

## **CRISIS HOTLINES**

- Emergency Assistance: 911
- 211 Shasta: 2-1-1
- Suicide & Crisis Hotline: Call or Text 9-8-8
- Shasta County Mental Health (24/7): 530-225-5252
- Help, Inc.: Shasta County's local crisis help line: 530-244-2222
- Children's Mental Health: 530-229-8041 Toll Free: 1-888-385-5201
- NAMI Helpline: 1-800-950-NAMI (6264)
- Shasta Women's Refuge (domestic violence): 530-244-011
- Alternatives to Violence: 530-528-0226
- Suicide intervention and referrals: 530-225-5252 Toll-free: 1-800-821-5252
- USA National Suicide Hotlines: 1-800-Suicide or 1-800-273-TALK
- CPS (reporting child abuse/neglect): 530-225-5144
- Substance Abuse (adult and youth): 530-225-5244
- Trevor Lifeline LGBTQ+ Crisis Support: 1-866-488-7386
- Youth Helpline – Your Life, Your Voice: 1-800-448-3000

## **RESOURCES & SUPPORT (*links*)**

- [Shasta County Youth Access Line \(Mental Health Services\)](#)
- [211 Youth and Family Services](#)
- [Youth Suicide Prevention Lifeline](#)
- [Teen Mental Health Support Group](#)
- [California Parents & Youth Helpline](#)
- [Hill Country Health & Wellness Center](#)
- [LGBTQ NorCal OUTreach](#)
- [Triple P: Positive Parenting Program](#)

If you need immediate assistance on campus, please contact the counseling department or administration