

# 988 SUICIDE & CRISIS LIFELINE

**Talk with us.**



**There is hope.**



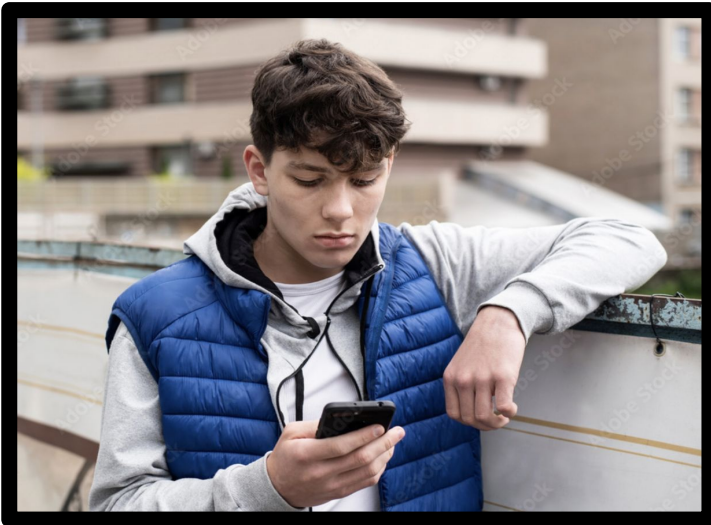
**Text us**



**If you or someone you know needs support,  
call or text 988 or chat [988lifeline.org/chat](https://988lifeline.org/chat)  
or ask to speak to the counselor. Talk to a  
trusted adult!**

# Need help?

**Know that you are not alone.  
We have support staff to help you.  
A school counselor or psychologist are  
here as a support for you.  
Don't be afraid to reach out to a teacher,  
support staff or your principal for help.**



Call (530) 225-5252 or dial 211 to  
access mental health services 24  
hours a day.

The line will be answered by a  
professional & compassionate staff  
member of the Health & Human  
Services Agency.

**Call or text  
National Suicide &  
Crisis Lifeline at  
988**

**Lifeline Chat:  
[988lifeline.org/chat](https://988lifeline.org/chat)**



# Are You Struggling With Your Mental Health?

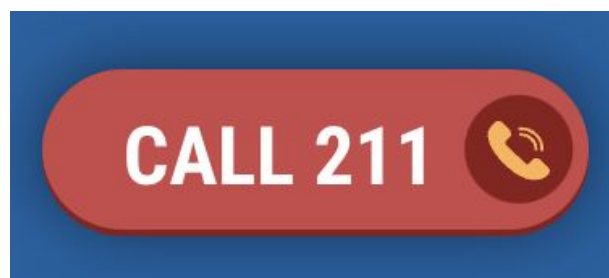
A mental health crisis, including, but not limited to, anxiety, depression, eating disorders, emotional dysregulation, bipolar episodes, and schizophrenic episodes.

Contact our counselor in the school office or talk with your teacher or principal when you are struggling with your mental health.



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hours a day.

The line will be answered by a  
professional & compassionate staff  
member of the Health & Human  
Services Agency.



**211 Shasta connects you to expert, caring help.**

**Every call is completely confidential**

**Text your zip code to 898-211**

**Out of county callers or TTY users dial 855-211-7822**

# Need support?

## One SAFE Place - Domestic & Sexual Abuse Services

[www.ospshasta.org](http://www.ospshasta.org)

Call 24/7 Crisis Hotline **530-244-0117**

Provides services to those who have experienced forms of abuse including:

- Domestic violence
- Sexual assault
- Stalking
- Human trafficking

Assists regardless of age, gender, race, or sexual preference. If someone other than the victim wishes to report abuse, call local law enforcement.

## National Domestic Violence Hotline

Agency: NATIONAL DOMESTIC VIOLENCE HOTLINE (NDVH)

[www.thehotline.org](http://www.thehotline.org)

**Phone: 800-799-7233**

Operates 24/7 confidential hotline for domestic violence intervention and prevention. Provides crisis intervention, safety planning, support, advocacy, and referrals to local resources. Offers telephone counseling, text message, and online chat.

## **Shasta County HHSA - Youth Mental Health Services**

Agency: SHASTA COUNTY HEALTH AND HUMAN SERVICES AGENCY

Provides mental health treatment programs for youth up to the age of 21. Services include: Outpatient ...

[www.shastahhsa.net](http://www.shastahhsa.net)

Phone: 530-229-8041

Trevor Lifeline Provides 24/7 suicide prevention and confidential crisis services for LGBTQ+ community. Offers tel...



# Need help?



## What is a Crisis?

"Anytime you are feeling misunderstood or overwhelmed and needing to talk to someone about what's happening, especially before you run away or cause harm to yourselves or others" (CYCL).

**California Coalition for Youth Crisis Line (CYCL)-** <https://calyouth.org/cycl/>

A statewide emergency response system for youth and families in crisis. Consists of professionally trained staff and volunteer counselors.

### 2-1-1

A free, confidential referral and information service that connects all ages to a specialist who will help them find local health and human services.

- **If you need help, talk to a trusted adult- counselor, teacher, yard duty, instructional aide, custodian, cafeteria help, after school personnel, bus driver, nurse or school secretary.**

