

Community Resources

Crisis Lines

24-hour Suicide & Crisis	855-278-4204
Bill Wilson Youth Hotline	408-850-6125
National Suicide Prevention Lifeline	800-273-8255 888-628-9454 (Español)
California Youth Hotline	800-843-5200 (call or text)
Crisis Text Line	Text HOME to 741741
Uplift Mobile Crisis Team	408-379-9085 (English/Español)
National Runaway Safeline	800-786-2929 1800runaway.org (chat)
Santa Clara County: Call Center for Mental Health Ser. Mental Health Urgent Care	800-704-0900; press 2 408-885-7855

Local Counseling/Telehealth

BACA (Bay Area Clinical Association)	408-996-7950 (San Jose) 650-304-3906 (Menlo Park) baca.org
CHC	650-688-3625 chconline.org
Gronowski Clinic	650-961-9300 gronowski.paloalto.edu
Los Gatos Therapy Center Video Game, Social Media & Internet Addiction	408-559-3403 http://lgtconline.com
Stars Behavioral Health Group	510-635-9705 starsinc.com/santa-clara-county
Teen Therapy Center of Silicon Valley	408-389-3538 teentherapycentersv.com

Food & Shelter

Community Services Agency	650-968-0836 csacares.org
211 Bay Area	800-273-6222 211bayarea.org
LifeMoves	408-271-1630

LGBTQ+

LGBTQ Youth Space	408-343-7940 youthspace.org
Outlet a program of ACS (CHAC:LGBTQ+)	650-424-0852 x107 acs-teens.org
The Trevor Project	866-488-7386 thetrevorproject.org

Intensive Outpatient Programs

ASPIRE	866-789-6089
BACA (Bay Area Clinical Association)	408-996-7950 (San Jose) 650-304-3906 (Menlo Park) baca.org
CHC IOP	650-688-3625

Sexual Assault & Relationship Abuse

Rape Crisis Hot Line	408-287-3000
National Teen Dating Abuse Helpline	866-331-9474 Text "loveis" to 22522 Chat at loveisrespect.org
YWCA Sexual Assault Services	800-572-2782
Community Solutions - domestic violence, sexual assault & human trafficking	877-363-7238 communitysolutions.org

Drug, Alcohol and Addiction Recovery

Teen Hotline	650-579-0356 onyourmind.net
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Additional Resources

Suicide is preventable/know the signs: suicideispreventable.org	psychologytoday.com - local therapist search
Legal Advocates for Children & Youth: 408-280-2416 lawfoundation.org/legal-advocates-for-children-youth-lacy/	Bullying and cyberbullying resources: adl.org/education/resources/tools-and-strategies/bullying-and-cyberbullying-prevention-strategies
NAMI Santa Clara Warm Line Referral Services: 408-453-0400 option 1, namisantaclara.org	KARA - grief support: 650-321-5272 kara-grief.org