

# PLUMAS COUNTY CRISIS RESOURCES

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. We do not provide advice. We listen with compassion."

**Call or Text:** (800) 843-5200

**Website:** <https://calyouth.org/cycl/>

Last Verified On: 02/06/2025

### Plumas County Behavioral Health

"Plumas County Behavioral Health provides standardized State created level of care tools at our Therapy Offices and Wellness Centers around the County, in addition to the Annex office on the following days."

**Location:** 270 County Hospital Road Suite 109., Quincy, CA 95971

**Contact:** (530) 283-6350

**Urgent response 24/7:** 530-283-6307

**Website:**

<https://www.plumascounty.us/87/Behavioral-Health>

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



### PCI - Plumas Crisis Intervention Resource Center - Quincy

"They offer referrals, assistance and programs: Shelter, food, clothing, counseling, Crisis Line, rent and utility (including home telephone service), filling out applications for services (GA, Food Stamps, Medi-Cal, taxes and more), emergency services, Rape Crisis Center, foster care program and much more."

**Location:** 591 West Main Street Quincy, CA 95971

**General Information:** (530) 283-5515

**Urgent response 24/7:** (530) 283-4333

**Website:** <https://www.pcirc.com/>

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

### 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



# PLUMAS COUNTY CRISIS RESOURCES

## 24-HOUR CRISIS SERVICES, Continued

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### 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

### 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.aspx>

Last Verified On: 02/06/2025

## DOMESTIC VIOLENCE & ABUSE RESOURCES

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### PCI - Plumas Crisis Intervention Resource Center - Quincy

“They offer referrals, assistance and programs: Shelter, food, clothing, counseling, Crisis Line, rent and utility (including home telephone service), filling out applications for services (GA, Food Stamps, Medi-Cal, taxes and more), emergency services, Rape Crisis Center.”

**Location:** 591 West Main Street  
Quincy, CA 95971

**General Information:** (530) 283-5515

**Urgent response 24/7:** (530) 283-4333

**Website:** <http://www.pcirc.info>

Last Verified On: 02/06/2025

### 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

### Male Survivor

“Committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men”.

**Website:** <https://malesurvivor.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

### 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

### 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.”

**National Sexual Assault Hotline:** (800) 656-4673

**Website:** <https://helpingsurvivors.org/>

Last Verified On: 03/04/2025



# PLUMAS COUNTY CRISIS RESOURCES

## FAMILY SUPPORT SERVICES FOR TERMINALLY ILL CHILDREN

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### 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

## FOSTER AND KINSHIP SUPPORT SERVICES

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### 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:** <https://www.cal-furs.org/>

Last Verified On: 02/06/2025

## MENTAL HEALTH CRISIS RESOURCES

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### 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: 02/06/2025

### Gambler’s Anonymous Hotline-Northern California

**Contact:** (855) 222-5542

Last Verified: 02/06/2025

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Last Verified On: 02/06/2025