

HELPFUL RESOURCES

HOTLINES

- **Suicide Prevention Line [24/7]: 1-800-273-TALK**
- **National Suicide Prevention Hotline: 988 (call or text)**
- **The Safe & Sound TALK Line: (415) 441-KIDS (415-441-5437)**
- **Huckleberry Youth Programs/ Crisis Shelter Hotline: (415) 621-2929**
- **[The Trevor Project](#) [LGBTQ]: CALL (866) 488-7386, TEXT: 1 (202) 304-1200 (Limited Hours: 12-7 pm)**
- **Call 311 for additional food resources and public benefits available in San Francisco**
- **24-hr Child Crisis: (415) 970-3800 only de-escalation and hospitalization (no welfare checks)**
- **TALK Line for Parents: 415-441-5437**

StayWellatHome [tips on coping strategies]:

Sign up by texting, "WELL" to: 415-480-5211

o en español: con la palabra, "BIEN" al: 415-480-5211

Learn about managing stress and improve your mood! Aprende a controlar el estrés y a mejorar tu estado de ánimo!

MENTAL HEALTH, FOOD PANTRY, AND MEDICAL SERVICES: <http://www.freeprintshop.org/>

- [SF/Marin Food Bank Finder](#)
- [Hot Meal Locator](#)
- [SF Service Guide Food Resources](#)
- [St. Anthony's Hygiene Hub](#)
- [SAFEH Community Resources](#)
- [Navigating SF's Shelter System](#)
- [SF Family Access Points](#)
- [SF Youth Access Points](#)
- [Project Homeless Connect \(PHC\) Available Services Guide](#)

WEBSITES

[A Community for LGBTQ+ Teens: https://www.qchatspace.org/](https://www.qchatspace.org/)

[Gender Spectrum](#) (list of online groups for both youth and caregivers):

<https://www.genderspectrum.org/articles/blog-covid-resources>

[San Francisco Family Resource Centers](#) (multilingual)