

You're Not Alone:

Mental Health & Crisis Support for Youth

CRISIS SUPPORT AVAILABLE



988 Suicide & Crisis Lifeline

Call or text 988
Visit: 988lifeline.org



California Youth Crisis Line

Call or text 1-800-843-5200
for youth (ages 12-24) & families
in crisis.



The Source

Call or text 916-SUPPORT
(787-7678) for in-person
support for youth up to age 26
and their caregivers.



Teen Line

Call 1-800-852-8336 or text TEEN
to 839863 from 6-10 PM PST
for in-person crisis support.



Crisis Text Line

Text HOME to 741741
Free 24/7 support from trained
crisis counselors.

MENTAL HEALTH SUPPORT & EDUCATION



Soluna App

A free, confidential mental health
app for Californians ages 13-24.



CalHOPE

Call or chat at 1-833-317-4673 for
emotional support for Californians
facing stress, trauma, or grief.

SACRAMENTO-SPECIFIC RESOURCES



Supporting Community Connections (SCC)

Suicide prevention for TAY in
foster, homeless, and LGBTQ+
communities crhkids.org.



Mental Health Urgent Care Clinic (MHUCC)

A walk-in clinic for individuals
with urgent mental health
needs tpcp.org.



Youth Wellness Resources

Comprehensive list of
community-based resources
for youth & families
sacramentoccy.org.

LGBTQ+ YOUTH RESOURCES



The Trevor Project

Call 1-866-488-7386 or
text START to 678678 for 24/7
LGBTQ+ youth crisis support.



Trans Lifeline

Call 877-565-8860 for peer
support by and for trans and
questioning people.
Available 2-10 PM PST, with
limited 24/7 coverage.