



## Local & National Crisis Resources

Local Crisis Resources		
<b>Solano Behavioral Health Line</b>	24/7 Screenings & resources for Mental Health	<b>(800) 547-0495</b>
<b>David Grant Medical Center</b>	24/7 Emergency Room for Tricare military dependents	<b>(707) 423-3000</b>
<b>Solano Crisis Stabilization Unit</b>	24/7 Acute care unit for individuals with no insurance	<b>(707) 428-1131</b>
<b>Kaiser Permanente Insurance</b>	24/7 Emergency Room for Kaiser subscribers	<b>(707) 624-4000</b>
<b>Kaiser Financial Services Office</b>	May be able to help reduce the costs of ER co-pay	<b>(707) 624-1154</b>
<b>Safequest Solano</b>	24/7 Confidential crisis line for sexual assault, human trafficking, domestic violence, and teen dating violence	<b>(866) 487-SAFE</b>
<b>NAMI Solano (non-crisis)</b>	Provides support groups for families with mental illness	<b>(707) 422-7792</b>
<b>Solano Pride Center</b>	Provides LGBTQ individual, child, & group counseling	<b>(707) 389-4520</b>
National Crisis Resources		
<b>Boys Town National Hotline</b> 24/7 Crisis hotline for teen boys AND girls		<b>(800) 448-3000</b>
<b>California Youth Crisis Line (ages 12-24)</b> 24/7 Crisis intervention counseling and resources		<b>(800) 843-5200</b>
<b>Crisis Text Line</b> 24/7 Suicide prevention text line		<b>Text "Home" to 741-741</b>
<b>Lifeline for Deaf &amp; Hard of Hearing</b> 24/7 Suicide prevention for people with hearing loss		<b>(800) 799-4889</b>
<b>Military Crisis Line</b> 24/7 Support for military dependents		<b>(800) 273-8255 (Press 1) or Text "Help" to 838-255</b>
<b>Trans Lifeline</b> 24/7 Emotional support for trans people in crisis		<b>(877) 565-8860</b>
<b>Trevor Lifeline LGBTQ Support</b> 24/7 Crisis intervention and suicide prevention		<b>(866) 488-7386</b>
<b>Trevor Text Line</b> 24/7 Crisis intervention and suicide prevention		<b>Text "Start" to 678-678</b>
<b>National Suicide Prevention Lifeline</b> 24/7 Suicide prevention hotline		<b>988</b>
<b>National Runaway Safeline</b> 24/7 Support and help for runaway teens		<b>(800) RUN-AWAY</b>
<b>Blackline Crisis (check website for hours)</b> Peer support and counseling for BIPOC		<b>(800) 604-5841</b> <a href="http://www.callblackline.com">www.callblackline.com</a>
<b>NAMI Helpline (10am-10pm PST)</b> Support for families with mental health conditions		<b>(800) 950-NAMI</b>
<b>National Parent Helpline (Mon-Fri 10am-7pm PST)</b> Emotional support for parents from trained advocates		<b>(855) 4A-PARENT</b>
<b>NON-Crisis Teen Text Line (6pm-10pm PST)</b> Trained teenagers helping teens		<b>(800) 852-TEEN</b> <b>Text "Teen" to 839-863</b>