

## CRISIS HOTLINES

### CA Youth Crisis Line (CYCL)

“The California Youth Crisis Line 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.”

**Contact:** (800) 843-5200

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

Last Verified: 10/10/2023

### National Runaway Safeline

“Get support. We are here to listen and here to help. We will listen to your story. We are available 24/7 for youth and families in crisis.”

**Contact:** (800) 786-2929

**Text:** 66008

**Website:** <https://www.1800runaway.org/youth-teens/>

Last Verified On: 10/10/2023



### The Trevor Project, LGBTQ Youth

“We provide crisis intervention and suicide prevention for LGBTQ youth.”

**Contact:** (866) 488-7386

**Website:** <https://www.thetrevorproject.org/>

Last Verified On: 10/10/2023

### Your Life Your Voice

“You don’t have to face your problems alone. 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. Counselors are ready for your call 24/7.”

**Contact:** (800) 448-3000

**Text:** VOICE to 20121

**Website:**

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Last Verified On: 10/10/2023

# SHASTA COUNTY YOUTH RESOURCES

## DOMESTIC VIOLENCE & ABUSE RESOURCES

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### 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: 10/10/2023

### 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. Together, we will work toward a future where everyone in our community feels strong, healthy, and safe at home.”

**Location:** 2250 Benton Drive  
Redding, CA 96003

**Contact:** (530) 244-0117

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

Last Verified On: 10/10/2023

## EDUCATION & EMPLOYMENT

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### California Heritage Youth Build Academy (CHYBA)

“The CHYBA is open to students 16-24 years old who need a second chance and are committed to self-improvement. If you are seeking a high school diploma with the opportunity to gain job skills and training, CHYBA is for you!”

**Location:** 8544 Airport Road  
Redding, CA 96003

**Contact:** (530) 378-5254

**Website:** <http://www.chybacharter.com/http>

Last Verified On: 10/10/2023

### Reach Higher Shasta

“Search for local and state scholarships here. Scholarship listings are updated as information becomes available.”

**Contact:** (530) 225-0200

**Website:** <https://reachhighershasta.com/reach-higher-shasta-scholarships/>

Last Verified On: 10/10/2023

### California Student Aid Commission

“If you are or were in foster care for at least one day, between the ages of 16 and 18 as a dependent or ward of the court and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college. You don't have to pay this money back. You may also be able to use your grant to help pay for child care, transportation and rent while you're in school. You can use your Chafee Grant at any eligible California college or university or career or technical school, as well as schools in other states.”

**Website:** <https://chafee.csac.ca.gov/>

Last Verified On: 10/10/2023

# SHASTA COUNTY YOUTH RESOURCES

## 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

**Contact:** (916) 657-1858

**Website:**

<https://cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>

Last Verified On: 10/10/2023

### **EA Family Services – Foster Family Agency**

“We offer a variety of services and referrals to support and educate foster families and group home representatives, as well as the youth in their care.”

**Location:** 1138 Shasta Street  
Redding, Ca. 96001

**Contact:** (530) 242-1115

Last Verified On: 10/10/2023

## HOUSING SERVICES

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### **Krista Foster Homes Transitional Housing Program**

“Our goal is to support and encourage teens aging out of the foster system in the critical steps of adult life: establishing their home and independence.”

**Contact:** (530) 246-1259

**Website:**

<https://kristafosterhomes.org/transitional-housing>

Last Verified On: 10/10/2023

# SHASTA COUNTY YOUTH RESOURCES

## MENTAL HEALTH SERVICES

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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: 10/10/2023

### Hill Country Mobile Crisis Outreach Team (MCOT)

“Provides on-the-spot urgent mental health services to people suffering severe mental illness. MCOT will respond to crisis situations within the Shasta County area, from people’s homes to the streets.”

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

**General Information:** (530) 238-7134

**Urgent response:** (530) 238-7133

**Website:**

<https://www.shastacounty.gov/health-human-services/page/mobile-crisis-outreach-team>

Last Verified On: 10/10/2023

## MENTAL HEALTH SUPPORT SERVICES

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### SafeSpace

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities. We create and implement initiatives to change the conversation around mental health by educating and encouraging our peers to speak up, support others, and seek help when needed.”

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

Last Verified On: 10/10/2023

### CalHOPE – Soluna

“Mental Health coaching and resources for teens and young adults ages 13-25.”

**Website:** <https://solunaapp.com/>

Last Verified On: 01/25/2024

### SafeSpace Stories – Podcast

“Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource.”

**Website:**

<https://www.safespacestories.org/projects-7>

**Apple Podcast:**

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

**Spotify:**

[https://open.spotify.com/show/49338MHq6LAE\\_nBaOq1RSSC?si=b97a00f41db94211&nd=1](https://open.spotify.com/show/49338MHq6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1)

Last Verified On: 10/10/2023

# SHASTA COUNTY YOUTH RESOURCES

## PHC MEMBER BENEFITS

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### Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

### Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 10/10/2023

## PHONE / APP SUPPORT

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### Actively Moving Forward – Heal Grief App

“The AMF Heal Grief App provides a national network of young adults all connected, heard, and understood by other like-minded young adults grieving a similar death loss, in a way young adults communicate best, digitally, and 24/7. All through the App, community members have access to facilitated virtual support groups, tools, resources, reading, videos, supportive quotes, community engagement via direct messaging, group chats, posts, and interactive comment boards that bereavement care professionals monitor.”

**Website:** <https://healgrief.org/amf-app/>

Last Verified On: 10/10/2023

### All-Options

“Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.”

**Talk Line:** (888) 493-0092

Last Verified On: 10/10/2023

### BE STRONG APP

“The Be Strong APP unites power with choice that saves & changes lives. You’ll find resources, support, intervention and best practices on combatting many adversities by increasing resilience, supporting you in emotional, behavioral and everyday challenges. If you or those you know are struggling with hunger, housing, escaping violence, mental health and more...help is at your fingertips.”

**Contact:** (954) 246-5807

**Email:** <https://bestrong.global/#contact>

**Website:** <https://bestrong.global/#download-app>

Last Verified On: 10/10/2023



# SHASTA COUNTY YOUTH RESOURCES

## SUPPORT GROUPS

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### Talk About Grief

“Virtual Grief Support Group. 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...Our Child Grief Support Programs supports children and teens who are grieving the death of someone close to them and are offered free of charge. Through the Child Grief Support Programs at Community Hospice, 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: 10/10/2023

### LGBTQ+ Support Groups - TransFamily Support Services

“Middle School Support Group, High School Support Group, Young Adult Support Group, Parent & Caregiver Support Group, Parents of Trans Little Support Group, and Gathering for Trans with Littles”

**Contact:** 858-304-0085

**Email:** [Info@TransFamilySOS.org](mailto:Info@TransFamilySOS.org)

**Website:**

<https://transfamilysos.org/services/support-groups/>

Last Verified On: 10/10/2023

## SUPPORT SERVICES AND RESOURCES

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### 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 On: 10/10/2023

### Friday Night Live/Club Live

“The Friday Night Live Partnership’s mission is to work hand in hand with young people throughout the county to promote positive youth leadership opportunities free of alcohol, tobacco, drugs, and violence. FNL (high school program) and Club Live (middle school program) engage students in meaningful opportunities for leadership and advocacy, skill-building, and much more!”

**Contact:** (530) 241-5958

**Website:**

<https://chemicalpeople.org/programs/friday-night-live/>

Last Verified On: 10/10/2023

# SHASTA COUNTY YOUTH RESOURCES

## SUPPORT SERVICES AND RESOURCES

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### Shasta County Chemical People

“The Shasta County Chemical People, Inc. is a non-profit community-based group which promotes and supports the development of a safe, strong community free from racism, violence, alcohol, tobacco and other drug abuse.”

**Location:** 2280 Benton Drive, Suite A  
Redding, CA 96003

**Contact:** (530) 241-5958

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

Last Verified On: 10/10/2023

### TAPP Teen Pregnancy & Parenting Program

“The program helps you see what is positive in your life. Working with your case manager, you will focus on your strengths, explore your values and set goals for your life. The program offers challenging and interesting activities where you explore what is important to you.”

North Valley Catholic Social Services

**Location:** 2400 Washington Avenue  
Redding, CA 96001

**Contact:** (530) 247-3329

**Website:** <https://nvcss.org/programs/tapp-teen-services/>

Last Verified On: 10/10/2023

## YOUTH CENTERS

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### Pathways to Hope-Anderson Teen Center

“Provides a safe and positive environment for youth in the after-school hours. The teen center offers activities for youth in the 7th – 12th grades including drop-in recreational activities, leadership and community services opportunities, homework help and computer/internet access, as well as small group mentoring.”

**Location:** 2889 East Center Street  
Anderson, CA 96007

**Contact:** (530) 365-9021

**Website:** <https://hopeshasta.org/anderson-teen-center/>

Last Verified On: 10/10/2023

### The Intermountain Teen Center

“The Intermountain Teen Center is an afterschool drop-in program for local 13-18 year-olds, located behind Hill Country Clinic in Round Mountain. We’ve got video games, air hockey, a pool table, board games, and art supplies, as well as a quiet place to get a little homework done if necessary.”

**Location:** 29632 Highway 299 East  
Round Mountain, CA 96084

**Contact:** (530) 298-7606, (530) 337-5752

**Website:** <https://hillcountryclinic.org/our-locations/#round-mountain/>

Last Verified On: 10/10/2023

### Youth & Family Programs Foster Family Agency

“The Butte and Shasta County unit utilizes the Family Centered Team (FCT) approach to cases; gathering birth parents and foster parents, relatives and friends, CPS and FFA workers to make group decisions utilizing strengths in the family system.”

**Location:** 2770 Pioneer Drive  
Redding, CA 96001

**Contact:** (530) 365-9197

**Toll Free:** (888) 893-9197

Last Verified On: 10/10/2023