

## BEHAVIORAL HEALTH RESOURCE GUIDE

This list includes selected offices and community resources that can be helpful before, during and after a crisis. **Remember that your first call in a life-threatening emergency should be to 911.**

### EMERGENCY RESOURCES

**Kern County Behavioral Health & Recovery Services** - Behavioral Health and Recovery Services is a high quality county department. We utilize many well-respected evidence-based approaches, and are constantly working to improve our ability to serve people of multiple cultures or having complex problems. However what we really hope comes through on our website is that we believe that individuals with mental illnesses or addictions can recover and rejoin us as members of a thriving community.

(661) 868-5000

### CRISIS LINES

**National Suicide Prevention Lifeline (24-hour hotline)** – a crisis line for individuals who are contemplating, threatening, or attempting suicide, including their family and friends. (800) 273-8255  
(800) 273-TALK

**Suicide Prevention Crisis Line (24-hour hotline)** - a 24-hour crisis line for individuals who are contemplating, threatening, or attempting suicide, including their family and friends. (877) 727-4747

**California Youth Crisis Line (24-hours hotline, bilingual)** (800) 843-5200

**Trevor Project (24-hour hotline)** - provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours-visit [www.thetrevorproject.org](http://www.thetrevorproject.org) for more information. (866) 4-U-TREVOR  
(866) 488-7386

**Teen Line (6PM – 10PM)** - a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email and message board also available, with limited hours-visit <http://teenlineonline.org> for more information. (800) 852-8336  
(800) TLC-TEEN

**Parents, Families and Friends of Lesbians & Gays (PFLAG) Helpline** - for individuals or families experiencing issues related to sexual orientation and/or gender identity. (888) 735-2488

**Crisis Text Line** – Text HOME to:

741741

## ONLINE RESOURCES

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**National Suicide Prevention Lifeline** – [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) – for resources including therapy and support group finder, self-care, education on risk factors and warning signs, and safety planning. Also includes information for Spanish speakers, hearing impaired individuals, and service members.

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**TEEN LINE** - <http://teenlineonline.org> - text, email and message board also available, with limited hours-visit website for more information.

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**The Trevor Project** -[www.thetrevorproject.org](http://www.thetrevorproject.org) - provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours-visit website for more information.

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**Family Acceptance Project** – <http://familyproject.sfsu.edu> - for research-based, culturally grounded approaches to helping ethnically, socially and religiously diverse families decrease rejection and increase support for their LGBT children.

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**“My3” App** - <http://www.my3app.org/safety-planning/> - a safety planning tool that allows users to create a safety plan programmed with 3 supportive contact people, the National Suicide Prevention Lifeline, and 911.

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