

SHASTA 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: 02/07/2025



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-crisis-outreach-team

Last Verified On: 02/07/2025



SHASTA COUNTY CRISIS RESOURCES

24-HOUR CRISIS SERVICES, Continued

National Runaway Safeline

“Our crisis services center team is available 24/7/365. 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: 02/07/2025

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: 02/07/2025

Shasta County Crisis Mental Health

Location: 2640 Breslauer Way
Redding, CA 96001

24-Hour Crisis Services: (530) 225-5252

24-Hour Crisis Services: (888) 385-5201

Website:

https://www.co.shasta.ca.us/index/hhsa_index_mental_wellness.aspx

Last Verified On: 02/07/2025

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: 02/07/2025

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: 02/07/2025

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: 02/07/2025



SHASTA COUNTY CRISIS RESOURCES

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: 2640 Breslauer Way
Redding, CA 96001

24/7 Adult Protection Hotline:
(530) 225-5798

Website:

<https://www.co.shasta.ca.us/index/hhsa/health-safety/adult-protective-services>

Last Verified On: 02/07/2025

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: 02/07/2025

One Safe Place

"One SAFE Place is a Multi-services agency which provides legal services, safety, and emotional support to intimate partners, children, and seniors affected by domestic violence and sexual assault."

Location: 2250 Benton Drive
Redding, CA 96003

Contact: (530) 244-0117

Website: <https://ospshasta.org/>

Last Verified On: 02/07/2025

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: 02/07/2025

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: 02/07/2025

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: 02/07/2025

Shasta County Child Protective Services

"Children's Services provides child welfare and children's mental health services, along with an array of other services to children and families in Shasta County. A 24-hour hotline is available for reporting suspected abuse and neglect. Our team-based case management system provides intensive support to abused and neglected children and their families."

24/7 Child Abuse Hotline: (530) 225-5144

Website:

<https://www.co.shasta.ca.us/index/hhsa/childrens-services/child-welfare>

Last Verified On: 02/07/2025



SHASTA COUNTY CRISIS RESOURCES

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. Grieving children and teens are able to share their story about their loss, learn healthy ways to cope, and connect with other children and teens that have had similar losses.”

Contact: (209) 578-6300

Website: <http://heal.hospiceheart.org/youth-support/>

Last Verified On: 02/07/2025

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: 02/07/2025

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

Last Verified On: 02/07/2025

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: 02/06/2025

Gambler's Anonymous Hotline-Northern California

Contact: (855) 222-5542

Last Verified: 02/07/2025