

The resources below provide 24-hour, confidential crisis intervention counseling.

National Suicide Prevention Lifeline: (800) 273-TALK (8255) OR
<http://suicidepreventionlifeline.org>

California Youth Crisis Line: (800) 843-5200 OR www.calyouth.org

Additional resources can be found at: <http://placer.networkofcare.org/mh/>

Crisis Text Line:

Text the word “GO” to 741-741

<http://www.crisistextline.org/textline>

Local Crisis Text/Chat:

Text the word “HOPE” to 916.668.4226

Chat at www.suicideprevention.wellspacehealth.org

24 Hour Parent Support Line:

(888) 281-3000