

Support Numbers



CRISIS SUPPORT:

For a Mental Health Emergency, call 911

Call or Text 988 for the Suicide and Crisis Lifeline. [Chat at 988lifeline.org](https://www.988lifeline.org). The 988 Suicide & Crisis Lifeline is a network of over 200 local and state funded crisis centers located across the United States, which includes resources for helping those experiencing mental health-related crisis or for those one who may need crisis support for a loved one. It's confidential, free, and available 24/7/365.

NON-CRISIS SUPPORT:

[The California Peer-Run Warm Line](#) is a non-emergency resource for anyone in California seeking mental and emotional support. Call **1-855-845-7415** to speak to a counselor, available 24/7.

[National Association of Mental Health \(NAMI\)](#) is a nation-wide, grassroots, organization that offers free mental health education, support, and skills-training.

Call 1-800-950-NAMI (6264), text "HelpLine" to 62640 or email at helpline@nami.org.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) is an agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to improve the lives of individuals living with mental and substance use disorders, and their families. Call **1-800-662-HELP (4357)** for confidential referrals and information.