

**Nevada County Children's Behavioral Health 24-hour Crisis Line: (530) 265-5811.** Behavioral Health can help with locating counseling and is also providing a Group Crisis intervention for any people who have been affected by tragedy.

**California Youth Crisis Line-24 Hour Crisis Line: 1-800-843-5200**

**Childhelp National Child Abuse Hotline: 1-800-4-A-CHILD (1-800-422-4453).** The 24/7 hotline is staffed with professional counselors who offer information about child abuse prevention as well as crisis intervention, literature and referrals to thousands of emergency, social service and support resources.

## **NEVADA COUNTY RESOURCES**

Nevada County Resources Call 211 or Search <https://211connectingpoint.org/nevada-county/> Resource and information hub that connects people with programs & services

**Family Resource Centers** are currently closed to the public due to COVID-19 but services are available by phone.

18847 Oak Tree Road San Juan Ridge 530-292-3171

235 S Auburn St, Grass Valley · 530-273-4059

11695 Donner Pass Rd, Truckee · 530 587-2513

10862 Spenceville Rd, Penn Valley · 530-268-5606 or 530-278-8257

**Lighthouse Center** 110 Gateway Dr, #210, Lincoln · 916- 645-3300 (Placer County)

## **CRISIS LINES**

**National Suicide Prevention Crisis Line** 800- 273-TALK (8255) <https://suicidepreventionlifeline.org/help-yourself/youth/>

**Nevada County Mental Health** 530-265-5811 or 888-801-1437, 24 hours a day.

**Teen Line** <https://teenlineonline.org/> Also have an APP. Call 310-855-4673, 310-855-HOPE, 800-TLC-TEEN, 1-877-968-8491 Teens available 6-9pm. Adults available at other times.

**California Warmline** - 855- 845-7415 or <https://www.mentalhealthsf.org/peer-run-warmline/>

The California Peer-Run Warm Line is a free, non-judgmental, non-emergency way for people with emotional or mental health challenges to get support from a peer who is trained to help.

## **CRISIS TEXT LINES**

**Text BRAVE** to 741-741 24/7 support. Text from anywhere in the United States, anytime, about any type of crisis. A real-life trained, volunteer, crisis counselor will receive the text.

**Text TEEN** to 839863

**Trevor Lifeline** (LGBTQ Youth) CALL 866-488-7386 Text START to 678678.

Chat online <https://www.thetrevorproject.org>

**Disaster Help Line** <https://www.samhsa.gov/find-help/disaster-distress-helpline> Call 1-800-985-5990 or text

TalkWithUs to 66746 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to a disaster (including disease outbreak).

## **MENTAL WELLNESS APPS**

Short mindfulness activities tuned to your emotions: <https://www.stopbreathethink.com>

Meditation, sleep and relaxation apps:

<https://www.headspace.com/>

<https://www.calm.com/>

## **HANDOUTS/VIDEOS**

Great Coping Tools [https://pcit.ucdavis.edu/wp-content/uploads/2018/11/Coping\\_Older-Kids\\_9-13yrs.pdf](https://pcit.ucdavis.edu/wp-content/uploads/2018/11/Coping_Older-Kids_9-13yrs.pdf)

**Gateway Mountain Center** Videos <https://www.stressedteens.com/>

**7 Cups** connects you to caring listeners for free emotional support. Mindfulness-Based Stress Reduction Programs for Teens including Zoom meetings, online groups. <https://www.7cups.com/>

**From What's Up Wellness** [www.suicideispreventable.org](http://www.suicideispreventable.org)