

CRISIS RESOURCE LIST (NATIONAL AND BAY AREA)

MENTAL HEALTH, SUBSTANCE ABUSE, CHILD/TEEN/PARENTING, LGBTQI+

MENTAL HEALTH CRISIS RESOURCES

24/7 Suicide & Crisis Lifeline: 988; <https://988lifeline.org/>

24/7 Santa Clara County Confidential Counseling Line:

Residents of San Jose can call 855-278-4204; Text “RENEW” to 741441;

<https://www.sanjoseca.gov/your-government/departments-offices/fire-department/public-education/health-and-wellness/suicide-prevention-crisis>

24/7 Santa Clara County Mental Health Services/Mobile Crisis Team:

- ☐ Santa Clara County developed five mobile response program teams supporting various levels of risk and age groups to provide effective and compassionate crisis intervention to beneficiaries, families and the community who exhibit mental health symptoms and may be at risk for self-harm or harm to others and reduce hospitalizations and unnecessary incarcerations whenever possible.
- ☐ Adults 18+: 1-800-704-0900
- ☐ Minors <18 years: 408-379-9085
- ☐ <https://bhsd.santaclaracounty.gov/programs-services/community-mobile-response-teams>

Santa Clara County NAMI Resources: <https://namisantaclara.org/resources-2/crisis-support-3/>

24/7 Veterans Crisis Support: Dial 988 then press 1; Text 838255

<https://www.veteranscrisisline.net/>

24/7 California Peer-Run Warm line (for emotional support): 1-855-845-7415;

<https://nu.concerncenter.com/resource/747>

24/7 San Francisco Warm line (for emotional support): 1-855-600-WARM (9276);

<https://www.mentalhealthsf.org/warm-line/>

Now Matters Now Website (Self-guided DBT skills): <https://www.nowmattersnow.org/>

FindTreatment.gov: A confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.



SUBSTANCE ABUSE/MISUSE RESOURCES

24/7 Substance Abuse (SAMHSA) helpline: 1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

Santa Clara County Substance Use Resources: 1-800-704-0900

<https://bhsc.santaclaracounty.gov/services-group/adult-and-older-adult/find-treatment-substance-use>

Santa Clara County Opioid and Substance Abuse Resources:

<https://d3.santaclaracounty.gov/opioid-and-substance-abuse-resources>

Santa Clara County Narcan Kit:

<https://bhsc.santaclaracounty.gov/get-prevention-services/prevent-substance-use/about-naloxone>

FindTreatment.gov: A confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

DOMESTIC/SEXUAL VIOLENCE RESOURCES

24/7 National Domestic Violence Hotline: 1-800-799- SAFE (7233); Text "START" to 887-88;

<https://www.thehotline.org/>

24/7 RAINN National Sexual Assault Hotline:

800-656-HOPE (7673); <https://www.rainn.org/>

24/7 Community Solutions (Sexual Assault, IPV, Human Trafficking Crisis Line) serving Morgan Hill/Gilroy/San Jose/Gilroy/Hollister

1-877-363-7238

24/7 NEXT Door Solutions to Domestic Violence crisis line:

408-279-2962

24/7 National Teen Dating Abuse Helpline: 1-866-331-9474;

<https://youth.gov/federal-links/national-teen-dating-abuse-helpline>

Community Solutions (Sexual Assault, IPV, Human Trafficking Crisis Line) serving Morgan Hill/Gilroy/San Jose/Gilroy/Hollister

<https://www.communitysolutions.org/>



NEXT Door Solutions to Domestic Violence (San Jose)

<https://www.nextdoorsolutions.org/services/>

Santa Clara County Domestic Violence Resources

<https://news.santaclaracounty.gov/domestic-violence-resources>

Los Gatos Domestic Violence Resources: 408-354-8600

<https://www.losgatosca.gov/127/Domestic-Violence>

San Jose Domestic Violence Resources:

<https://www.sjpd.org/reporting-crime/domestic-violence>

City of Campbell Social Services Resources:

<https://www.campbellca.gov/1078/Social-Services-Programs>

California Partnership to End Domestic Violence Resources:

<https://www.cpedv.org/bay-area-region>

CHILD/TEEN/PARENT RESOURCES

24/7 California, Youth Crisis Line (for youth & families) : 1-800-843-5200;

<https://calyouth.org/cycl/>

6pm-9pm (PST) Teen Support Line: 1-800-852-8336; Text “TEEN” to 839-863;

<https://www.teenline.org/>

24/7 LGBTQ youth hotline / The Trevor Project: 1-866-488-7386; Text “START” to 678-678

<https://www.thetrevorproject.org/get-help/>

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24/7 Suicide & Crisis Lifeline: Dial 988; <https://988lifeline.org/help-yourself/youth/>

24/7 National Domestic Violence Hotline: 1-800-799- SAFE (7233); Text “START” to 887-88;
<https://www.thehotline.org/>

LGBTQI+ RESOURCES

24/7 Suicide & Crisis Lifeline: Dial 988 then press 3; Text “PRIDE” TO 988
<https://988lifeline.org/help-yourself/lgbtqi/>

24/7 LGBTQ youth hotline / The Trevor Project: 1-866-488-7386; Text “START” to 678-678
<https://www.thetrevorproject.org/get-help/>

PFLG (Parents Friends LGTBT+): <https://pflag.org/>

PARENTING RESOURCES

24/7 Parents Helping Parents Stress Line: 1-800-632-8188;
<https://parentshelpingparents.org/>

24/7 Parenting Crisis Support Line (Safe & Sound) 415-441-KIDS (5437);
<https://safeandsound.org/for-parents/get-help-now/>

24/7 California, Youth Crisis Line (for youth & families): 1-800-843-5200;
<https://calyouth.org/cycl/>

24/7 LGBTQ youth hotline / The Trevor Project: 1-866-488-7386; Text “START” to 678-678
<https://www.thetrevorproject.org/get-help/>

PFLG (Parents Friends LGTBT+): <https://pflag.org/>

CHILD & DEPENDENT ADULT ABUSE

California Child Abuse and Neglect Reporting Law, 2013

<https://files.santaclaracounty.gov/migrated/GBACAPCv6.pdf?VersionId=06DbHF1aYco.NHTGtmfFAB3jfOWhZwv>

California Child Abuse & Mandated Reporting Information:

<https://capc.santaclaracounty.gov/child-abuse/reporting-child-abuse>



California Child Sexual Abuse Reporting guidelines:

<https://capc.santaclaracounty.gov/child-abuse/child-abuse-reporting-guidelines>

Mandated Reporters

<https://ssa.santaclaracounty.gov/protective-services/report-child-abuse-and-neglect/report-child-abuse-and-neglect-mandated>

24/7 Santa Clara County Child Abuse & Neglect Hotline: 1-833-SCC-KIDS (722-5437);

<https://ssa.santaclaracounty.gov/protective-services/report-child-abuse-and-neglect>

24/7 Santa Clara County Elder & Dependent Adult Abuse Reporting: 408-755-7690;

<https://da.santaclaracounty.gov/prosecution/departments/elder-and-dependent-adult-abuse-prevention-and-reporting>

COUNTY OF SANTA CLARA BEHAVIORAL HEALTH SERVICES

Santa Clara County Wellness Resources

<https://www.sjpd.org/community/community-services/wellness-resources>

Walk-in, Mental Health Urgent Care (7 days, 8am-7pm); 408-885-7855

2221 Enborg Lane, San Jose, CA

<https://bhds.santaclaracounty.gov/services-group/adult-and-older-adult/behavioral-health-urgent-care-bhuc>

24/7 Emergency Psychiatric Services (EPS) (NOT FOR MEDICAL EMERGENCIES); 408-885-6100

<https://bhds.santaclaracounty.gov/emergency-psychiatric-services-eps>

LOCAL EMERGENCY /URGENT CARE DEPARTMENTS:

El Camino Hospital Emergency Room (Mountain View) 650-940-7055; 2500 Grant Road, Mountain View, CA 94040

<https://www.elcaminohealth.org/services/emergency-care>

El Camino Hospital Emergency Room (Los Gatos), 408-866-4040; 815 Pollard Road;

https://locations.elcaminohealth.org/los-gatos-hospital-campus/815-pollard-rd/emergency_room-lg



El Camino Urgent Care (San Jose), 4150 N. First St, San Jose, CA 95134; 408-871-5070

https://www.getcare.elcaminohealth.org/locations/4150-n-first-st/echmn_urgent_care_first_street-sj

El Camino Hospital / Inpatient Psychiatric Care, Physicians can make referral to psychiatry inpatient unit for hospitalization by calling: 650-988-8468 (8am-5pm)

<https://www.elcaminohealth.org/services/mental-health/specialty-programs/inpatient-psychiatric-care>

SutterHealth/PAMF (NOTE: No South Bay Emergency Departments)

<https://www.sutterhealth.org/services/emergency>

SutterHealth/PAMF (Urgent Care Locations)

<https://www.sutterhealth.org/find-location/type/urgent-care>

Morgan Hill Santa Clara Valley Health Center (Formerly DePaul Urgent Care)

<https://scvmc.scvh.org/hospitals-clinics/valley-health-center-morgan-hill>

18500 Depaul Drive, Morgan Hill, CA 95037

888-334-1000

Good Samaritan Emergency Hospital, 2425 Samaritan Drive, San Jose, 408-559-2552;

<https://goodsamsanjose.com/specialties/emergency-care/>

O'Connor Emergency Hospital, 2105 Forest Avenue, San Jose, 408-947-2500;

<https://och.scvh.org/health-care-services/emergency-department>

Santa Clara Valley Medical Center, 751 S. Bascom Ave, San Jose, 408-885-5000;

<https://scvmc.scvh.org/health-care-services/emergency-medicine>

Kaiser Santa Clara Medical Center, 700 Lawrence Expy, Dept 100, Santa Clara, CA 95051;

408-851-5300

<https://healthy.kaiserpermanente.org/northern-california/facilities/santa-clara-medical-center-100305/departments/emergency-medicine-list>

Kaiser San Jose Medical Center, 250 Hospital Pkwy, San Jose, CA 95119; 408-362-4740



<https://healthy.kaiserpermanente.org/northern-california/facilities/santa-clara-medical-center-100305/departments/emergency-medicine-list>

Stanford Hospital (Adult), 1199 Welch Road, Palo Alto, 650-723-5111;

<https://stanfordhealthcare.org/medical-clinics/emergency-department-1199-welch.html>

Stanford Hospital (Pediatric), 900 Quarry Road, Palo Alto, 650-723-5111;

<https://stanfordhealthcare.org/medical-clinics/emergency-department-900-quarry.html>

St. Louise Hospital Regional Hospital, 9400 No Name Uno, Gilroy, CA 95020

<https://slrh.scvh.org/healthcare-services/emergency-department/emergency-department-overview>

LOCAL POLICE DEPARTMENTS:

San Jose: 408-277-8900	Los Gatos: 408-354-8600	Hollister: 831-636-4330
Campbell: 408-378-8161	Sunnyvale: 408-730-7100	San Carlos 650-802-4277
Cupertino: 408-868-6600	Mountain View: 650-903-6344	Redwood City 650-780-7100
Los Altos: 650-947-2779	Palo Alto: 650-329-2413	San Mateo 650-522-7700
Morgan Hill: 408-779-2101	Gilroy: 408-846-0350	San Martin (Sheriff) 408-686-3651

GUN SAFETY RESOURCES

Santa Clara County Office of Education:

<https://www.sccoe.org/resources/gun-safety/Pages/safety.aspx>

BE SMART: <https://besmartforkids.org/>



SAFE COPING PLAN

STEP 1: TRIGGERS, RISK FACTORS, WARNING SIGNS	STEP 2: THINGS I CAN DO ON MY OWN TO TAKE MY MIND OFF MY PROBLEMS (BUT DON'T MAKE THINGS WORSE IN THE LONG RUN!)	STEP 3: SOCIAL SETTINGS THAT PROVIDE DISTRACTION
STEP 4: FRIENDS/FAMILY WHO MAY OFFER SUPPORT AND/OR DISTRACTION	STEP 5: PROFESSIONALS OR AGENCIES TO CONTACT FOR HELP (SEE URGENT NEEDS RESOURCE LIST)	STEP 6: WAYS I CAN MAKE ENVIRONMENT SAFE

REASONS FOR LIVING/STAYING SAFE/NOT ACTING ON DESTRUCTIVE URGES:

