

Stigma, Suicide and Violence Prevention Resources for Service Providers

National Hotlines (Confidential, anonymous, 24/7):



- **Suicide Prevention Lifeline**: 1-800-273-8255 or text "HOME" to 741-741.
- **Ayuda en Español**: 1-888-628-9454
- **Deaf/Hard of Hearing Lifeline**: Via TTF & Chat 1-800-799-4889
- **California Youth Crisis Line**: Crisis support for youth. Call 1-800-843-5200
- **Elderly Friendship Line**: For ages 60+. Call 1-800-971-0016.
- **The Trevor Project**: For LGBTQ youth. Call 1-866-488-7386.
- **National Sexual Assault Hotline**: 1-800-656-HOPE (4673)
- **The National Human Trafficking Hotline**: 1-888-373-7888 or text 233733.

Local Hotlines (Local support available 24 hours, 7 days a week):

- **Humboldt County Mental Health: Same-Day Services 707-445-7715**. Assessments and referrals for ongoing treatment also available for moderate to severe mental health concerns.
- **North Coast Rape Crisis Team**: Free and confidential services for survivors of all ages and genders, regardless of when assault happened. Counseling, advocacy and more. 707-445-2881
- **Humboldt Domestic Violence Services**: 1-707-443-6042
- **Child Welfare Services, Emergency Response, Abuse Reports**: 707-445-6180
- **Adult Protective Services, Elder Abuse Reports**: 707-476-2100/1-866-527-8614

More local support and services for mental health and suicide prevention:

- **North American Mental Health Services**: Free tele- mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. Faith-based counseling upon request only. 530-646-7269 ext. 1305.
- **Beacon Mental Health Services**: Free to Partnership Medi-Cal members, always. Up to 6 sessions per month. Call 855-765-9703 to determine eligibility, complete assessment and find a clinician.
- **Humboldt Family Service Center**: Mental health services on a sliding scale. Medi-Cal accepted. Free walk-ins Mon. 12-4 pm. 1802 California St., Eureka. 707-443-7358.
- **Open Door Community Health Center**: Primary care and behavioral (mental) health services. Open Door Teen Clinics offer free, confidential appointments during special walk-in hours..
- **Humboldt County DHHS**: Questions about your healthcare coverage with Medi-Cal or Covered California? Lots of services out there, especially for people under age 18. 1-877-410-8809.
- **The Hope Center**: Adult day center for those living with mental health conditions. Classes, recreational activities and peer support. Open M-F 9 a.m.-4 p.m. 2933 H St, Eureka.
- **Kunle Centre**: Weekend warm-line for people living with mental health issues who need to talk. Available Fri-Sun from 6 p.m.-12 a.m. Call 707-599-2381.
- **Transition Age Youth Programs**: Services, activities and social support for youth age 16-26. Drop-in hours Wed. 1-4 p.m. at 433 M St., Eureka. Call 707-476-4944.
- **Hospice of Humboldt**: Free grief support services, groups and classes for adults and teens. 3327 Timber Fall Ct, Eureka. Call 707-445-8443.
- **National Alliance for Mental Illness (NAMI), Humboldt**: For friends and family members supporting those with serious mental illness. Learn how to navigate services and meet others going through the same things. Free support groups weekly. Call 707-444-1600 (message line).
- **Making Headway Center** for brain injury recovery. Counseling, batterer-intervention programs and more. Call 707-442-7668.
- **First5 Playgroups**: For kids ages 0-5 and their parents/caregivers. Great way to connect with community. Locations throughout Humboldt County. Call 707-445-7389.

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- **[St. Joseph Health Community Resource Centers](#)**: Referrals, health information and support with applications, employment, clothing, food and more. Call the center near you for more information.
- **[District Attorney Victim Witness](#)**: Help for victims or witnesses to crimes. 707-445-7417
- **[WISH Southern Humboldt](#)**: Domestic violence shelter and emergency services. 707-223-0043.

Native American Resources:

- **[United Indian Health Services](#)**: Medical and behavioral (mental) health care for those of Native descent. Call 707-825-5000 to learn more.
- **[Two Feathers Native American Family Services](#)**: Local support for Native families and mental health programs for Native youth throughout Humboldt County. 707-839-1933
- **[We R Native.org](#)**: For Native Youth, by Native Youth. Resources on culture, life and relations, mental health, suicide prevention and help seeking.
- **[Mending the Sacred Hoop](#)**: Native information on strengthening tribal communities to end domestic violence. <https://mshoop.org/>

Learn more online about mental health challenges and suicide prevention:

- **[American Foundation for Suicide Prevention](#)**: National resources, information for preventing suicide, dealing with suicide loss, and so much more!
- **[Now Matters Now](#)**: For suicide prevention and mental health. Practical strategies and instructional videos from people who have been there.
- **[Man Therapy](#)**: Take a quick, anonymous “head inspection survey”. That funny feeling in your stomach might not be burrito-related.
- **[The Trevor Project](#)**: Saving young LGBTQ lives. Text and Chat lines for young people.
- **[Know the Signs](#)**: Learn how to prevent suicide. Know the Signs. Find the Words. Reach Out.
- **[Seize the Awkward](#)**: Learn how to reach out. Funny videos with deep meaning and big heart.
- **[Each Mind Matters](#)**: Learn more about California’s mental health movement.
- **[TherapistAid.com](#)**: Therapy worksheets, videos and tools. Free, for everyone.
- **[Post-Partum International](#)**: Resources for new moms, including online support meetings and a help line. English and Spanish. Call 1-800-944-4773 or text 502-894-9453.
- **[Friends for Survival](#)**: Suicide Bereavement outreach. **Suicide Loss Helpline 1-800-646-7322.**

Learn more online about healthy relationships:

- **[LoveisRespect.org](#)**: Info on healthy relations and (teen) dating violence. Need to talk about your relationship? Call 1-866-331-9474. Text “LOVEIS” to 22522. Or Chat online 24/7.
- **[BreaktheCycle.org](#)**: Learn about dating abuse and how to prevent it. For ages 12-24.

Apps that can help with mental health and suicide prevention:

- **[My3 App](#)**: Free suicide prevention app. A safety plan for your phone. Upload contacts of important people from your network, list you distractions, and access 24/7 resources.
- **[CalmHarm](#)**: Free app to support people dealing with impulses to self-harm.

Supporting well-being and mental fitness:

- **[VIA Character Survey](#)**: Find your strengths! Then rock them.
- **[“How to Be Happy”](#)** social-science-based 45 min. talk with Yale professor Laurie Santos.
- **[“The New Era of Positive Psychology”](#)**: Learn how to support your mental health with some positive psychology strategies from Martin Seligman’s TED Talk.