

Suicide Prevention Emergency Contacts

9-1-1 should be contacted if you or your loved one is in immediate danger and needs urgent medical attention. Listed below are National Suicide Prevention Hotlines via telephone and on-line. Please remember that there is someone who cares and is willing to listen and speak with you when you are feeling depressed and/or suicidal. Help is available and people do care about your safety and well being.

National Contacts

County/City	Populations Served	Name	Contact Information	Description of Services
Statewide	All	Emergency Medical Response	9-1-1	Emergency Medical services will be dispatched to your given location within minutes of calling.
Nationwide	All	National Suicide Prevention Lifeline	1-800-273-TALK 1-800-273-8255	24 hour hotline with trained counselors available to listen and talk with you.
Nationwide	All	National Hopeline Network	1-800-SUICIDE 1-800-784-2433	24 hour hotline with trained counselors available to listen and talk with you.
Nationwide	LGBTQ	The Trevor Project	1-866-488-7386	Crisis intervention and suicide prevention for lesbian, gay, bisexual, transgender and questioning youth.
Nationwide	Seniors	Institute on Aging Center for Elderly	1-800-971-0016	24 hour suicide and grief friendship line for the elderly offering telephone support to depressed, isolated, abused and/or suicidal older adults
Nationwide	Spanish Speaking	Suicide Hotline in Spanish	1-800-273-8255, option 2	24 hour crisis hotline
Nationwide	Veterans	Vet 2 Vet	1-877-Vet-2-Vet 1-877-838-2838	24 hour Veteran's Crisis Hotline
Nationwide	Veterans	Veterans Crisis Line	1-800-273-8255 , option 1	24 hour Confidential live veterans chat
Nationwide	Youth	YouthLine	1-877-YOUTHLINE 1-877-968-8454	Youth America Hotline, counseling for teens by teens.
On-line	All	Crisis Chat	www.crisischat.org	Online emotional support. Hours vary 12 hrs day/7 days week
On-line	All	I'm Alive	www.imalive.org	Online crisis network suicide and crisis chat. Available 24 hours day.

Suicide Prevention Emergency Contacts (cont.)

Local Contacts by County

County/City	Populations Served	Name	Contact Information	Description of Services
Alameda	All	Crisis Support Services of Alameda County	1-800-309-2131	24 hour crisis hotline.
Butte	Adults	Butte County Department of Behavioral Health	1-800-334-6622 530-891-2810	24 hour crisis hotline
Butte	Youth	Butte County Department of Behavioral Health	1-800-371-4373 530-891-2794	24 hour crisis hotline
Calaveras	All	Calaveras County Mental Health Department	1-800-499-4030 209-754-3239	24 hour crisis hotline
Contra Costa	All	Contra Costa Crisis Center	1-800-833-2900 925-938-0725	24 hour crisis hotline
El Dorado - South Lake Tahoe	All	El Dorado County Department of Mental Health	503-544-2219	24 hour crisis hotline
El Dorado Placerville	All	El Dorado County Department of Mental Health	530-622-3345	24 hour crisis hotline
Lassen	All	Lassen County Mental Health	1-888-530-8688	24 hour crisis hotline
Marin	All	Psychiatric Emergency Services Marin County Community Mental Health Services	415-499-6666	24 hour crisis hotline
Marin	All	Suicide Prevention and Crisis Hotline Family Service Agency of Marin	415-499-1100 415-499-1195 (Grief Counseling)	24 hour crisis hotline
Mendocino	All	Community Help Line	1-800-575-HELP 1-800-575-4357	24 hour crisis hotline
Mendocino - Fort Bragg	All	Mendocino County Department of Mental Health	707-964-4747	24 hour crisis hotline
Mendocino - Ukiah	All	Mendocino County Department of Mental Health	707-463-4396	24 hour crisis hotline
Mendocino - Willits	All	Mendocino County Department of Mental Health	707-456-3850	24 hour crisis hotline

Suicide Prevention Emergency Contacts (cont.)

County/City	Populations Served	Name	Contact Information	Description of Services
Nevada	All	Behavioral Health Department Nevada County Human Services Agency	530-265-5811	24 hour crisis hotline
Placer	All	ACCESS Team Placer County Child & Adult Crisis & Emergency Services	530-886-5401	24 hour crisis hotline
Placer - Auburn	All	ACCESS Team Placer County Child & Adult Crisis & Emergency Services	1-888-886-5401	24 hour crisis hotline
Placer – Lincoln	All	Family Service Agency of Sacramento	916-645-8866	24 hour crisis intervention and suicide prevention by highly trained paraprofessionals. Emotional support, community resource information and referral, and education.
Placer - Roseville	All	Family Service Agency of Sacramento	916-773-3111	24 hour crisis intervention and suicide prevention by highly trained paraprofessionals. Emotional support, community resource information and referral, and education.
Plumas & Sierra	All	Plumas Crisis Intervention & Resource Center	530-283-4333 1-877-215-7273	24 hour crisis hotline
Sacramento	All	Family Service Agency of Sacramento	916-368-3111	24 hour crisis intervention and suicide prevention by highly trained paraprofessionals. Emotional support, community resource information and referral, and education.
Sacramento	All	Mental Health Services County of Sacramento Department of Health & Human Services	916-732-3637	24 hour crisis hotline
San Francisco	All	San Francisco Suicide Prevention	415-781-0500	24 hour crisis hotline
San Francisco	Seniors	Institute on Aging Center for Elderly	1-800-971-0016 415-752-3778	24 hour suicide and grief friendship line for the elderly offering telephone support to depressed, isolated, abused and/or suicidal older adults
San Joaquin	All	Crisis Intervention Center San Joaquin County	209-468-8686	24 hour crisis hotline

Suicide Prevention Emergency Contacts (cont.)

County/City	Populations Served	Name	Contact Information	Description of Services
Mental Health Services				
San Jose	All	CONTACT Cares	408-279-8228	24 hour crisis hotline
San Jose	Youth	CONTACT Cares	1-888-247-7717	24 hour crisis hotline
San Luis Obispo	All	Hotline of San Luis Obispo	805-549-8989 1-800-549-8989	24 hour crisis hotline
San Luis Obispo	Seniors	Senior Services	805-544-0566	24 hour crisis hotline
San Mateo	Youth	YFES Crisis Intervention and Suicide Prevention Center Teen Hotline & Website	www.onyourmind.net 650-579-0353	Monday through Thursday 4:00-10:00pm
San Mateo-Coastside	All	YFES Crisis Intervention and Suicide Prevention Center	650-726-6655	24 hour crisis hotline
San Mateo-North County	All	YFES Crisis Intervention and Suicide Prevention Center	650-579-0350	24 hour crisis hotline
San Mateo-South County	All	YFES Crisis Intervention and Suicide Prevention Center	650-368-6655	24 hour crisis hotline
Santa Clara – North County	All	Santa Clara County Health and Hospital System Suicide and Crisis Hotline	650-494-8420	24 hour crisis hotline
Santa Clara – San Jose	All	Santa Clara County Health and Hospital System Suicide and Crisis Hotline	408-279-3312	24 hour crisis hotline
Santa Clara – South County	All	Santa Clara County Health and Hospital System Suicide and Crisis Hotline	408-683-2482	24 hour crisis hotline
Santa Cruz	All	Suicide Prevention Service of the Central Coast	831-458-5300	24 hour crisis hotline
Santa Cruz - Monterey Peninsula	All	Suicide Prevention Service of the Central Coast	831-649-8008	24 hour crisis hotline
Shasta	All	Help, Inc	530-225-5252 1-800-821-5252	24 hour crisis hotline
Siskiyou	All	Siskiyou County Behavioral Health Services	1-800-842-8979	24 hour crisis hotline

Suicide Prevention Emergency Contacts (cont.)

County/City	Populations Served	Name	Contact Information	Description of Services
Stanislaus	All	Emergency Mental Health Assessment and Referral Services Stanislaus County Behavioral Health & Recovery Services	209-558-4600 1-888-376-6246	24 hour crisis hotline
Sutter	All	24 Hours Psychiatric Emergency/Crisis Services	530-673-8255 1-888-923-3800	24 hour crisis hotline
Yolo - Davis	All	Suicide Prevention and Crisis Services of Yolo County	530-756-5000	24 hour crisis hotline
Yolo - West Sacramento	All	Suicide Prevention and Crisis Services of Yolo County	916-371-3779	24 hour crisis hotline
Yolo - Woodland	All	Suicide Prevention and Crisis Services of Yolo County	530-666-7778	24 hour crisis hotline
Yuba	All	24 Hours Psychiatric Emergency/Crisis Services	530-673-8255 1-888-923-3800	24 hour crisis hotline