

Available resources and services for those experiencing a crisis.

In the case of a life threatening emergency, call 911.

### 24-HOUR CRISIS SERVICES

### **CA Youth Crisis Line (CYCL)**

"CYCL operates 24/7 as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors provide crisis intervention counseling and resource referrals to service providers in the caller's local community. Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgement."

Call or Text: (800) 843-5200 Website: https://calyouth.org/cycl/

Last Verified On: 02/06/2025

### **National Runaway Safeline**

"Our crisis services center team is available 24/7365. Reach out to us in a way that works best for you. We are here to listen and here to help."

Contact: (800) 786-2929

Website: https://www.1800runaway.org/youth-

teens/

Last Verified On: 02/06/2025

### **National Suicide Prevention Lifeline**

"Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7."

Contact: (800) 273-8255

Website: https://suicidepreventionlifeline.org/

Last Verified On: 02/06/2025

### The Trevor Project, LGBTQ Youth

"We provide information & support to LGBTQ

young people 24/7, all year round."

**Contact:** (866) 488-7386 **Text:** START to 678-678

Website: https://www.thetrevorproject.org/

Last Verified On: 02/06/2025



### **Hill Country Mobile Crisis Outreach Team**

"The Hill Country Mobile Crisis Outreach Team provides on-the-spot urgent mental health services. MCOT will respond to crisis situations within the Shasta County area, from people's homes to the streets. A clinician and case manager team work closely with law enforcement, emergency rooms, as well as businesses and agencies to provide direct, face-to-face support for those in crisis."

**Location:** 1401 Gold St. Redding, CA 96001

**General Information:** (530) 238-7134 **Urgent response:** (530) 238-7133

Website:

https://www.co.shasta.ca.us/index/hhsa/mental wellness/crisis mh/c.a.r.e.-center/mobile-

<u>crisis-outreach-team</u> Last Verified On: 02/06/2025

### Strength After

"If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7/365."

Contact: (800) 985-5990

Website: https://strengthafterdisaster.org/

Last Verified On: 02/06/2025





## 24-HOUR CRISIS SERVICES, Continued

### **Butte County Crisis Stabilization Unit**

"The Crisis Stabilization Unit (CSU) offers voluntary mental health crisis services for any adult or youth experiencing acute psychiatric symptoms, 24 hours a day, 7 days a week. Our attentive representatives helps resolve immediate crises with the goal of linking consumers and their families to more long-term local community services."

Location: 560 Cohasset Road,

Chico. Ca 95926

Contact: (530) 891-2810

Website: https://www.buttecounty.net/behavior

<u>alhealth/help-in-crisis</u> Last Verified On: 02/06/2025

### Your Life Your Voice

"If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors."

**Contact:** (800) 448-3000 **Text**: VOICE to 20121

Website:

https://www.yourlifeyourvoice.org/Pages/home.

Last Verified On: 02/06/2025

### **DOMESTIC VIOLENCE & ABUSE RESOURCES**

#### **Adult Protective Services**

"Is committed to helping seniors (60 and older) and dependent adults (ages 18-59) live in a safe environment free from abuse and exploitation. APS investigates, intervenes and provides services to those who are unable to protect their own interests or to care for themselves. Social workers investigate allegations of abuse, neglect, exploitation and abandonment, and also help provide information and referrals for housing, food, clothing and case management."

Location: 25 County Drive.

Oroville Ca 95965

**24/7 Adult Protection Hotline:** (530) 538-7538 or (855) 398-8899

Website: https://www.buttecounty.net/421/Adult

<u>-Protective-Services-APS</u> Last Verified On: 02/06/2025

#### Male Survivor

"Committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.

Website: https://malesurvivor.org/

Last Verified On: 02/06/2025

## Catalyst Domestic Violence Services Chico Office

"At Catalyst Domestic Violence Services we understand the importance of being heard, supported and safe. Oftentimes, people can be unsure about where to turn to for help which can leave them feeling scared or isolated. We understand how lonely and scary an abusive situation can be, which is why we are here 24/7 to listen and help."

Location: 330 Wall St. Ste 50

Chico, Ca 95928

Contact: (530) 343-7711

Website: https://catalystdvservices.org/

Last Verified On: 02/06/2025

### Love is Respect

"Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources."

**Contact:** (866) 331-9474 **Text:** LOVEIS to 22522

Website: https://www.loveisrespect.org/

Last Verified On: 02/06/2025





### **DOMESTIC VIOLENCE & ABUSE RESOURCES, Continued**

## The Rape, Abuse & Incest National Network (RAINN)

"Largest anti-sexual violence organization. Carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice."

24/7 Help Hotline: (800) 656-4673 Website: https://www.rainn.org/

Last Verified On: 02/06/2025

#### RedRover

"Provides emergency sheltering, training, consultations for animals displaced by natural disasters and other crises."

Contact: (916) 429-2457

Website: https://redrover.org/relief/

Last Verified On: 02/06/2025

### **Butte County Child Protective Services**

"Children's Services Division (CSD) believes that children should remain safely at home whenever possible. However, when that is not possible CSD provides preventative and intervention services to families with children of Butte County who have been, or are at risk of becoming victims of abuse, neglect or exploitation. It is the goal of Children's Services Division to unite with families to build a safe and healthy future."

**24/7 Child Abuse Hotline:** (800) 400-0902

Website:

https://www.buttecounty.net/430/Childrens-Services

Last Verified On: 02/06/2025

# **Catalyst Domestic Violence Services Oroville Office**

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Location: 1931 Arlin Rhine Memorial Dr.

Oroville, Ca 95966

Contact: (530) 532-6427

Website: https://catalystdvservices.org/

Last Verified On: 02/06/2025

### **Helping Survivors**

"Helping Survivors is an organization on a mission to help heal, educate, and empower people who have been impacted by sexual assault and abuse. We provide individuals with accurate, trustworthy and up-to-date information regarding their legal, financial, and healthcare options for individuals after experiencing sexual assault and abuse."

National Sexual Assault Hotline: (800) 656-

Website: https://helpingsurvivors.org/

Last Verified On: 02/04/2025





### FAMILY SUPPORT SERVICES FOR TERMINALLY ILL CHILDREN

### **Community Hospice**

"Many children have a hard time grieving the loss of someone close to them. Community Hospice offers resources for children and teens no matter where they are on their grief journey to help ease the pain...Programs supports children and teens who are grieving the death of someone close to them and are offered free of charge."

Contact: (209) 578-6300

Website: http://heal.hospiceheart.org/youth-

support/

Last Verified On: 02/06/2025

# Andrew McDonough B+ Foundation Family Assistance Program

"Helping Families of Children under the age of 21 with cancer. The B+ Foundation Family Assistance Program gives qualified families money for expenses that are attributable to their child's cancer diagnosis. The goal of the program is to lessen the financial burden so families can focus on helping their children get well."

Contact: (302) 563-8389

Website: https://bepositive.org/need-help/

Last Verified On: 02/06/2025

## Alyssa Araiza Wings of Angels Organization

"Committed to aiding families who have children suffering with pediatric cancer or life threatening illness by providing unique support in ways other organizations do not. Families served live in Shasta, Siskiyou, Trinity, Lassen, and Modoc counties in Northern California."

Location: 6907 Weeks Road

Redding, CA 96002

Contact: (530) 378-2373

Website: http://www.aawoa.com/

Last Verified: 02/06/2025

### FOSTER AND KINSHIP SUPPORT SERVICES

### Family Urgent Response System (FURS)

"FURS is a free 24/7/365 Hotline for current and former foster youth (up to age 21) and their caregivers with immediate, trauma-informed support when they need it. FURS assists to prevent placement disruptions, promotes healing as a family and is a safe, judgement free, and private space to talk about your worries and vent."

Call or Text Hotline: (833) 939-3877 Website: <a href="https://www.cal-furs.org/">https://www.cal-furs.org/</a>

Last Verified On: 02/06/2025





## **MENTAL HEALTH CRISIS RESOURCES**

# Carelon Behavioral Health (formerly Beacon)

"Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions."

Contact: (855) 765-9703

Website: https://www.carelon.com

Last Verified On: 02/06/2024

**Gambler's Anonymous Hotline-Northern** 

California

**Contact:** (855) 222-5542 Last Verified: 02/06/2025

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