

Provider/ Location	Availability (as of 7/18/2018)	Ages	Diagnoses	Emphasis	Contact / Website
National Suicide Prevention Lifeline  Over the phone	24/7 Access phone line	Any age	No diagnosis needed to call	This service provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They also can provide local resources.	Website: <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a> (online chat available)  Number: 1-800-273-8255 En Español: 1-800-628-9454
National Alliance on Mental Illness  Over the phone	Tue-Fri, 9am – 7pm	Any age	No diagnosis needed to call	Mobile crisis support team that can perform mental health evaluations if requested in a psychiatric emergency.	Website: <a href="https://namisacramento.org/resources/crisis-contacts-resources/">https://namisacramento.org/resources/crisis-contacts-resources/</a>  Number: 916-364-1642
Minor Emergency Response Team (MERT)	7 days per week, 365 days per year, 10am -7pm	Children and youth ages 0- 18 years	Experiencing a psychiatric emergency	Crisis intervention and stabilization unit for acute psychiatric emergency services.	Number: 916-875-1114
Trevor Project LGBTQ Crisis and Suicide Prevention Line	24/7 Access Phone Line	Any age	No diagnosis needed to call	24 hour crisis and suicide prevention hotline for LGBTQ youth and their families/loved ones.	Website: <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>  Number: 1-866-488-7386
Consumer-Operated Warm Line	Mon- Fri, 9 am – 5 pm	Any age	No diagnosis needed to call	Individuals with lived experience offer supportive listening and referrals to mental health resources.	Numbers to call: <ul style="list-style-type: none"> <li>• 1-855-642-6222</li> <li>• 916-366-4668</li> </ul>

*The resources listed are independent of the UC Davis MIND Institute. Resources are provided for information only and do not reflect the opinions or endorsement of the UC Davis MIND Institute.*