

Suicide Prevention Resources

National Hotlines (Confidential, anonymous):



- [Suicide Prevention Lifeline](#): Call or Text 988
 - [Veteran's Crisis Line](#): Call or Text 988, then press 1
 - [Ayuda en Español](#): Call or Text 988, then press 2
 - [Deaf/Hard of Hearing Lifeline](#): For TTY Users: Use your preferred relay service or dial 711 then 988
- [Crisis Text Line](#): Text HOME to 741741
- [California Youth Crisis Line](#): Crisis support for youth. Call 1-800-843-5200
- [Trans Lifeline](#): Peer-run by and for trans people, their friends and family. Call 1-877-565-8860
- [Elderly Friendship Line](#): For ages 60+. Call 1-800-971-0016.
- [The Trevor Project](#): For LGBTQ youth. Call 1-866-488-7386.
- [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673)
- [The National Human Trafficking Hotline](#): 1-888-373-7888 or text 233733.

Local Hotlines (Local support available 24/7):

- [Humboldt County Behavioral Health: Same-Day Services 707-445-7715](#). Assessments and referrals for ongoing treatment also available for moderate to severe mental health concerns.
- [North Coast Rape Crisis Team](#): 707-445-2881. Free and confidential services for survivors of all ages and genders, regardless of when assault happened. Counseling, advocacy and more.
- [Humboldt Domestic Violence Services](#): 1-707-443-6042
- [Child Welfare Services, Emergency Response, Abuse Reports](#): 707-445-6180
- [Adult Protective Services, Elder Abuse Reports](#): 707-476-2100/1-866-527-8614

More local support and services for mental health and suicide prevention:

- [Humboldt County Behavioral Health: Now offers mental health support line](#) during business hours to help anyone feeling isolated, anxious, worried or depressed due to the current health crisis. Available M-F from 8 a.m. to 5 p.m. call 707-268-2999; *24 hour crisis line listed above.
- [Humboldt County Behavioral Health Resource Navigation](#): The Department of Health & Human Services has many useful documents and resource sheets to help partners and the community understand and navigate DHHS Behavioral Health services.
- [North American Mental Health Services](#): Free tele-mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. Faith-based counseling upon request only. Call 530-646-7269.
- [Carelon Behavioral Health](#): Free to Partnership Medi-Cal members, always. Up to 6 sessions per month. Call 855-765-9703 to determine eligibility, complete assessment and find a clinician.
- [BrightLife Kids](#): Free behavioral health coaching to every California family with kids ages 0–12.
- [Humboldt Family Service Center](#): Mental health services on a sliding scale. Medi-Cal accepted. Virtual appointments available. 1802 California St., Eureka. 707-443-7358.
- [Open Door Community Health Center](#): Primary care and behavioral (mental) health services. 707-826-8610.
- [Open Door Teen Clinics](#): offer free, confidential appointments during special walk-in hours. 707-826-8610.
- [Humboldt County DHHS](#): Questions about your healthcare coverage with Medi-Cal or Covered California? Lots of services out there, especially for people under age 18. 1-877-410-8809.
- [The Hope Center](#): Peer empowerment center for adults living with and overcoming mental health challenges. Classes, recreational activities, and Peer Support. Open Mon-Fri 10:00-4pm. Closed every other Tuesday. 2933 H St, Eureka. Zoom and in-person classes available, call 707-441-3783 to get connected.

Suicide Prevention Resources

- **[Transition Age Youth Programs](#)**: Services, activities and social support for youth age 16-26. Drop-in hours Mon, Wed, Fri. 8:30-10am & 1-4 p.m. at 433 M St., Eureka. Call 707-476-4944.
- **[Hospice of Humboldt](#)**: Free grief support services, groups and classes for adults and teens. 3327 Timber Fall Ct, Eureka. Call 707-445-8443.
- **[National Alliance for Mental Illness \(NAMI\), Humboldt](#)**: For friends and family members supporting those with serious mental illness. Learn how to navigate services and meet others going through the same things. Free support groups weekly. Call 707-444-1600 (message line).
- **[Making Headway Center](#)** for brain injury recovery. Counseling, batterer-intervention programs and more. Call 707-442-7668.
- **[First5 Playgroups](#)**: For kids ages 0-5 and their parents/caregivers. Great way to connect with community. Locations throughout Humboldt County. Call 707-445-7389.
- **[St. Joseph Health Community Resource Centers](#)**: Referrals, health information and support with applications, employment, clothing, food and more. Call the center near you for more information.
- **[District Attorney Victim Witness](#)**: Help for victims or witnesses to crimes. 707-445-7417
- **[Eureka VA Outpatient Clinic](#)**: Veterans can call or walk in for mental health triage, referrals and more. 930 W. Harris, Eureka 707-269-7500.
- **[California Warm Line](#)**: 24/7 non-crisis line that offers emotional support and resource referrals for those experiencing depression, anxiety and other symptoms but aren't considering taking their own lives. 1-855-845-7415.

American Indian Alaska Native Resources:

- **[United Indian Health Services](#)**: Medical and behavioral (mental) health care for those of Native descent. Call 707-825-5000 to learn more.
- **[Two Feathers Native American Family Services](#)**: Local support for Native families and mental health programs for Native youth throughout Humboldt County. 707-839-1933; Business hours crisis line available M-F from 8 a.m. to 5 p.m.
- **[We R Native.org](#)**: For Native Youth, by Native Youth. Resources on culture, life and relations, mental health, suicide prevention and help seeking.
- **[Mending the Sacred Hoop](#)**: Native information on strengthening tribal communities to end domestic violence.
- **[CalHOPE RedLine](#)**: A phone, chat, and video chat service providing National, State, and County resources, referrals, and trauma-informed support for Urban Indian and Tribal populations. M-F: 9AM – 5PM, **Call**: 1-888-368-4090 **Text**: 916-252-5002.

Learn more online about mental health challenges and suicide prevention:

- **[American Foundation for Suicide Prevention](#)**: National resources, information for preventing suicide, dealing with suicide loss, and so much more!
- **[Now Matters Now](#)**: For suicide prevention and mental health. Practical strategies and instructional videos from people who have been there.
- **[Never a Bother](#)**: Youth led suicide prevention campaign that encourages reaching out to support a friend or yourself.
- **[Man Therapy](#)**: Take a quick, anonymous “head inspection survey”. That funny feeling in your stomach might not be burrito-related.
- **[Know the Signs](#)**: Learn how to prevent suicide. Know the Signs. Find the Words. Reach Out.
- **[Seize the Awkward](#)**: Learn how to reach out. Funny videos with deep meaning and big heart.
- **[Take Action for Mental Health](#)**: Learn more about California’s mental health movement.
- **[TherapistAid.com](#)**: Therapy worksheets, videos and tools. Free, for everyone.
- **[Post-Partum International](#)**: Resources for new moms, including online support meetings and a help line. English and Spanish. Call 1-800-944-4773 or text 502-894-9453.

Suicide Prevention Resources

- **[Friends for Survival](#)**: Suicide Bereavement outreach. Suicide Loss Helpline 1-800-646-7322.
- **[SAGE – Advocacy & Services for LGBTQ+ Elders \(sageusa.org\)](#)**: National advocacy and services organization focused on LGBTQ+ elders.
- **[Make the Connection](#)**: connects Veterans, their families and friends, and other supporters to [mental health information](#) and hundreds of videos of Veterans sharing their [inspiring stories of recovery](#).
- **[The Parent Stress Line](#)**: A toll-free, confidential helpline for parents who need to discuss issues related to their children. Speak to trained counselors who offer support, empathy, encouragement, information, referrals, and crisis intervention. Available 24 hours a day, 7 days a week, Call:1.800.632.8188.

Apps that can help with mental health and suicide prevention:

- **[Soluna](#)**: confidential mental health app designed to help young people, ages 13-25, navigate life's challenges.
- **[Mobile Safety Plan](#)**: Suicide prevention safety planning app from the creators of the Stanley Brown Safety Plan
- **[CalmHarm](#)**: Free app to support people dealing with impulses to self-harm.

Making environments safer from intentional injury or suicide:

- **[Counseling on Access to Lethal Means \(CALM\)](#)**: Free 2-hr online training to learn more about lethal means safety
- **[Lock2Live.org](#)**: Tool that can help you make decisions about temporarily reducing access to potentially dangerous things, like firearms, medicines, sharp objects, or other household items.
- **[Safer Homes, Suicide Aware](#)**: Resources, online courses for firearm retailers and safety instructors.
- **[Harvard Means Matters](#)**: Data driven public health site for both gun owners and non-gun owners to explore the “lethal means counseling” approach to reducing a suicidal person’s access to firearms and other lethal means.
- **[Project Childsafe](#)**: Committed to promoting genuine firearms safety through the distribution of safety education messages and free firearms safety kits. Also see recently released [Guide for Parents: Understanding Youth Mental Health and Preventing Unauthorized Access to Firearms](#)