)**



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