



Helpers in Your Community



Helping Connection are Able, Approachable, and Available to help with suicide. They know how to do suicide first aid (trained in suicide intervention). Different kinds of helpers in your community may have this training but some may not. It is best to check before adding them to this list.

1-800-273-TALK (8255)
CRISIS (DISTRESS) CENTER

PRIVATE PRACTITIONERS

1-800-273-TALK or 916-368-3111
SUICIDE PREVENTION CENTER

MEDICAL CLINIC

1-800-852-8336
TEEN LINE

AIDS INFORMATION AND TESTING SITES

1-800-799-HOPE (4673)
RAPE/SEXUAL ASSAULT CENTER

1-800-422-4453
CHILDREN'S SERVICES OFFICES

1-800-799-SAFE (7233) or 916-920-2952
DOMESTIC VIOLENCE HOTLINE

SCHOOL STUDENT SERVICES

1-800-656-HOPE (4673)
SEXUAL ABUSE HOTLINE

CHILD CARE REFERRALS

1-800-4-A-CHILD (800-422-4453) OR
916-875-KIDS (5437)
CHILD ABUSE HOTLINE

PARENT TRAINING

911
POLICE

FAMILY SUPPORT SERVICES

PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT

SELF HELP GROUPS

MENTAL HEALTH CRISIS

SUBSTANCE ABUSE COUNSELING

HOSPITAL EMERGENCY SERVICES

ALCOHOLICS ANONYMOUS

EMERGENCY SHELTERS

MENTAL HEALTH ASSOCIATION

YOUTH SHELTER

RELIGIOUS/SPIRITUAL SUPPORT

MENTAL HEALTH OUTREACH CLINIC

LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE

CHILDREN/YOUTH PSYCHIATRIC CLINIC

PROBATION OFFICERS

877-209-1266
National Native American Youth Crisis

Who or what might be on your own list of personal resources?

Who or what might be on others' lists of personal resources?