MENTAL HEALTH

National Suicide Prevention Lifeline
Description: Suicide prevention hotline and services.
English: 800-273-TALK
Español: 888-628-9454
TTYY: 800-799-4889
Online chat: suicidepreventionlifeline.org

Crisis Text Line
Description: Free 24/7 support for people in crisis.
Hotline: Text "HOME" to 741741

California Youth Crisis Line
Description: Free 24/7 support for young people 12 to 24 years old.
Hotline: 800-843-5200

CalHope Warmline
Description: Free peer counseling support. Connects callers to other people who have persevered through struggles with stress, anxiety, depression.
Website: www.calhope.org
Hotline: 833-317-HOPE (4673)

NAMI-OC Warm Line
Description: Free confidential telephone service providing emotional support and resources to Orange County residents.
Hotline: 714-991-6412
9 a.m. - 3 a.m. (Mon.- Fri.)
10 a.m. - 3 a.m. (Sat.- Sun.)

Teen Line
Teen line is a non-profit, community based organization that provides emotional support to youth. It is their mission to provide peer based education and support before problems become a crisis, using a national hotline, community outreach and online support.
Text: "TEEN" to 839863 between 6:00pm-9:00pm PST
Hotline: (310) 855-HOPE or (800) TLC-TEEN (nationwide toll-free) from 6pm to 10pm PST
Website: Teen Line Online

211

Description: 2-1-1 Orange County runs a comprehensive information and referral system for Orange County, CA. 211OC provides a resource database of health and human services and support, accessible 24 hours a day, 7 days a week online and through our multi-lingual hotline, connecting people quickly and effectively to existing programs and disaster response information.

Hotline: Dial 2-1-1.

Website: [211](211)

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If you are experiencing a crisis or mental health emergency call **9-1-1**
or utilize the crisis response numbers below.
DO NOT
email or text FCSC personnel for urgent or emergency situations.

National Suicide Prevention Lifeline
Call 800-273-TALK (8255)
Crisis Text Line – Text **NAMI** to 741-741