

## Mental Health Resources

- I. **24-Hour Talk Line, Alameda County- 1-800-309-2131**
  - If you or someone you know is struggling with difficult life circumstances or uncomfortable thoughts and emotions, we are here to help. **You do not need to be experiencing suicidal thoughts or feelings to call.** Trained crisis intervention counselors are available to receive crisis calls and give supportive counseling 24 hours a day, every day. Translation is available in more than 140 languages. We also offer teletype (TDD) services for deaf and hearing-impaired individuals.
  
- II. **Nations Suicide Prevention Lifeline- 1-800-273-825**
  - We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
  
- III. **Text Hotline, Alameda County- Text SAFE to 20121**
  - We know that some people feel more comfortable texting than talking—in particular, youth. Now Crisis Support Services of Alameda County (CSS) offers a special text line set up for Alameda County, CA, youth to text with the Crisis Line. Alameda County adults are also welcome to text our program.
  - Hours: 4:00 p.m. – 11:00 p.m. 7 days a week. Alameda County residents only
  - Fees: No charge from Crisis Support Services. Text STOP to opt out.
  
- IV. **Trans Hotline-(877) 565-8860**
  - Trans Lifeline is a trans-led organization that connects trans people to the community, support and resources they need to survive and thrive.

- V. **The Trevor Project Hotline**-(866) 488-7386
- Trevor Life Line is a crisis intervention and suicide prevention phone service open 24/7. They also provide online chat options and Text support by texting START to 678-678.
- VI. **Ongoing Therapy**- please contact your insurance provider to get a list of locally approved therapist. For Medi-Cal Insurance holders that number would be (800) 541-5555.
- VII. **AC Substance Use Access & Referral Helpline**- (844) 682-7215.
- This is Alameda County's "front door" to substance use treatment services. Shelter residents can call this number to be screened and referred into outpatient, opioid treatment, residential drug and alcohol, and sober living home programs.
- VIII. **AA/NA Online Meetings**- <https://eastbayaa.org/online/>