

Help,
when you
need it
most

Self-Help Resources



01

**National 24/7
Suicide & Mental
Health-Related Crisis Lifeline
Call or Text 988**

It is free, confidential support with a trained crisis counselor if you need addiction or mental health-related crisis support, or are worried about someone else.

**If you believe you have an
emergency medical
condition call 911 or go to the
nearest hospital.**

02

**CalHOPE Warm Line
(833) 317-HOPE (4673)**

Guidance to additional resources that can give hope and help you cope through struggles with stress, anxiety, depression & emotions triggered by events.

03

**Mental Health
Resources & Support
24/7 Help Line
(800) 854-7771**

Access line to mental health screening and assessments, referrals to a service provider, crisis counseling, veteran mental health support & programs and other services & resources.

04

**Trevor Project Lifeline
Call (866) 488-7386
Text 'Start' to 678-678**

Provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.



05

**Emotional Wellness &
Self-Care Apps**

Use the apps:

Calm, Headspace, or myStrength

Try them today for help with stress, mood, sleep, relationships, and more.



06

**Enrolled with Health Benefits
Kaiser Permanente, Dental &
Vision**

Members of Kaiser Permanente have access to mental health and wellness support. Call **833-579-4848** to set up your appointment. Members of dental and vision benefits have access to discounts and services like hearing aid programs, oral health care, and beneficiary support.

07

Legal Services

All California superior courts have free & low-cost legal self-help programs.

Please visit
selfhelp.courts.ca.gov