MENTAL HEALTH RESOURCES FOR TEENS

it's okay to feel your feelings

NATIONAL RESOURCES

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

Crisis Text Line:
Text RENEW to 741741

Trevor Project
Crisis intervention for LGBTQ+ youth
866-488-7386

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.