RESOURCES & HELPLINES

National Suicide Prevention Lifeline (24x7) (OR)	1-800-273-8255
Santa Clara County Suicide & Crisis Hotline (24x7)	1-855-278-4204
California Youth Crisis Line	1-800-843-5200
NAMI Warm Line for Support & Information (open M-F; 10:00am – 6:00pm) Text "NAMI" to 741741	1-408-453-0400
National Domestic Violence Hotline	1-800-799-7233
Santa Clara County Behavioral Health Services: Substance Use Services (M-F; 8:00am – 5:00pm)	1-800-488-9919
Santa Clara Mental Health Services (24x7)	1-800-704-090
Friendship Line for Institute on Aging in SF (24x7) They talk to Seniors 60+	1-800-971-0016