

## HOTLINES

NAME	PHONE	AGES	HOURS	COST	DESCRIPTION
<b>Your Life Your Voice</b>	Call 1 (800) 448-3000 Text HELP to 20121 Email <a href="https://www.yourlifeyourvoice.org/pages/contact.aspx">https://www.yourlifeyourvoice.org/pages/contact.aspx</a>	Preteen-teens	Always open! Call 24/7  Emails take a 48 hour response	Free	<p>If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors.</p> <p>Text with a counselor for free with the following carriers: AT&amp;T, Verizon, T-Mobile, Sprint, Virgin, Cricket, Nextel, Boost, MetroPCS. (standard message &amp; data rates may apply for other carriers)</p> <p>When you email a question we will send a response back to you within 48 hours. We post selected questions and responses on our bulletin board a few days later.</p>
<b>Teen Central</b>	teencentral.com	Teens	24/7	Free	Online resource providing therapeutic support for struggling teens
<b>CA Youth Crisis Line</b>	1 (800) 843-5200	Ages 12-24 years	Always open! Call 24/7	Free	For 34 years, we have listened to hundreds of thousands of youth and families in crisis from all over California about many struggles. Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgment. We do not provide advice. We listen with compassion.
<b>Childhelp National Child Abuse Hotline</b>	Call 1 (800) 442-4453 Text 1 (800) 422-4453	All ages	Always open 24/7	Free	Our counselors are available to talk through child abuse situations if you have questions or need additional support. We can also help research additional resources that may be available to you.
<b>National Sexual Assault Telephone Hotline</b>	Call 1 (800) 656-HOPE (4673)	All ages	24/7	Free	When you call you'll be routed to a local RAINN affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider
<b>Cyber Civil Rights Initiative CCRI</b>	1 (844) 878-2274	Victims of image-based sexual abuse	24/7	Free	CCRI's Mission is to combat online abuses that threaten civil rights and civil liberties. CCRI's Vision is of a world in which law, policy and technology align to ensure the protection of civil rights and civil liberties for all.
<b>Calaveras County Health and Human Services</b>	<i>Local Number</i> (209) 754-3239  <i>CRISIS HOTLINE</i> (800) 499-3030	All ages	Monday-Friday 8:00am-5:00pm  24/7	Free	Crisis response, community aid, emergency preparedness

<b>Amador County Mental Health</b>	Local Number (209) 223-6412  CRISIS HOTLINE (888) 310-6555	All ages	Monday-Friday 8:00am-5:00pm  24/7	Free	24 Hour Crisis Intervention, Medication Management, Psychiatry Services, Case Management, Individual, Psychotherapy, Group Therapy and Support, Wellness and, Recovery Programs, Mobile Support Team, Coordination with Primary Care
<b>IMALive</b>	<i>imalive.org</i>	All ages	24/7 (online network)	Free	An online resource for those who are struggling in their lives and would prefer to use an online resource as opposed to speaking on the phone to receive help
<b>LGBT National Hotline</b>	(888) 843-4564 help@LGBT hotline.org	All ages	Monday-Friday 1pm-9pm  Saturday-9am- 2pm	Free	The Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.
<b>The Trevor Project</b>	Call (866) 488-7386 or Text <a href="https://www.thetrevorproject.org/get-help/">https://www.thetrevorproject.org/get-help/</a>	13- 24 years	Always open! 24/7	Free	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people
<b>Live Violence Free</b>	Crisis Line (530) 544-4444 info@liveviolencefree.org	All ages	24/7	Free	Live Violence Free believes in a survivor-driven model of empowerment - that means you are the expert in your own life. We respect the decisions you make, for you and your family's well being. Our role is to help you achieve your hopes and goals for a future free of violence.
<b>National Domestic Violence Hotline</b>	Call 1 (800) 799-SAFE (7233) Text "START" to 88788	All ages	24/7	Free	Provides information regarding healthy relationships, personal safety, and resources for ending an unhealthy relationship
<b>Love is Respect</b>	Call 1 (866) 332-9474 Text "LOVEIS" to 22522	All ages	24/7	Free	Ask any relationship question
<b>National Center for Missing and Exploited Children</b>	(800) 799-SAFE (7233) (800) 787-3244 TDD	All ages	24/7	Free	Resources and support for if your child goes missing
<b>National Hopeline Network, Suicide &amp; Crisis Hotline</b>	1 (800) 442-HOPE(4673) Local Support: (209) 754-3239	All ages	24/7	Free	Hopeline provides support with trained counselors through this national hotline to prevent suicide

<b>National Human Trafficking</b>	Hotline: 1 (888) 373-7888 Text: 233733	All ages	24/7	Free	Connects victims and survivors of sex and labor trafficking with services and supports to get help
<b>National Runaway Safeline</b>	1 (800) RUNAWAY Text 66008	All ages	24/7	Free	Provides resources to youth considering running away as well as resources for parents
<b>National Suicide Lifeline</b>	1 (800) 273-8255	All ages	24/7	Free	It is available to anyone in suicidal crisis or emotional distress.
<b>Rape, Abuse, Incest National Network (RAIN)</b>	(800) 656-HOPE (4673)	All ages	24/7	Free	Nations largest anti sexual violence organization. Provides survivor resources and education
<b>StrongHearts Native Helpline</b>	1-844-7NATIVE 1-844-762-8483	All ages	24/7	Free	Confidential and anonymous domestic dating, and sexual violence hotline for American Indians and Alaska natives, offering culturally-appropriate support and advocacy
<b>Veterans' Suicide Prevention Hotline</b>	(800) 273-8255, ext. 1 Text 838255	Veterans	24/7	Free	Provides care and support for Veterans who are in crisis
<b>Victim / Witness Assistance Program</b>	(209) 754-6330	All ages	Mon-Fri: 8am-5pm	Free	Information regarding small claims court, bad check restitution and more