



YOUTH MENTAL HEALTH

## **Mental & Emotional Health Resources During COVID-19 Pandemic**

### **National Resources:**

The National Suicide Prevention Hotline: 1-800-273-TALK (8255)  
Substance Abuse & Mental Health Services Admin: 1-800-985-5990 or text TalkWithUs to 66746  
Crisis Hotlines: 1-877-663-5433 or locally at 831-458-5300  
The National Crisis Text Line: text Connect to 741741  
National Hopeline Network: 1-800-784-2433  
LGBTQ+ National Youth Talkline: 1-800-246-7743

### **California Based Resources:**

California YOUTH Crisis Line: 1-800-843-5200  
California Peer-Run Warm Line: 1-855-845-7415  
Beacon Health, Mental Health referrals for Medi-Cal beneficiaries: 1-855-765-9700

### **Monterey County Based Resources:**

Natividad Medical Center Crisis Line: 831-755-4111  
Monterey County Behavioral Health: 888-258-6029  
Community Human Services: 831-658-3811  
Interim, Inc. OMNI Warmline: Call 831-800-7660, text 831-998-7916, [omni@interiminc.org](mailto:omni@interiminc.org)  
Valley Health Associates: Youth Outpatient Drug Treatment: 831-424-6655  
Equine Healing Collaborative, Marriage and Family Therapists and Social Workers, 831-582-1017  
Harmony at Home: Carmel (831) 625-5160, Salinas (831) 272-6644, [Sarah@Harmony-At-Home.org](mailto:Sarah@Harmony-At-Home.org)  
NAMI (National Alliance for Mental Illness) Monterey: [info@namimonterey.org](mailto:info@namimonterey.org) or 831-422-NAMI  
Monterey County United Way: Call 2-1-1 or text your zip code to 898-211  
Sam's Guide: [http://mcdss.co.monterey.ca.us/docs/SAM's\\_GUIDE\\_2019.pdf](http://mcdss.co.monterey.ca.us/docs/SAM's_GUIDE_2019.pdf)

**YOU ARE NOT ALONE!**

**YOU DESERVE SUPPORT!**

**THERE ARE PEOPLE READY TO HELP!**