

# 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 Help Services | (800) 704-0900