

# Suicide and Crisis Support



California Youth Crisis Line  
1-800-843-5200

National Suicide  
Prevention Lifeline



1-800-273-TALK (8255)  
Español: 1-888-628-9454  
TTY: Use your preferred  
relay service or dial 711  
then 1-800-273-8255



Crisis Text Line  
Text “**home**” to 741741 to reach  
a trained counselor

Your Life Your Voice



1-800-448-3000  
Text “**voice**” to 20121

The Trevor Lifeline (LGBTQ)



1-866-4-U-TREVOR  
(488-7386)

**If you feel like you are in danger of hurting yourself or someone else, call 911 or have someone take you to the nearest Emergency Department.**

# Help is Just a Click Away

Here are some useful websites for more information about your physical and mental health when you are not in crisis

## Teen Line

1-800-TLC-TEEN (852-8336)

A teen-to-teen confidential helpline open from 6-10 pm every night

Text "**teen**" to 839863

## [kidshealth.org](https://kidshealth.org)



Provides information for kids, teens, and parents about health and mental health

## Foster Youth Wellness



Provides information on a variety of wellness topics

## Having A Bad Day?

An interactive self-care guide.



An online tool talks you through self-care on bad days. Designed to take as much of the weight off of you as possible, so each decision is very easy and doesn't require much judgment.