

SHASTA COUNTY CRISIS RESOURCES

**Note: Some services may have changed due to COVID-19,
Please call to confirm hours and services available**

Available resources and services for those experiencing a crisis.

In the case of a life threatening emergency, call 911



24-HOUR CRISIS SERVICES

CA Youth Crisis Line (CYCL)

“The California Youth Crisis Line operates 24/7 as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors provide crisis intervention counseling and resource referrals to service providers in the caller’s local community. Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgement. We do not provide advice. We listen with compassion.”

Contact: (800) 843-5200

Website: <https://calyouth.org/cycl/>

Last Verified: 02/03/2021

Hill Country Mobile Crisis Outreach Team

“The Hill Country Mobile Crisis Outreach Team provides on-the-spot urgent mental health services. MCOT will respond to crisis situations within the Shasta County area, from people’s homes to the streets.

A clinician and case manager team work closely with law enforcement, emergency rooms, as well as businesses and agencies to provide direct, face-to-face support for those in crisis.”

Location: 1401 Gold St.
Redding, CA 96001

General Information: (530) 238-7134

Urgent response: (530) 238-7133

Website:

https://www.co.shasta.ca.us/index/hhsa_index/mental_wellness/crisis_mh/c.a.r.e.-center/mobile-crisis-outreach-team

Last Verified On: 02/03/2021



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24-HOUR CRISIS SERVICES, Continued

National Runaway Safeline

“Get support. We are here to listen and here to help. We will listen to your story. We are available 24/7 for youth and families in crisis.”

Contact: (800) 786-2929

Text: 66008

Website: <https://www.1800runaway.org/youth-teens/>

Last Verified On: 02/03/2021

National Suicide Prevention Lifeline

Contact: (800) 273-8255 (TALK)

Contact: (888) 628-9454 Spanish Speaking Hotline

Website: <https://suicidepreventionlifeline.org/>

Last Verified: 02/03/2021

Shasta County Crisis Mental Health

Location: 2615 Breslauer Way, Building 5
Redding, CA 96001

24-Hour Crisis Services: (530) 225-5252

24-Hour Crisis Services: (888) 385-5201

Contact: (530) 244-2222

Website:

https://www.co.shasta.ca.us/index/hhsa_index_mental_wellness.aspx

Last Verified On: 02/03/2021

Strength After

“If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7. Our mission is to provide a hub to share stories of hope and recovery encompassing all types of natural and human-caused disaster. Strength After... highlights the resilience of individuals and communities while providing a resource for other survivors and responders.”

Contact: (800) 985-5990

Website: <https://strengthafterdisaster.org/>

Last Verified On: 02/03/2021

Trevor Lifeline – LGBTQ Youth

“We provide crisis intervention and suicide prevention for LGBTQ youth.”

Contact: 1 (866) 488-7386

Text: START to 678678

Website: <https://www.thetrevorproject.org/get-help-now/>

Last Verified On: 02/03/2021

Your Life Your Voice

“You don’t have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7.”

Contact: (800) 448-3000

Text: VOICE to 20121

Website:

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

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DOMESTIC VIOLENCE & ABUSE RESOURCES

Adult Protective Services

"Is committed to helping seniors (65 and older) and dependent adults (ages 18-64) live in a safe environment free from abuse and exploitation. APS investigates, intervenes and provides services to those who are unable to protect their own interests or to care for themselves. Social workers investigate allegations of abuse, neglect, exploitation and abandonment, and also help provide information and referrals for housing, food, clothing and case management."

Location: 2640 Breslauer Way
Redding, CA 96001

24/7 Adult Protection Hotline:
(530) 225-5798

Website:

https://www.co.shasta.ca.us/index/hhsa_index/Health_and_Safety/adult_protective_services.aspx

Last Verified On: 02/03/2021

Male Survivor

"Facilitate dialogue among survivors, as well as between survivors and professional therapists, on our online forums and at in-person events."

Website: <https://malesurvivor.org/>

Last Verified On: 02/03/2021

One Safe Place

"One SAFE Place is a Multi-services agency which provides legal services, safety, and emotional support to intimate partners, children, and seniors affected by domestic violence and sexual assault. Together, we will work toward a future where everyone in our community feels strong, healthy, and safe at home."

Location: 2250 Benton Drive
Redding, CA 96003

Contact: (530) 244-0117

Website: <https://ospshasta.org/>

Last Verified On: 02/03/2021

Love is Respect

"Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources."

Contact: (866) 331-9474

Text: LOVEIS to 22522

Website: <https://www.loveisrespect.org/>

Last Verified On: 02/03/2021

The Rape, Abuse & Incest National Network (RAINN)

"Largest anti-sexual violence organization. Carries out programs to prevent sexual violence, help survivors. And ensure that perpetrators are brought to justice."

24/7 Help Hotline: (800) 656-4673

Website: <https://www.rainn.org/>

Last Verified On: 02/03/2021

RedRover

"Preserving the human-animal bond by financial assistance, resources and support to low-income individuals and survivors of domestic violence and their pets, so families can escape abuse together and stay together."

Contact: (916) 429-2457

Website: <https://redrover.org/relief/>

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DOMESTIC VIOLENCE & ABUSE RESOURCES, Continued

Shasta County Child Protective Services

“Children’s Services provides child welfare and children’s mental health services, along with an array of other services to children and families in Shasta County. A 24 hour hotline is available for reporting suspected abuse or neglect. Child welfare also provides stability to children and teens in foster care. Our team-based case management system provides intensive support to abused and neglected children and their families.”

Contact: (530) 225-5650

24/7 Child Abuse Hotline: (530) 225-5144

Website:

<https://www.co.shasta.ca.us/index/hhsa/childrens-services/child-welfare>

Last Verified On: 02/03/2021

FAMILY SUPPORT SERVICES FOR TERMINALLY ILL CHILDREN

Talk About Grief

“Virtual Grief Support Group. Many children have a hard time grieving the loss of someone close to them. Community Hospice offers resources for children and teens no matter where they are on their grief journey to help ease the pain...Our Child Grief Support Programs supports children and teens who are grieving the death of someone close to them and are offered free of charge. Through the Child Grief Support Programs at Community Hospice, grieving children and teens are able to share their story about their loss, learn healthy ways to cope, and connect with other children and teens that have had similar losses.”

Contact: (209) 578-6300

Website: <http://heal.hospiceheart.org/youth-support/>

Last Verified On: 02/03/2021

Wings of Angels

“The purpose of Wings is to assist families with seriously ill children who are required to travel for treatment. Services include, but not limited to: prepaid grocery and gas cards, emergency vehicle repairs, memorial service donations and payment for past due utility/phone bills.”

Contact: (530) 378-2373

Website: <https://www.aawoa.com/contact-us.html>

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FOSTER AND KINSHIP SUPPORT SERVICES

Family Urgent Response System (FURS)

“FURS is a free 24/7/365 Hotline for current and former foster youth (up to age 21) and their caregivers with immediate, trauma-informed support when they need it. FURS assists to prevent placement disruptions, promotes healing as a family and is a safe, judgement free, and private space to talk about your worries and vent.”

Call or Text Hotline: (833) 939-3877

Contact: (916) 657-1858

Website:

<https://cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>

Last Verified On: 03/01/2021

MENTAL HEALTH CRISIS RESOURCES

Beacon Health Options

“Beacon’s system is built on a strong support structure of doctors, nurses, advocates, and mentors fulfilling members’ behavioral, physical, and social health needs.”

Contact: (855) 765-9703

Website:

<https://www.beaconhealthoptions.com/>

Last Verified On: 02/03/2021

Gambler’s Anonymous Hotline-Northern California

Contact: (855) 222-5542

Last Verified: 02/03/2021

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