



YOUTH MENTAL HEALTH

Mental & Emotional Health Resources

National Resources:

The National Suicide Prevention Hotline: 1-800-273-TALK (8255)

Substance Abuse & Mental Health Services Admin: 1-800-985-5990 or text TalkWithUs to 66746

Crisis Hotlines: 1-877-663-5433 or locally at 831-458-5300

The National Crisis Text Line: text Connect to 741741

National Hopeline Network: 1-800-784-2433

LGBTQ+ National Youth Talkline: 1-800-246-7743

California Based Resources:

California YOUTH Crisis Line: 1-800-843-5200

California Peer-Run Warm Line: 1-855-845-7415

Beacon Health, Mental Health referrals for Medi-Cal beneficiaries: 1-855-765-9700

Monterey County Based Resources:

Natividad Medical Center Crisis Line: 831-755-4111

Monterey County Behavioral Health: 888-258-6029

Community Human Services: 831-658-3811

Interim, Inc. OMNI Resource Center: 831-800-7530

Valley Health Associates, Youth Outpatient Drug Treatment: 831-424-6655

NAMI (National Alliance for Mental Illness) Monterey: info@namimonterey.org or 831-422-NAMI

Monterey County United Way: Call 2-1-1 or text your zip code to 898-211

Sam's Guide: http://mcdss.co.monterey.ca.us/docs/SAM's_GUIDE_2019.pdf

YOU ARE NOT ALONE!

YOU DESERVE SUPPORT!

THERE ARE PEOPLE READY TO HELP!