



# Resources

**If you or someone you know, is in need, please look into the resources below:**

Call 911 in the event of an emergency

Crisis Text Line: Text HOME to 741-741 to speak to a crisis counselor.

Crisis Resolution Center: Call 1.866.251.7584

National Suicide Prevention Line:  
Call 1.800.273.8255

California Parent & Youth Hotline: offers support to parents & youth with pressures related to COVID 19  
Call or text 1.855.427.2736

The Warmline: offers emotional and mental peer support.  
Call 1.855.845.7415

Placer County Community Resources:  
<https://211connectingpoint.org/placer-county/>

Sacramento County Community Resources:  
[211sacramento.org](http://211sacramento.org)

The Trevor Project: for mental health support for LGBTQI+ people.

Call 1.866.488.7386 or text START to 678678

Domestic Violence Helpline: Call 1.800.799.7233