

Orange County Crisis Resources

LOCAL SUPPORT

TEEN LINE

Providing services for individuals age 19 and under, TEEN LINE is answered exclusively by Orange and Los Angeles County teenagers who can relate to what callers are going through.

Call: (310) 855-4673 | Text: "TEEN" to 839-863 | 6 p.m. - 10 p.m. Pacific Time | <https://teenlineonline.org>

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THE OC WARMLINE

Provides free and confidential emotional support and resources to OC residents.

Call or Text: (714) 991-6412 | 24/7 | <https://www.namioc.org/oc-warmline>

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THE DIDI HIRSCH'S SUICIDE PREVENTION CRISIS LINE

Provides services in both English and Spanish, as well as Korean during peak evening hours. People who are deaf or hard of hearing can receive services by texting "HEARME" to 839863.

Call (800) 273-8255 | 24/7 | <https://didihirsch.org/services/suicide-prevention/crisis-services/>

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CASA YOUTH SHELTER

Provides emergency temporary shelter to youth aged 12-17 who are homeless or experiencing crisis.

Call or Text: (800) 914-2272 | 24/7 | <https://www.casayouthshelter.org/>

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RAPE CRISIS HOTLINE

Confidential support from trained sexual assault counselors.

Call (949) 831-9110 or (714) 957-2737 | 24/7 | <https://waymakersoc.org/supporting-victims/>

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211 OC

A toll-free call to 2-1-1 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services that can improve and save lives including mental health support, substance abuse, and housing.

Call or Text 2-1-1, or (888) 600-4357 | 24/7 | <https://www.211oc.org/>

STATE RESOURCES

CALIFORNIA COALITION FOR YOUTH (CALYOUTH)

Provides support to children (and their families) in crisis. Counselors are trained to discuss a range of topics.

Call or Text: (800) 843-5200 | 24/7 | <https://calyouth.org/cycl/>

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CALHOPE WARM LINE

This COVID-19-related warm line provides emotional support, strategies for coping, and other resources to people struggling during the pandemic.

Call: (833) 317-4673 | M-F 7 a.m. - 11 p.m. | <https://www.calhope.org/Pages/default.aspx>

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CALIFORNIA WARM PEER LINE

Provides non-emergency assistance via phone and web chat. Counsellors provide support on a range of topics, including interpersonal relationships, anxiety, pain, depression, finances, and alcohol and drug use.

Call: (855) 845-7415 | 24/7 | <https://www.mentalhealthsf.org/peer-run-warmline/>



FRIENDSHIP LINE CALIFORNIA

Provides support to those 60 years and older, as well as adults living with disabilities. Friendship Line California is a free crisis intervention hotline and a warmline for non-emergency emotional support calls.

Call: (888) 670-1360 | 24/7 | <https://www.ioaging.org/friendship-line-california>



NATIONAL RESOURCES

CRISIS TEXT LINE

This text lines provides support during any crisis. A live, trained Crisis Counselor receives the text and responds.

Text: HOME to 741741 | 24/7 | <https://www.crisistextline.org/>



THE TREVOR PROJECT LIFELINE

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and & questioning (LGBTQ) young people under 25. In addition to phone- and text-based services, online chat is also available the Trevor Project webpage.

Call: (866) 488-7386 or Text: START to 678678 | 24/7 | <https://www.thetrevorproject.org/>



TRANS LIFELINE

Run by and for trans people, the Trans Lifeline provides trans peer support. Although the hotline is open 24/7, operators are only guaranteed to be on call from 7:00-2:00 am.

Call: (877) 565-8860 | 24/7 | <https://translifeline.org/>



NATIONAL SUICIDE PREVENTION LIFELINE

Provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Spanish services are available at 888-628-9454. Callers with a hearing impairment can use their preferred relay service or dial 711 and then 800-273-8255. Chat services are also available through their website.

Specialized services are available for veterans and service members. To access these, press 1 after dialing. Text services for veterans and service members are also available by text at 838255.

Call: (800) 273-8255 | 24/7 | <https://suicidepreventionlifeline.org/>



NATIONAL DOMESTIC VIOLENCE HOTLINE

Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. The Hotline offers free, confidential, and compassionate support, crisis intervention information, and referral services. Callers with a hearing impairment can access services through TTY 800-787-3224. Chat services are also available through their website.

Call: (800) 799-7233 | 24/7 | <https://www.thehotline.org/>



DISASTER DISTRESS HOTLINE

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Call or Text: (800) 985-5990 | 24/7 | <https://www.samhsa.gov/find-help/disaster-distress-helpline>



NATIONAL CALL CENTER FOR HOMELESS VETERANS

Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week.

Call: (877) 424-3838 | 24/7 | <https://www.va.gov/homeless/nationalcallcenter.asp>

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COPLINE

Active/retired officers and/or their families can call 24 hours a day, 7 days a week and be assured that there is a trained retired officer on the other end of the line whether the caller is calling while on duty or off. The line is strictly confidential, so the caller can remain anonymous and there is no fear of punitive repercussions from initiating the call.

Call: (800) 267-5463 | 24/7 | <https://www.copline.org/>

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SAMHSA'S NATIONAL HELPLINE

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Callers with a hearing impairment can access services through TTY 800-487-4889.

Call: (800) 662-4357 | 24/7 | <https://www.samhsa.gov/find-help/national-helpline>

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CHILDHELP NATIONAL CHILD ABUSE HOTLINE

If you are being hurt, know someone who might be hurting, or are afraid you might hurt another, call or text the Childhelp National Child Abuse Hotline. This 24-hour hotline provides assistance in over 170 languages, and has resources to aid in every child abuse situation.

Call or Text: (800) 422-4453 | 24/7 | <https://www.childhelp.org/childhelp-hotline/>

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IMALIVE

The first online network where all volunteers are trained and certified in crisis intervention, ImAlive provides help and hope through online crisis chat, educational college events, and awareness campaigns.

Online Chat @ <https://www.imalive.org/>

Funded by OC Health Care Agency (OCHCA), Mental Health and Recovery Services,
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StigmaFreeOC

