

Corona Virus Hotline Information

At a Glance Hotline Info

Call 911 if you or the person you are helping is in immediate danger

24-hour Suicide Prevention Lifeline:

1-800-273-8255 or text 838255

24-hour Domestic Violence Hotline:

1-800-799-7233

Disaster Distress Helpline: Call [1-800-985-5990](tel:1-800-985-5990) (TTY [800-846-8517](tel:800-846-8517)) or text TalkWithUs to [66746](tel:66746) for 24/7 support

Crisis Text Line: Text HOME to [741741](tel:741741) for 24/7 crisis support

Services for Substance Use Disorders:

SAMHSA National Helpline: Call 1-800-662-HELP for 24/7 information and referrals in English and Spanish.



The coronavirus (COVID-19) outbreak is changing life for all of us. You may feel anxious, stressed, worried, sad, bored, depressed, lonely or frustrated in these circumstances. You're not alone. To learn about managing your stress for health visit the following:

In **California**, please visit the website for Coronavirus (COVID 19) Response website at: <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

In **Nevada***, please visit the website for the Nevada Department of Health and Human Services website at: <http://dpbh.nv.gov/coronavirus/>

National Hotlines

Youth and Teens

California Youth Crisis Line: Youth ages 12-24 can call or text 1-800-843-5200 for 24/7 crisis support.

TEEN LINE: Teens can talk to another teen by texting "TEEN" to 839863 from 6pm – 9pm, or call 1-800-852-8336 from 6pm – 10pm.

Older Individuals

Friendship Line: Call 1-800-971-0016 for 24/7 support if you are 60 years or older, or an adult living with disabilities. (Due to heavy call volume, if not available at the time you call please keep trying.)

California Senior Information Line: Call 1-800-510-2020 for help finding local assistance.

Veterans

Veterans Crisis Line: Call 1-800-273-8255 and Press 1 or text 838255 for 24/7 support.

Deaf and Hard of Hearing Individuals

National Suicide Prevention Deaf and Hard of Hearing Hotline: Access 24/7 video relay service by dialing 1-800-273-8255 (TTY 1-800-799-4889).

First Responders and Law Enforcement

Fire/EMS helpline: Call 1-888-731-FIRE to get 24/7 help for a variety of behavioral health issues.

COPLINE: Call 1-800-267-5463 to find support 24/7 for law enforcement officers.

LGBTQ Individuals

Trevor Project: Call 1-866-488-7386 or text START to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth.

Lesbian, Gay, Bisexual and Transgender National Hotline: Call 1-800-273-8255 from 1pm – 9pm for support, information or help finding resources.

If you feel unsafe

Partner abuse is never okay and there are people standing by to help, especially during this health crisis. If you can, call the National Domestic Violence Hotline at 1-800-799-SAFE or text LOVEIS to 22522 for 24/7 help in English or Spanish. If you can't call, visit TheHotline.org to learn how to create a safety plan or get immediate help with the 24/7 "Chat Now" feature.

Call or text the Victims of Crime Resource Center at 1-800-VICTIMS line for information on victim services programs in California.

There are additional resources available:

California Partnership to End Domestic Violence: Call 1-916-444-7163 Monday through Friday from 8:30am – 5:30pm for assistance finding local programs.

If you are concerned about a family in need of food or assistance, or you need resources yourself, call 211, contact your local non-profit Family Resource Center, or apply for public benefits, which may include health care, cash aid, and food and nutrition assistance, through your county's Social Services or Health and Human Services department.

You can call the National Parent Helpline at

1-855-427-2736 Monday – Friday from 10:00am – 7pm to get emotional support from a trained Parent Advocate.

County Adult Protective Services

Adult Protective Services: Call 1-833-401-0832 24/7 for concerns about adult abuse, neglect, or exploitation.

NAMI California has resources for family members supporting loved ones with mental health conditions. You can call their HelpLine at 1-800-950-NAMI to get information, resource referrals and support from 7am – 3pm or email info@nami.org.

Helping others

Community members play an important role in protecting children from abuse and neglect. If you are worried about the health or safety of a child, call the local CPS hotline for the county where the child lives.

You can call or text the Childhelp National Child Abuse Hotline 24/7 at 1-800-4-A-CHILD to speak with a professional crisis counselor who can provide assistance in over 170 languages.

You may also be able to help children and youth who have been abused or neglected by stepping up to serve as a foster caregiver. Please contact your local county's Social Service or Human Service department, or call the toll-free line at 1-800-KIDS-4-US.

