

## **Emergency Assistance**

### **[Crisis Text Line](#)**

Text HOME to - 741741

Free, 24/7 support at your fingertips

### **[North Bay Suicide Prevention Hotline](#)**

Sonoma County Department of Health Services - Behavioral Health Division provides resources for people and their loved ones that are experiencing depression and/or thoughts of suicide.

The North Bay Suicide Prevention hotline is a toll-free, confidential 24/7 suicide prevention hotline (1-855-587-6373) that will connect you a trained crisis counselor.

### **[The National Suicide Prevention Lifeline at 800-273-TALK \(8255\)](#)**

**The Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.

### **[Trevor Project Suicide 24/7 Hotline 1-866-488-7386](#)**

**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 ages 13-24. If you have students thinking about suicide, they deserve immediate help - the Trevor Lifeline can help.

### **[Trans Lifeline at 877-565-8860](#)**

**Trans Lifeline** is dedicated to the well-being of transgender people. Trans Lifeline runs a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.