















NEED SUPPORT?

You are not alone.

Crisis Resources

-  **NATIONAL SUICIDE PREVENTION LINE**
1-800-273-8255
-  **CRISIS TEXT LINE**
741-741
-  **FAMILY URGENT RESPONSE SYSTEM (FURS)**
 24/7 support via phone, text and in-person for current and former foster youth in CA
Call or Text: 1-833-939-3877
-  **THE TREVOR PROJECT**
 Crisis intervention and suicide prevention for LGBTQ young people under 25.
Call: 1-866-488-7386
Text: START to 678678
-  **CALIFORNIA YOUTH CRISIS LINE**
 1-800-843-5200
-  **CONTRA COSTA CRISIS CENTER**
 Call: 1-800-833-2900
Text: HOPE to 20121
-  **YOUTHLINE**
Call: 1-877-968-8491
 Text: teen2teen to 839863
4-10 pm for peer support
-  **CONTRA COSTA YOUTH RUNAWAY HOTLINE**
1-800-718-4357

-  **211 FOR RESOURCES / 988 FOR CRISIS**
Available 24/7 for information on health and social services or crisis support and suicide prevention



Apps

- MY3**
Suicide Prevention
- CALM HARM**
Self-Harm Prevention
- SELF-HELP FOR TRAUMA**
Calming Techniques
- INSIGHT TIMER**
Meditation
- OAK-MEDITATION**
Mindfulness & Relaxation
- CALM**
Meditation & Relaxation

SENECA MOBILE RESPONSE TEAM

877-441-1089

In-person crisis support for youth in Contra Costa County with MediCal or no insurance.
In person support: Mon. - Fri. 7 a.m. - 11 p.m.
Weekends 11 a.m. - 9 p.m.
Available by phone 24/7.