

TEHAMA 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

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: 02/06/2025

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



Tehama County Health Services Agency

Location: 1850 Walnut Street
Red Bluff, Ca 96080

General Information: (530) 527-8491

24hr Crisis Unit: (800) 240-3208

Website:

<https://www.tehamacohealthservices.net/contact-us/>

Last Verified On: 02/06/2025

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: 02/06/2025

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

TEHAMA COUNTY CRISIS RESOURCES

24-HOUR CRISIS SERVICES, Continued

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

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

Empower Tehama

“Your safety is our top priority. Shelter & Transitional Housing are temporary places to stay when you have no other safe place to go because of domestic violence. Shelter and Transitional Housing are secure - nobody can enter without authorization, so you know you're safe. Empower Tehama's Transitional Housing facility is a place to live semi-independently while you prepare to get your own residence. A Housing Case Manager will work with you to address issues that might be making it difficult to obtain permanent housing, and they will help you find permanent housing.” Provides

counseling, 24-hour Crisis Hotline, Legal Advocacy, and Support Groups

Location: 151 Sale Lane

Red Bluff, Ca 96080

Contact: (530) 727-9423

24/7 Adult Protection Hotline:

(530) 528-0226

Website:

<https://empowertehama.org/domestic-violence-services>

Last Verified On: 02/06/2025

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

Cannot provide housing to out of Shasta County but can sit down and provide services

Website: <https://ospshasta.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



TEHAMA COUNTY CRISIS RESOURCES

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

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) 656-4673

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

Last Verified On: 03/04/2025

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

Tehama County Child Protective Services

“The goal of Child Protective Services (CPS) is to ensure the safety of children. CPS strives to keep children in their own home whenever it is safe. When it is determined that a child cannot remain safely at home, CPS seeks to develop an alternate plan that meets the child’s needs in the least restrictive manner as quickly as possible.”

Location: 310 S. Main Street
Red Bluff, CA 96080

CPS Screener Contact: (530) 527-1911

24/7 Child Abuse Hotline: (800) 323-7711

Website:

<https://www.tcdss.org/index.php/child-protective-services>

Last Verified On: 02/06/2025

Red Rover

“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



TEHAMA 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: 02/06/2025

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

Last Verified On: 02/06/2025

Krista Foster Homes

“Krista’s staff is committed to training and providing services to foster families. We work as a team with our foster family and child’s network of providers to ensure that their needs are met and that they have as normal a childhood as possible.”

Email: hannahc@kristafosterhomes.org

Contact: (530) 246-1259

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

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: 02/06/2025

Gambler’s Anonymous Hotline-Northern California

Contact: (855) 222-5542

Last Verified: 02/06/2025