

Teen Emergency and Wellness Resources



Emergency and Crisis Hotlines

- Emergency: 911
- Santa Clara County Suicide and Crisis Hotline: 1-855-278-4204
- Crisis Text Line: Text 741741
- Bill Wilson Youth Hotline 408-850-6140
- California Youth Crisis Line: 1-800-843-5200
- Self-Injury/Cutting: 1-800-DONT-CUT (1-800-366-8388)
- National Runaway Switchboard: 1-800-RUNAWAY

Mental Health Services

- National Alliance on Mental Illness (NAMI): 408-453-0400, 1-800-950-6264
- Bill Wilson Youth Mental Health Services: 408-243-0222
- Adolescent Counseling Services: 650-424-0852 x108

Sexual Assault and Child Abuse Resources

- Santa Clara County Child Abuse and Neglect Center: 1-822-SCC-Kids
- Legal Advocates for Children and Youth: 408-280-2416
- YWCA Silicon Valley: 1-800-572-2782 <https://ywca-sv.org/support-services/>
- National Sexual Assault Hotline (RAINN): 1-800-656-HOPE (4673) (www.rainn.org)

Domestic Violence Help/Hotlines

- Community Solutions (South County): 1-877-END-SADV (1-877-363-7238)
- Next Door Solutions to Domestic Violence: 408-279-2962
- YWCA Silicon Valley: 1-800-572-2782
- Asian Americans for Community Involvement: 408-975-2739
- Maitri: 1-888-862-4874

Sexual and Reproductive Health Services

- Planned Parenthood: 1-800-230-PLAN (www.plannedparenthood.org/)
- America's Pregnancy Help Line: 1-866-942-6466 (www.thehelpline.org/)
- STD/STI Hotline: 1-800-227-8922

Drug and Alcohol Recovery Services

- Santa Clara County Substance Use Services: 1-800-488-9919
- Substance Abuse National Hotline: 1-800-662-HELP (4357)
- Peninsula Young People in AA: www.penypaa.org
- California Smokers Helpline: Smokers: 1-800-662-8887 Vape Users: 1-844-866-8273

LGBTQ Resources

- Santa Clara Office of LGBTQ: 408-678-2900
- Billy DeFrank Center: 408-293-3040
- The LGBTQ Youth Space: 408-343-7940
- Gay and Lesbian Youth Hotline: 1-800-347-TEEN
- The Outlet Program/Adolescent Counseling Services: 650-424-0852
- National LGBTQ Help Line (Trevor Lifeline): 1-866-488-7386

Housing and Meals

- Santa Clara County Housing: 1-877-428-8844
- Second Harvest Food Bank: 1-800-984-3663

Employment Opportunities

- Youth at Work: www.youthatwork.org/
- Work to Future: www.work2future.biz/