



Suicide and Crisis Lifelines	TEXT HOME to 741741 24/7 Call or Text 988 24/7 LGBTQ+ youth 866-488-7386 24/7 The Trans Lifeline 877-565-8860
Mental Health and Suicide Prevention Training	Lotus Educational Services, Inc.
Mindfulness & Stress Relief Resources for Teens & Parents	The Jed Foundation Change to Chill SVA Visual Bulletin Board of Resources 
Children and Youth Behavioral Health Initiative (CYBHI) <i>FREE Resources!</i>	Never a Bother Live Beyond Adverse Childhood Experiences (ACEs) Mirror Journaling App Take Space to Pause
Shasta County Mental Health & Substance Abuse Services	North American Mental Health Services 530-226-7419 Shasta County Mental Health (Adult) 530-225-5252 Shasta County Mental Health (Youth) 530-225-5252 or (888) 385-5201 Hill Country CARE Center 530-691-4446 (Free services, walk-ins) Hill Country Mobile Crisis Outreach Team (All Ages) Urgent line: 530-238-7133; General Information: 530-238-7134 Burney Health Center 530-335-5457 Family Dynamics 530-242-9007 Empire Recovery 530-243-7470 NorCal Intergroup 530-225-8955
Shasta County Medical Services	Shasta Community Health Center 530-246-5710 Shingletown Medical Center 530-474-3390 Hill Country Clinic 530-337-5750
Shasta County Family Support Services & Mentoring	Shasta County Health and Human Resources 530-229-8400 Shasta County Resource Hub 211 Help Me Grow Shasta 530-646-3780 Northern Valley Catholic Social Services 530-241-0052 Catalyst Mentoring 530-242-2020
Child Care Resource & Referrals	Shasta Head Start 530-241-1036 Shasta County Office of Education Shasta: 530-225-2999 Tehama: 530-529-3131 (CalWORKs) Child Care
Sexual Assault & Domestic Violence	One Safe Place 530-244-0117
Child Abuse Hotline	(800) 422-4453
Elder Abuse Hotline	(833) 401-0832
Police/Paramedics	911 (emergency) Redding Police (non-emergency): 530-225-4200 Shasta County Deputy: 530-245-6540
Emergency Shelters	Good News Rescue Mission 530-241-5754
STD Information and Testing Sites	Shasta County Public Health 530-225-5591
Veterans Assistance	530-225-5616
Modoc County	Modoc County Behavioral Health 530-233-6312 Modoc County Substance Use Disorder Services (855) 765-9703 Guide to County Mental Health Services
Lassen County	Lassen County Public Health 530-251-8183 Lassen County Behavioral Health 530-251-8108 or (888) 530-8688 Lassen County Resource Guide
Siskiyou County	Siskiyou Resource Hub 211
Tehama	Tehama Resource Hub 211