



## Selected COVID-19 Resources and Assistance: MENTAL HEALTH CRISIS REFERRALS FOR ALAMEDA COUNTY

Service	Contact Info	Hours	Description
ACCESS	<ul style="list-style-type: none"> <li>1-800-491-9099</li> </ul>	8:30-5:00 M-F, after hours calls automatically go to Crisis Support Services	Referrals for mental health and supportive services; in all threshold languages. ACCESS is a telephone service staffed from 8:30-5:00 M-F by licensed mental health clinicians and administrative support for both general behavioral health questions and determining eligibility for a range of outpatient services.
Crisis Support Services of Alameda County	<ul style="list-style-type: none"> <li>1-800-273-8255</li> </ul>	24-hr hotline for calls	“If you or someone you know is struggling with difficult life circumstances or uncomfortable thoughts and emotions we are here to help. You do not need to be experiencing suicidal thoughts or feelings to call. Trained Crisis Line Counselors are available 24/7 to take your call.”
Crisis Support Services of Alameda County – <i>Teen Text Line</i>	<ul style="list-style-type: none"> <li>Text “SAFE” to 20121</li> </ul>	Between 4pm and 11pm daily	Set up for teens but adults can also use this service. After texters send the word SAFE to 20121 to start a session, they will immediately receive auto messages letting them know they have texted our Text Line Program. If it is during our operating hours, they will then receive a message from a trained counselor within a few minutes. Counselors will not judge. They are supportive listeners.
Alameda County Substance Use Treatment & Referral Helpline	<ul style="list-style-type: none"> <li>1-844-682-7215</li> </ul>	24-hr hotline for calls	For screening and referrals to any substance use level of care within our system in Alameda County.
National Suicide Prevention Lifeline	<ul style="list-style-type: none"> <li>1-800-273-8255 (English)</li> <li>1-888-628-9454 (Spanish)</li> </ul>	24-hr hotline for calls	If you’re thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. The Lifeline is available for everyone, is free, and confidential.
Disaster Distress Helpline	<ul style="list-style-type: none"> <li>1-800-985-5990 <i>or</i></li> <li>Text “TalkWithUs” to 66746</li> </ul>	24-hr hotline for calls	SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.