

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

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