

MENTAL HEALTH RESOURCES FOR TEENS



NATIONAL RESOURCES

National Suicide Prevention Helpline:

For English Call 800-273-8255
For Spanish Call 888-628-9454

Trevor Project

Crisis intervention for LGBTQ+ youth
866-488-7386

Crisis Text Line:

Text RENEW to 741741

National Runaway Safeline:

800-785-2929

LOCAL RESOURCES

Santa Clara County Suicide & Crisis Hotline:

For English Call 855-278-4204
For Spanish Call 308-324-1942

California Youth Crisis Line -

800-843-5200
24/7 access to someone to talk to

Emergency/Crisis Services:

Uplift Family Services - Call (408) 379-9085

When you or someone you know are in an **immediate** mental health crisis
(Bay Area Residents)

Contact Mobile Crisis Response at (800) 704-0900 and select option #2.
The service operates Monday through Friday, 8:00 AM - 8:00 PM.