CALL US

REMEMBER! YOU CAN ALWAYS TALK TO PARENTS, TEACHERS, COACHES, FRIENDS, AND FAMILY. SOMETIMES, THEY ARE THE MOST HELPFUL RESOURCE YOU HAVE.

Get Help Now (available 24/7)

Police Emergency | 911
Santa Clara County Suicide & Crisis Center | (855) 278-4204

Alternative Help Lines (available 24/7)

Alcohol and Drug Hotline | (650) 573-3950
California Youth Crisis Line | (800) 843-5200
EMQ Child & Adolescent Mobile Crisis Program | (408) 379-9085
National Suicide Lifeline | (800) 784-2433
Trevor Lifeline – national help line for LGBTQ youth | (866) 488-7386

Non-Emergency Resources

Adolescent Counseling Services | (650) 424-0852
Kara — Grief Support | (650) 321-5272
Parents, Families and Friends of Lesbians and Gays | (408) 270-8182
Santa Clara County Mental Health Services | (800) 704-0900