

Youth Suicide and Violence Prevention Resources

National Hotlines (Confidential, anonymous, 24/7):



- **Suicide Prevention Lifeline:** Call or Text 988
- **Ayuda en Español:** Call or Text 988, then press 2
- **Deaf/Hard of Hearing Lifeline:** For TTY Users: Use your preferred relay service or dial 711 then 988
- **California Youth Crisis Line:** Call or Text 1-800-843-5200
- **The Trevor Project:** For LGBTQ youth. Call 1-866-488-7386 or Text 'START' to 678-678
- **Trans Lifeline:** Call (877) 565-8860
- **National Sexual Assault Hotline:** 1-800-656-HOPE (4673)
- **The National Human Trafficking Hotline:** Call 1-888-373-7888 or Text 233733

Local Hotlines (Local support available 24 hours, 7 days a week):

- **Humboldt County Mental Health: Same-Day Services 707-445-7715.** Assessments and referrals for ongoing treatment also available for moderate to severe mental health concerns.
- **North Coast Rape Crisis Team:** Call 707-445-2881. Free and confidential services for survivors of all ages and genders, regardless of when assault happened. Counseling, advocacy and more.

More local support and services:

- **Humboldt County Behavioral Health:** Now offers mental health support line during business hours to help anyone feeling isolated, anxious, worried or depressed due to the current health crisis. Available M-F from 8 a.m. to 5 p.m. call 707-268-2999; *24-hour crisis line listed above
- **North American Mental Health Services:** Free tele- mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. To schedule, call 707-296-7660. For online therapy inquiries only call 530-722-4942
- **Open Door Community Health Center:** Primary care and behavioral (mental) health services. To contact the clinic, call: (707) 826-8633. **Open Door Teen Clinics** offer free, confidential appointments for teens.
- **Kunle Centre:** If you're feeling depressed, anxious, or having a hard time managing your feelings, contact the Kunle Warm-line. Available Fri-Sun from 6 p.m.-12 a.m. Call 707-599-2381.
- **DHHS Transition Age Youth (TAY) Programs:** Activities and support for youth age 16-26. Drop-in hours Mon/Wed/Fri. 8:30 to 10 a.m. and 1-4 p.m. at 433 M St., Eureka. Call 707-476-4944.
- **Hospice of Humboldt:** Free grief support services, groups and classes for adults and teens. 3327 Timber Fall Ct, Eureka. Call 707-445-8443.
- **National Alliance for Mental Illness (NAMI), Humboldt:** For friends and family members supporting those with serious mental illness. Learn how to navigate services and meet others

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going through the same things. Free support groups weekly. Call 707-444-1600 (message line).

- **[St. Joseph Health Community Resource Centers](#)**: Referrals, health information and support with applications, employment, clothing, food and more. Call the center near you for more information.
- **[RAVEN Project](#)**: Programs and activities for young people. Queer coffeehouse for LGBTQ+ youth. Tuesdays 5:30-7:30 pm. 523 T St., Eureka.

Native American Resources:

- **[United Indian Health Services](#)**: Medical and behavioral (mental) health care for those of Native descent. Call 707-825-5000 to learn more.
- **[Two Feathers Native American Family Services](#)**: Local support for Native families and mental health programs for Native youth throughout Humboldt County. 707-839-1933
- **[We R Native.org](#)**: For Native Youth, by Native Youth. Resources on culture, life and relations, mental health, suicide prevention and help seeking.
- **[Mending the Sacred Hoop](#)**: Native information on strengthening tribal communities to end domestic violence.

Learn more online about mental health challenges and suicide prevention:

- **[Now Matters Now](#)**: For suicide prevention and mental health. Practical strategies and instructional videos from people who have been there.
- **[Man Therapy](#)**: Take a quick, anonymous “head inspection survey”. A resource to encourage men to think differently about their mental health and take action before they ever reach a point of crisis.
- **[The Trevor Project](#)**: Saving young LGBTQ lives. Text and Chat lines for young people.
- **[Know the Signs](#)**: Learn how to prevent suicide. Know the Signs. Find the Words. Reach Out.
- **[Seize the Awkward](#)**: Learn how to reach out. Starting a conversation about mental health does not need to be uncomfortable. Check out these resources to learn how to support a friend – or get help for yourself.
- **[Each Mind Matters](#)**: Learn more about California’s mental health movement.
- **[TherapistAid.com](#)**: Therapy worksheets, videos and tools. Free, for everyone.
- **[American Foundation for Suicide Prevention](#)**: National resources, information for preventing suicide, dealing with suicide loss, and so much more!
- **[Friends for Survival](#)**: Suicide loss grief support. **Suicide Loss Helpline 1-800-646-7322.**

Learn more online about healthy relationships:

- **[LoveisRespect.org](#)**: Info on healthy relations and (teen) dating violence. Need to talk about your relationship? Call 1-866-331-9474. Text “LOVEIS” to 22522. Or Chat online 24/7.
- **[BreaktheCycle.org](#)**: Learn about dating abuse and how to prevent it. For ages 12-24.

Apps that can help with mental health and suicide prevention:

- **[CalmHarm](#)**: Free app to support people dealing with impulses to self-harm.

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- [**SafetyNet**](#): Suicide prevention safety planning app from the creators of the Stanley Brown Safety Plan.
- [**NotOK**](#): Free app that allows you to upload contacts of important people from your network to easily reach out when you're not okay.

Supporting well-being and mental fitness:

- [**VIA Character Survey**](#): Find your strengths! Then rock them.
- [**"How to Be Happy"**](#) social-science-based 45 min. talk with Yale professor Laurie Santos.
- [**"The New Era of Positive Psychology"**](#): Learn how to support your mental health with some positive psychology strategies from Martin Seligman's TED Talk

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