

# Suicide and Violence Prevention Resources for Service Providers

## National Hotlines (Confidential, anonymous, 24/7):



- [Suicide Prevention Lifeline](#): 1-800-273-8255 or text "HOME" to 741-741.
- [Ayuda en Español](#): 1-888-628-9454
- [Deaf/Hard of Hearing Lifeline](#): Via TTF & Chat 1-800-799-4889
- [California Youth Crisis Line](#): Crisis support for youth. Call 1-800-843-5200
- [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 hours, 7 days a week):

- [Humboldt County Mental 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](#): Free and confidential services for survivors of all ages and genders, regardless of when assault happened. Counseling, advocacy and more. 707-445-2881
- [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:

- [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. 530-646-7269 ext. 1305.
- [Beacon Mental Health Services](#): 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.
- [Humboldt Family Service Center](#): Mental health services on a sliding scale. Medi-Cal accepted. Free walk-ins Mon. 12-4 pm. 1802 California St., Eureka. 707-443-7358.
- [Open Door Community Health Center](#): Primary care and behavioral (mental) health services. [Open Door Teen Clinics](#) offer free, confidential appointments during special walk-in hours..
- [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](#): Adult day center for those living with mental health conditions. Classes, recreational activities and peer support. Open M-F 9 a.m.-4 p.m. 2933 H St, Eureka.
- [Kunle Centre](#): Weekend warm-line for people living with mental health issues who need to talk. Available Fri-Sun from 6 p.m.-12 a.m. Call 707-599-2381.
- [Transition Age Youth Programs](#): Services, activities and social support for youth age 16-26. Drop-in hours Wed. 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.

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- [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
- [WISH Southern Humboldt](#): Domestic violence shelter and emergency services. 707-223-0043.

## Native American 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
- [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. <https://mshoop.org/>

## 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.
- [Man Therapy](#): Take a quick, anonymous “head inspection survey”. That funny feeling in your stomach might not be burrito-related.
- [The Trevor Project](#): Saving young LGBTQ lives. Text and Chat lines for young people.
- [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.
- [Each Mind Matters](#): 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.
- [Friends for Survival](#): Suicide Bereavement outreach. **Suicide Loss Helpline 1-800-646-7322.**

## Learn more online about healthy relationships:

- [LoveisRespect.org](#): Info on healthy relations and (teen) dating violence. Need to talk about your relationship? Call 1-866-331-9474. Text “LOVEIS” to 22522. Or Chat online 24/7.
- [BreaktheCycle.org](#): Learn about dating abuse and how to prevent it. For ages 12-24.

## Apps that can help with mental health and suicide prevention:

- [My3 App](#): Free suicide prevention app. A safety plan for your phone. Upload contacts of important people from your network, list your distractions, and access 24/7 resources.
- [CalmHarm](#): Free app to support people dealing with impulses to self-harm.

## Supporting well-being and mental fitness:

- [VIA Character Survey](#): Find your strengths! Then rock them.
- [“How to Be Happy”](#) social-science-based 45 min. talk with Yale professor Laurie Santos.
- [“The New Era of Positive Psychology”](#): Learn how to support your mental health with some positive psychology strategies from Martin Seligman’s TED Talk.