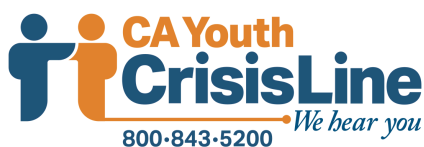


# Crisis Resources & Help Lines

|                                                                           |                                                                     |
|---------------------------------------------------------------------------|---------------------------------------------------------------------|
| <a href="#">AIDS/HIV Support Hotline</a>                                  | 916-449-59007                                                       |
| <a href="#">Al-Anon Dist. 3 Northern California</a>                       | 530-334-6734                                                        |
| <a href="#">Alcoholics Anonymous</a>                                      | 916- 454-1100                                                       |
| <a href="#">Alcohol Rehab Help</a>                                        | 928-436-6654                                                        |
| <a href="#">American Cancer Society</a>                                   | 800-227-2345                                                        |
| <a href="#">American Lung Association</a>                                 | 1-800-586-4872                                                      |
| <a href="#">Arthritis Foundation</a>                                      | 1-800-283-7800                                                      |
| <a href="#">CalHOPE Warm Line</a>                                         | 833-317-HOPE (4673)                                                 |
| <a href="#">California Addiction Hotlines</a>                             | 866-210-1303                                                        |
| <a href="#">California Missing Children</a>                               | 1-800-222-3463                                                      |
| <a href="#">California Youth Crisis Line</a>                              | 1-800-843-5200                                                      |
| <a href="#">Casa de Esperanza</a>                                         | 530-674-2040 Contact 24/7                                           |
| <a href="#">Child Abuse National Hotline</a>                              | Text or Call 800-422-4453                                           |
| <a href="#">Crisis Text Line</a>                                          | Text "HOME" to 741741                                               |
| <a href="#">DADS Chat with an Expert-Postpartum Support International</a> | 1-800-944-8766, code 73162#<br>First Monday of each month at 5 p.m. |
| <a href="#">Emergency (Sheriff's Office)</a>                              | 911                                                                 |
| <a href="#">Family Urgent Responses System (FURS)</a>                     | 833-939-3877                                                        |
| <a href="#">Grief Support Groups in Yuba City through Sutter Health</a>   | 530- 749-3460                                                       |
| <a href="#">Institute on Aging-Senior Intervention Hotline</a>            | 1-800-971-0016                                                      |
| <a href="#">LGBT National Hotline</a>                                     | 888-843-4564 help@LGBThotline.org                                   |
| <a href="#">LGBT National Coming Out Support Hotline</a>                  | 888-688-5428 help@LGBThotline.org                                   |



# Crisis Resources & Help Lines

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|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <a href="#">LGBT National Youth Talk Line</a>                                               | 800-246-7743 help@LGBThotline.org                                                             |
| <a href="#">LGBT National Senior Hotline</a>                                                | 888-234-7243 help@LGBThotline.org                                                             |
| <a href="#">Love is Respect</a>                                                             | 866-331-9474 Text: LOVEIS to 22522                                                            |
| <a href="#">Mexican Consulate</a>                                                           | 1-916-536-6599                                                                                |
| <a href="#">Narcotics Anonymous</a>                                                         | 800-913-2720 or 916-860-1273                                                                  |
| <a href="#">National Domestic Violence Hotline</a>                                          | 1-800-799-7233                                                                                |
| <a href="#">National Maternal Mental Health Hotline</a>                                     | Call or text 1-833-852-6262                                                                   |
| <a href="#">National Parent &amp; Youth Helpline</a>                                        | 855-427-2736                                                                                  |
| <a href="#">National Runaway Safeline (Youth &amp; Families)</a>                            | 800-786-2929 Text: 66008                                                                      |
| <a href="#">National Sexual Assault Hotline: Confidential 24/7</a>                          | 800-656-4673 online.rainn.org                                                                 |
| <a href="#">National Suicide Prevention Lifeline</a>                                        | 800-273-8255                                                                                  |
| <a href="#">Poison Control Hotline</a>                                                      | 1-800-222-1222                                                                                |
| <a href="#">Postpartum Support International Helpline</a>                                   | PSI Helpline: 800-944-4773<br>Text "Help" English: 503-894-9453<br>Text Spanish: 971-420-0294 |
| <a href="#">Postpartum Support International- Perinatal Individuals &amp; Help for Dads</a> | PSI Helpline: 800-944-4773<br>Text English: 800-944-4773<br>Text Spanish: 971-203-7773        |
| <a href="#">RedRover</a>                                                                    | 916-429-2457                                                                                  |
| <a href="#">Strength After</a>                                                              | 800-985-5990                                                                                  |
| <a href="#">Suicide Prevention and Mental Health Crisis Lifeline</a>                        | 988                                                                                           |
| <a href="#">Sutter County Adult Protective Services</a>                                     | 530-822-5990                                                                                  |
| <a href="#">Sutter County Child Welfare Services (CWS/CPS)</a>                              | 530-822-7227 (24 hour emergency)<br>530-822-7151                                              |

## You are never alone.

National Domestic Violence Hotline advocates are here for you 24/7/365.

- Call: 1.800.799.SAFE (7233)
- TTY: 1.800.787.3224
- Text: "START" to 88788
- Chat: thehotline.org



**988**  
SUICIDE  
& CRISIS  
LIFELINE



# Crisis Resources & Help Lines

|                                                                  |                                                                                                                                                      |
|------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Sutter County Homeless Hotline</a>                   | 530-822-5999 Available M-F 8 AM-5 PM                                                                                                                 |
| <a href="#">Sutter County Sheriff</a>                            | <b>911</b> (Emergency)<br>530-822-7307 (Non- Emergency)                                                                                              |
| <a href="#">Sutter-Yuba Behavioral Health</a>                    | <b>24-Hour Psychiatric Emergency Services</b><br>Crisis Services: 530-673-8255 or<br>Toll Free: 888-923-3800<br>Main Business Number: (530) 822-7200 |
| <a href="#">The Rape, Abuse Incest National Network (RAINN)</a>  | 800-656-4673 24/7 Help Hotline                                                                                                                       |
| <a href="#">Trans Lifeline</a>                                   | 877-565-8860                                                                                                                                         |
| <a href="#">Trevor Lifeline (LGBTQ youth suicide prevention)</a> | 866-488-7386 Text "START" to 6786787                                                                                                                 |
| <a href="#">Your Life Your Voice</a>                             | 800-448-3000 Text: VOICE to 20121                                                                                                                    |
| <a href="#">Yuba City Police Department</a>                      | Emergency 911<br>Non-Emergency 530-822-4660                                                                                                          |

