

# Suicide and Violence Prevention Resources for Service Providers

## National Hotlines (Confidential, anonymous, 24/7):



- [\*\*Suicide Prevention Lifeline\*\*](#): Call or Text 988
  - [\*\*Ayuda en Español\*\*](#): Call or Text 988, then press 2
  - [\*\*Veteran's Crisis Line\*\*](#): Call or Text 988, then press 1
  - [\*\*Deaf/Hard of Hearing Lifeline\*\*](#): For TTY Users: Use your preferred relay service or dial 711 then 988
- [\*\*Crisis Text Line\*\*](#): Text HOME to 741741
- [\*\*California Youth Crisis Line\*\*](#): Crisis support for youth. Call 1-800-843-5200
- [\*\*Elderly Friendship Line\*\*](#): For ages 60+. Call 1-800-971-0016.
- [\*\*The Trevor Project\*\*](#): For LGBTQ youth. Call 1-866-488-7386.
- [\*\*National Sexual Assault Hotline\*\*](#): 1-800-656-HOPE (4673)
- [\*\*The National Human Trafficking Hotline\*\*](#): 1-888-373-7888 or text 233733.
- [\*\*Asian LifeNet Hotline\*\*](#): 1-877-990-8585

## Local Hotlines (Local support available 24 hours, 7 days a week):

- [\*\*Humboldt County Behavioral Health: Same-Day Services 707-445-7715\*\*](#). Assessments and referrals for ongoing treatment also available for moderate to severe mental health concerns.
- [\*\*North Coast Rape Crisis Team\*\*](#): 707-445-2881. Free and confidential services for survivors of all ages and genders, regardless of when assault happened. Counseling, advocacy and more.
- [\*\*Humboldt Domestic Violence Services\*\*](#): 1-707-443-6042
- [\*\*Child Welfare Services, Emergency Response, Abuse Reports\*\*](#): 707-445-6180
- [\*\*Adult Protective Services, Elder Abuse Reports\*\*](#): 707-476-2100/1-866-527-8614

## More local support and services for mental health and suicide prevention:

- [\*\*Humboldt County Behavioral Health: Now offers mental health support line\*\*](#) during business hours to help anyone feeling isolated, anxious, worried or depressed due to the current health crisis. Available M-F from 8 a.m. to 5 p.m. call 707-268-2999; \*24 hour crisis line listed above
- [\*\*North American Mental Health Services\*\*](#): Free tele-mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. Faith-based counseling upon request only. 530-646-7269 ext. 1305.
- [\*\*Kunle Community\*\*](#): Non-crisis talk line for adults in Humboldt County, CA who are sad, depressed, anxious, worried, or just need someone to listen. Fri & Sat 6pm-midnight, Sun 6pm-10pm. 707-599-238.
- [\*\*Beacon Mental Health Services\*\*](#): Free to Partnership Medi-Cal members, always. Up to 6 sessions per month. Call 855-765-9703 to determine eligibility, complete assessment and find a clinician.
- [\*\*Humboldt Family Service Center\*\*](#): Mental health services on a sliding scale. Medi-Cal accepted. Virtual appointments available. 1802 California St., Eureka. 707-443-7358.
- [\*\*Open Door Community Health Center\*\*](#): Primary care and behavioral (mental) health services. 707-826-8610.
- [\*\*Open Door Teen Clinics\*\*](#): offer free, confidential appointments during special walk-in hours. 707-826-8610.
- [\*\*Humboldt County DHHS\*\*](#): Questions about your healthcare coverage with Medi-Cal or Covered California? Lots of services out there, especially for people under age 18. 1-877-410-8809.
- [\*\*The Hope Center\*\*](#): Peer empowerment center for adults living with and overcoming mental health challenges. Classes, recreational activities, and Peer Support. Open Mon,Wed,Thurs,Fri 10:00-2pm. Closed on Tuesday. 2933 H St, Eureka. Zoom and in-person classes available, call 707-441-3783 to get connected.

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- **[Transition Age Youth Programs](#)**: Services, activities and social support for youth age 16-26. Drop-in hours Mon, Wed, Fri. 1-4 p.m. at 433 M St., Eureka. Call 707-476-4944.
- **[Hospice of Humboldt](#)**: Free grief support services, groups and classes for adults and teens. 3327 Timber Fall Ct, Eureka. Call 707-445-8443.
- **[National Alliance for Mental Illness \(NAMI\), Humboldt](#)**: For friends and family members supporting those with serious mental illness. Learn how to navigate services and meet others going through the same things. Free support groups weekly. Call 707-444-1600 (message line).
- **[Making Headway Center](#)** for brain injury recovery. Counseling, batterer-intervention programs and more. Call 707-442-7668.
- **[First5 Playgroups](#)**: For kids ages 0-5 and their parents/caregivers. Great way to connect with community. Locations throughout Humboldt County. Call 707-445-7389.
- **[St. Joseph Health Community Resource Centers](#)**: Referrals, health information and support with applications, employment, clothing, food and more. Call the center near you for more information.
- **[District Attorney Victim Witness](#)**: Help for victims or witnesses to crimes. 707-445-7417
- **[Eureka VA Outpatient Clinic](#)**: Veterans can call or walk in for mental health triage, referrals and more. 930 W. Harris, Eureka 707-269-7500.
- **[California Warm Line](#)**: 24/7 non-crisis line that offers emotional support and resource referrals for those experiencing depression, anxiety and other symptoms but aren't considering taking their own lives. 1-855-845-7415.

## American Indian Alaska Native Resources:

- **[United Indian Health Services](#)**: Medical and behavioral (mental) health care for those of Native descent. Call 707-825-5000 to learn more.
- **[Two Feathers Native American Family Services](#)**: Local support for Native families and mental health programs for Native youth throughout Humboldt County. 707-839-1933; Business hours crisis line available M-F from 8 a.m. to 5 p.m.
- **[We R Native.org](#)**: For Native Youth, by Native Youth. Resources on culture, life and relations, mental health, suicide prevention and help seeking.
- **[Mending the Sacred Hoop](#)**: Native information on strengthening tribal communities to end domestic violence.

## Learn more online about mental health challenges and suicide prevention:

- **[American Foundation for Suicide Prevention](#)**: National resources, information for preventing suicide, dealing with suicide loss, and so much more!
- **[Now Matters Now](#)**: For suicide prevention and mental health. Practical strategies and instructional videos from people who have been there.
- **[Man Therapy](#)**: Take a quick, anonymous "head inspection survey". That funny feeling in your stomach might not be burrito-related.
- **[The Trevor Project](#)**: Saving young LGBTQ lives. Text and Chat lines for young people.
- **[Trans Lifeline](#)**: 1-877-565-8860 Peer-run by and for trans people, their friends and family.
- **[Know the Signs](#)**: Learn how to prevent suicide. Know the Signs. Find the Words. Reach Out.
- **[Seize the Awkward](#)**: Learn how to reach out. Funny videos with deep meaning and big heart.
- **[Each Mind Matters](#)**: Learn more about California's mental health movement.
- **[TherapistAid.com](#)**: Therapy worksheets, videos and tools. Free, for everyone.
- **[Post-Partum International](#)**: Resources for new moms, including online support meetings and a help line. English and Spanish. Call 1-800-944-4773 or text 502-894-9453.
- **[Friends for Survival](#)**: Suicide Bereavement outreach. Suicide Loss Helpline 1-800-646-7322.

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- [SAGE – Advocacy & Services for LGBTQ+ Elders \(sageusa.org\)](https://www.sageusa.org/): National advocacy and services organization focused on LGBTQ+ elders.
- [Make the Connection](#): connects Veterans, their families and friends, and other supporters to [mental health information](#) and hundreds of videos of Veterans sharing their [inspiring stories of recovery](#).

## Learn more online about healthy relationships:

- [LoveisRespect.org](https://loveisrespect.org/): Info on healthy relations and (teen) dating violence. Need to talk about your relationship? Call 1-866-331-9474. Text “LOVEIS” to 22522. Or Chat online 24/7.
- [BreaktheCycle.org](https://www.breakthecycle.org/): Learn about dating abuse and how to prevent it. For ages 12-24.

## Apps that can help with mental health and suicide prevention:

- [SafetyNet](#): Suicide prevention safety planning app from the creators of the Stanley Brown Safety Plan
- [NotOK App](#): Free app that allows you to upload contacts of important people from your network to easily reach out when you’re not okay.
- [CalmHarm](#): Free app to support people dealing with impulses to self-harm.

## Making environments safer from intentional injury or suicide:

- [Counseling on Access to Lethal Means \(CALM\)](#): Free 2-hr online training to learn more about lethal means safety
- [Lock2Live.org](#): Tool that can help you make decisions about temporarily reducing access to potentially dangerous things, like firearms, medicines, sharp objects, or other household items.
- [Safer Homes, Suicide Aware](#): Resources, online courses for firearm retailers and safety instructors.
- [Harvard Means Matters](#): Data driven public health site for both gun owners and non-gun owners to explore the “lethal means counseling” approach to reducing a suicidal person’s access to firearms and other lethal means.
- [Project Childsafe](#): Committed to promoting genuine firearms safety through the distribution of safety education messages and free firearms safety kits. Also see recently released [Guide for Parents: Understanding Youth Mental Health and Preventing Unauthorized Access to Firearms](#)