

HOTLINES

SUICIDE PREVENTION

California Youth Crisis Line **1-800-843-5200**

24 hours a day. .

National Suicide Prevention Hotline **1-800-273-8255**

24 hours a day.

CRISIS TEXT LINE

Crisis Text Line **741741**

You text anytime from anywhere and a live, trained crisis counselor receives the text and responds quickly.

EATING DISORDERS

National Eating Disorder Association **1-800-931-2237**

M - Th 6am - 6pm and Friday 6am - 2pm (EST).

GAY, LESBIAN, BISEXUAL, AND TRANSGENDER SUPPORT

Spectrum LGBTQ Center **415-472-1945**

The Trevor Project **1-866-488-7386**

24 hours a day, 7 days a week. Supports young people in crisis, feeling suicidal or in need of a safe, judgment-free place to talk.

GLBT National Youth Hotline **1-800-246-7743**

M - F 1pm - 9pm, Saturday 9am - 2pm (PST).

HOMELESSNESS/RUNAWAY YOUTH

1-800-RUNAWAY **1-800-786-2929**

24 hours a day, 7 days a week.

SELF-INJURY

1-800-DON'T-CUT **1-800-366-8288**

SEXUAL HEALTH

Huckleberry Teen Center **415-621-2929** 24-hour teen hotline

Planned Parenthood **1-800-230-PLAN** or **415-459-4907**

M – F 9am - 5pm. Works with teens. Located @ 2 H Street San Rafael.