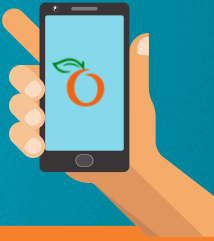


Important Helplines:

Mobile and Online Support



998 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Phone: 998

Website: <https://988lifeline.org/>

California Youth Crisis Line

Anytime you are feeling misunderstood or overwhelmed and need to talk to someone about what's happening.

Phone: 1-800-843-5200

Call or Text

Live Chat Available

Website: calyouth.org/cycl/



NAMI OC WarmLine

A friendly voice to talk to if you are experiencing mental health concerns, substance abuse, loneliness or are in need of community resources.

Phone: (714) 991-6412

Call or Text 24/7

Live Chat Available

Website: <https://www.namio.org/oc-warmline>

National Child Abuse Hotline

If you are being hurt, know someone who might be hurting, or are afraid you might hurt another.

Phone: 1-800-422-4453

Call or Text

Live Chat Available

Website: <http://childhelpline.org/>

National Domestic Abuse Hotline

Everyone deserves relationships free from domestic violence. When you're ready, they're here to listen with confidential support.

Phone: 1-800-799-7235

Live Chat Available

Website: <https://www.thehotline.org/>

National Helpline for Substance Abuse

Are you feeling weighed down, and don't know what to do? Call to be referred to resources that will help you rise above addiction.

Phone: 1-800-662-4357

Website: <https://www.samhsa.gov/find-help/national-helpline>

National Runaway Safeline

If you are thinking of running from home, if you have a friend who has run away, or if you are a runaway ready to go home.

Phone: 1-800-786-2929

Live Chat and Email Available

Website: <https://www.1800runaway.org/>

National Sexual Assault Telephone Hotline

The aftermath of sexual assault can feel disorienting and scary. Call if you are unsure what to do next, want to find available help near you, or just need to talk.

Phone: 1-800-656-4673

Website: <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

NEDA Feeding Hope

People handle stress, insecurity and other feelings in different ways. If you or a friend has an eating disorder such as anorexia or bulimia, it is a good idea to talk to someone.

Phone: 1 (866) 662-1235

Text: "HOME" to 741-741

Live Chat Available

Website: <https://www.nationaleatingdisorders.org/>

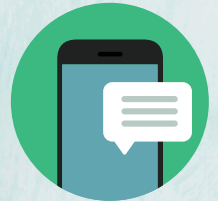
Teenline

Share or work through problems with another teen who understands.

Phone: 1-800-852-8336

Text: "TEEN" to 839863

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



Trevor Lifeline

If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

Phone: 1-866-488-7386

Text: "START" to 678-678

Live Chat Available

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

