

Mental Health Crisis/Emergency Support



If you are experiencing a **MENTAL HEALTH EMERGENCY** or are in an immediate danger to self or others, **CALL 9-1-1** and **ASK** for a **CIT officer** (Crisis Intervention Team)

Mobile Crisis Response Team
800-704-0900 Press 2 for Spanish

Santa Clara County Suicide & Crisis Hotline
For English Call 855-278-4204
For Spanish Call 308-324-1942

National Suicide Prevention Helpline
800-273-8255
For Spanish Call 1-888-628-9454

Chat with them - <https://suicidepreventionlifeline.org/chat/>

Crisis Text Line
Text RENEW to 741741