

SUPPORT GUIDE:

Finding Help for You



 **Take Action**

FOR MENTAL HEALTH

There's no one way to get support. Sometimes it's talking with someone in the moment. Other times, it's a planned check-in convo or a text message. You may be in crisis. You might just be feeling off, overwhelmed, or unsure where to start. That's okay. You don't have to figure it all out alone.

This guide can help you explore what support can look like depending on how you're feeling, what you're ready for, and what feels most comfortable to you or someone you care about.

Find resources that are free, culturally affirming, and available across California. Whether you're a teen, parent, caregiver, 2SLGBTQIA+ person, or just someone trying to hold it together, support is here for you. Before, during, and after a crisis — you have options.



In the Moment: 24/7 Crisis & Emotional Support

When you need someone to talk to now.



988 Suicide & Crisis Lifeline

Call or text 988

24/7, free, confidential

988california.org

If you're overwhelmed, struggling, or just need someone to talk to — day or night — 988 is here for you.

You don't have to be in crisis. You don't even have to know what to say. When you call or text 988, a trained crisis counselor will listen without judgment, help you make sense of what you're feeling, and work with you to create a safety plan if needed.

Your call is confidential. You'll never be forced to share more than you want, and if you prefer to speak in Spanish, that's available too.

You'll be connected to a local counselor who can also suggest nearby services and, if you'd like, follow up with you later to check in. This is free, 24/7, and always there — whether you're reaching out for yourself or someone you care about.



In the Moment: 24/7 Crisis & Emotional Support

When you need someone to talk to now.

The Trevor Project

2SLGBTQIA+ youth support

Call 1-866-488-7386 or text START to 678-678

thetrevorproject.org

If you're a 2SLGBTQIA+ young person going through a tough time, you deserve support from someone who really gets it. The Trevor Project is here for you 24/7 — by phone, text, or online chat.

Whether you're feeling alone, navigating identity, or having thoughts of suicide, their counselors are trained specifically to support 2SLGBTQIA+ youth with empathy and care. They won't judge or rush you. They're here to listen, hold space for what you're feeling, and help you find a path forward.

Everything is free and confidential. You can reach out anytime — even if you're not sure what to say or whether you're in crisis. Just having someone to talk to can make all the difference.





People Who Get It: Peer & Identity-Based Support

Support from someone like you — whether you're a teen, 2SLGBTQIA+, trans, or part of a culturally specific community.



Teen Line

Peer support for teens, by teens

Call 1-800-852-8336 (6 PM–10 PM PT)

or text TEEN to 839863 (6 PM–9 PM PT)

teenline.org

Sometimes, the best person to talk to is someone your own age. Teen Line connects you to trained teen listeners who truly understand what it's like to be a teen today. They get how hard breakups, anxiety, friendships, family pressure, or just being overwhelmed can feel.

You don't have to deal with it alone. Call or text during Teen Line hours (see above) and speak with someone your age — someone trained to listen without judgment and help you talk things through. Teen listeners are supported by licensed professionals.

Outside of those hours? Don't worry — your call will still be answered by a counselor from the 988 Lifeline. And if you're not ready to talk yet, you can still explore Teen Line's anonymous message boards and resource library.

For parents and caregivers: Teen Line also offers tips and tools to help you support the teens in your life. Check out teenline.org/caregivers for guides, signs to look for, and conversation starters.



People Who Get It: Peer & Identity-Based Support

Support from someone like you — whether you're a teen, 2SLGBTQIA+, trans, or part of a culturally specific community.

Friendship Line California

Support for older adults | Call: 888-670-1360
ioaging.org/friendship-line-california

If you're an older adult and just need someone to talk to — whether it's to share a story, remember old times, or get through a hard day, the free Friendship Line in California helps older adults stay connected, day or night. If you're feeling lonely, down, worried, or simply in need of a friendly voice, you can call and speak with someone who will listen with care and without judgment. They understand the changes and challenges that can come with getting older, and believe every conversation matters.

You can also call if you're concerned about a friend, neighbor, or family member who may be an older adult or struggling. The Friendship Line can help you find the right words, know what signs to look for, and feel more confident reaching out to them.



Trans Lifeline

Call: 877-565-8860

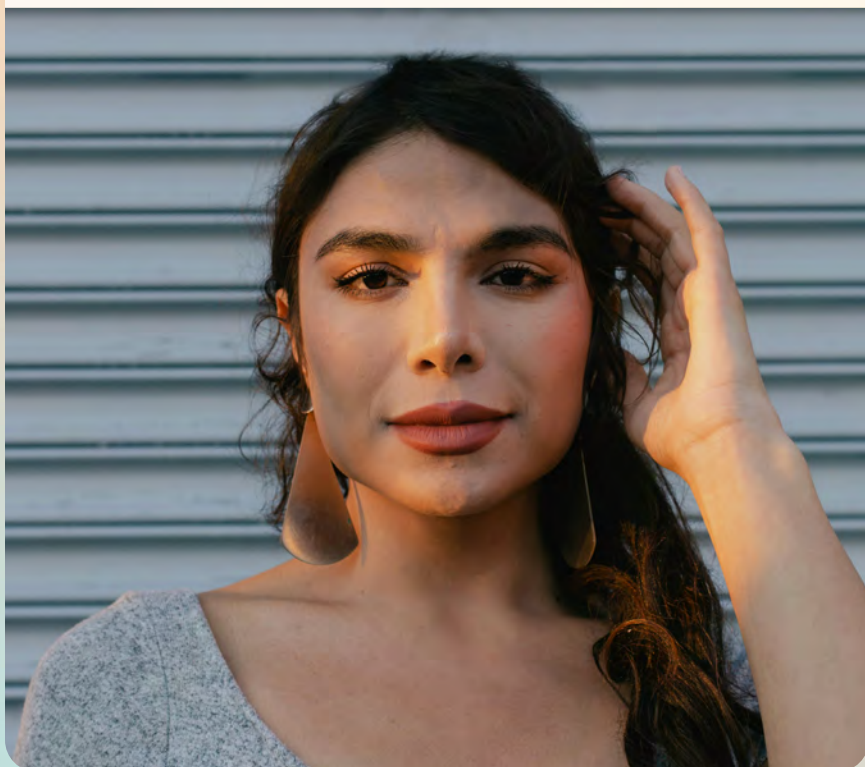
translifeline.org

Hours: M-F, 10 AM–6 PM PT

If you're trans, questioning, or nonbinary, and need to talk to someone who truly gets it, Trans Lifeline is here for you. When you call, you'll connect with a peer — another trans person — who's there to listen, not judge.

You don't have to explain your identity, prove you're in crisis, or worry about emergency services being called without your consent. It's fully confidential and affirming.

Whether you're feeling isolated, facing challenges with identity, or just need to be heard, know that you will find deep and compassionate support on the other line at Trans Lifeline.



On Your Terms: Apps, Coaching & Caregiver Tools

Private, flexible tools and coaching you can access anytime — at your pace, in your language, and for your unique needs.



Support in your Community

Every county is different, but the goal is the same: making sure you can find the right help, right where you live.

Statewide programs like the ones listed here are just the beginning — your county also offers services and support to help you stay connected in your community. From mental health support and local crisis lines to food assistance, transportation programs, and community events, there are resources available for your needs.

How to find them:

- Visit your County's Behavioral Health Department's website and search for "Community Resources" or "Support Service" or a list of programs.
- Ask your local library, community center, or place of worship — they often have up-to-date resource lists.









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Mental Health Services Act (Prop. 63)

