

## Feeling in crisis? depressed, anxious, or need counseling support?

- Call 911 if it is an emergency
- 24-hour Suicide Prevention Lifeline
  - Call or text 988 or chat [here](#)
  - Se puede hablar en Español
- Want to talk to someone your age for support?
  - Chat online [here](#) or Call 800-852-8336
  - TEXT TEEN to 839863
- National Sexual Assault Hotline
  - Call 1-800-656-4673 or [chat online](#).
  - [Rape crisis centers](#)
- LGBTQ+ support
  - Chat [here](#), or call 1-866-488-7386 or text “start” to 678678
  - Spanish LGBTQ support [list](#)
  - LGBTQ [family resources](#) in several API languages



## Need pregnancy, STI, abortion or any other medical services?

- La Clinica: A California Health Center
  - Click [here](#), or call (510) 535-6400
  - After Hours call (510) 535-4000
- Native American Health Center
  - Click [here](#), or call (510) 535-4400
- Planned Parenthood [chat online](#), text "PPNOW" to 774636 or call 800.258.4448 Option #3.

## Experiencing abuse? Or know someone else in trouble?

- Call 911 or one of the hotlines above or
- Contact your school counselor, administrators, or teachers.

## Other helpful sites:

- [Let's Talk: Your Health](#) - peer health exchange
- [Sex education by teens, for teens](#)
- [Love is Respect - relationship support](#)
- [Bullying - what kids can do](#)

- [Planned Parenthood - teen site](#)
- [Gender Spectrum online support groups](#)
- [LGBTQ+ youth zine in vietnamese](#)
- <https://www.cdc.gov/lgbthealth/youth-resources.htm>
- **Find much more medical and mental health services [here](#)**