

HELP AND SUPPORT LINES

The National Suicide Prevention Lifeline:

1-800-273-TALK (8255)



The Crisis Text Line:

Text LISTEN to 741741



Help, Inc.: Shasta County's local crisis help line:

530-244-2222

National Dating Abuse Helpline:

1-866-331-9474

National Runaway Safeline:

1-800-RUNAWAY (1-800-786-2929)

Rape, Abuse, Incest National Network (RAINN):

1-800-656-HOPE (4673)



Teen Line:

Teen-to-teen hotline: 1-800-852-8336

The Child Helpline (child abuse helpline):

1-800-4-A-CHILD (1-800-422-4453)

The Trevor Project (help and support for LGBTQ youth):

1-866-4-U-TREVOR (488-7386).



Youth Helpline – Your Life, Your Voice:

1-800-448-3000

More suicide prevention resources available at ShastaSuicidePrevention.com