
**COMMUNITY MENTAL HEALTH RESOURCES &
PHONE NUMBERS**

If you are experiencing a mental health crisis please go to your nearest emergency room or call 9-1-1

Sometimes emergencies arise between sessions. Please feel free to contact me at 415-203-3807 and leave a message. I do check messages a few times a day and will return your call as soon as I am able. If I am out of town, or you feel you are unable to wait for a return phone call, below are some mental health resources for services in different counties in CA & national hotlines you can call for more immediate assistance.

NATIONAL HOTLINES:

- [Suicide and Crisis Lifeline](#) 988
- [National Domestic Violence Hotline:](#) 800-799-SAFE (7233)
- [LGBT National Hotline:](#) 888-THE-GLNH (843-4564)
- [GLBT National Youth Hotline:](#) (*up to age 25yrs*) 800-246-PRIDE (7743)
- [Trans Lifeline](#) 877-565-8860

EAST BAY:

- Emergency: 9-1-1
- Alameda County Crisis Line 24 hours 800-273-8255
www.crisissupport.org
- City of Berkeley Mental Health Crisis Line: 510- 981-5244
- Alameda County Behavioral Health: 800-491-9099
⇒ This is the Crisis Response Information & Referral Number
- Alameda County Crisis Text Line for youth: Text: 20121

SAN FRANCISCO:

- Emergency: 9-1-1
- SF Suicide Prevention 415-781-0500 / 1-800-273-8255
- Suicide Prevention Text Line: Text: MYLIFE to 741741
- SF 24 hour access helpline 415-255-3737 or 888-246-3333
- Westside Crisis and Emergency: 415-355-0311
- San Francisco General Hospital, Psych Emergency Services: 415-206-8125
- SF Suicide Prevention Hotline/24 hour crisis support: 415-781-0500



*Healing Change:
Therapy & Consulting*

H. Ameeta Singh, MFT #50409

Licensed Marriage and Family Therapist

- Talkline – a service for parents in crisis – 415-441-5437
- SF Women Against Rape: 415-647-RAPE (7273)
- [SF Free Mental Health Resources](#)

LOS ANGELES COUNTY

- [LA County Dept of Mental Health Crisis resources](#) 800-854-7771
- [Crisis Text Line](#) Text: LA to 741741
- [Trevor Project Lifeline](#) 800-788-7386
 - for LGBTQ youth & allies in crisis

ORANGE COUNTY:

- Crisis Line - 24/7 crisis hotline 877-7-CRISIS
(1-877-727-4747)
- Didi Hirsch Suicide Prevention Center 800-273-8255
(10277 West Olympic Blvd., Los Angeles, CA 90067)
- [OC children and Adolescent Mental Health Services](#)
- [OC Children and Youth Crisis Services](#)

RIVERSIDE COUNTY

- CARES Line – 24/7 resource referral for RC (800) 499-3008
- RC 24/7 Mental Health Urgent Care Centers
 - **Riverside (Adults ages 18 and over)** (951) 509-2499
9890 County Farm Rd. Bldg. 2 Riverside, CA 92503
 - **Perris (Youth & Adults ages 13 & older)** (951) 349-4195
85 Ramona Expressway Suites 1-3, Perris, CA 92571
 - **Palm Springs (Youth & Adults ages 13 & older)** (442) 268-7000
2500 N Palm Canyon Dr. Suite A4 Palm Springs, CA 92262

SACRAMENTO COUNTY;

- Sacramento Suicide Prevention Hotline – 24/7 (916) 368-3111
- Mental Health Crisis Line (888) 881-4881
- [Youth Help Network](#) (TAY 16-25yrs) (833) 333-2YHN

PO Box 93, Berkeley, CA 94701

415-203-3807 / www.healingchange.org / ameetasingh@healingchange.org