

# LASSEN COUNTY YOUTH RESOURCES

## CRISIS HOTLINES

### 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: 10/09/2023

### 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: 10/09/2023



### Trevor Lifeline

“Website, chat, & text crisis support, specializing in LGBTQ youth suicide prevention.”

**Contact:** (866) 488-7386

**Text:** START to 678678

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

Last Verified On: 10/09/2023

## DOMESTIC VIOLENCE & ABUSE RESOURCES

### Lassen Family Services

“Lassen Family Services provides prevention and intervention services to victims of violence in Lassen County. Working within our community to promote and participate in intervention, education, and advocacy to prevent domestic violence, sexual assault, child abuse and elder abuse.”

**Location:** 1306 Riverside Drive  
Susanville, CA 96130

**24-Hour Crisis Line:** (888) 289-5004

**Contact:** (530) 257-5008

**Website:** <http://lassenfamilyservices.org>

Last verified on: 10/09/2023

### 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: 10/09/2023

# LASSEN COUNTY YOUTH RESOURCES

## EDUCATION & EMPLOYMENT

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### California Student Aid Commission

“If you are or were in foster care for at least one day, between the ages of 16 and 18 as a dependent or ward of the court and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college. You don’t have to pay this money back. You may also be able to use your grant to help pay for child care, transportation and rent while you’re in school. You can use your Chafee Grant at any eligible California college or university or career or technical school, as well as schools in other states.”

**Website:** <https://chafee.csac.ca.gov/>

Last Verified On: 10/09/2023

## FAMILY RESOURCE CENTERS

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### Big Valley Family Resource Center

“Bringing Services to the Big Valley Community in Lassen and Modoc Counties.”

**Location:** 125 Highway 299 East  
Bieber, CA 96009

**Contact:** (530) 294-5700

**Website:**

<http://www.bigvalleynews.net/BVFRCmap.html>

Last Verified On: 10/09/2023

### Lassen Child & Family Resources

“Lassen Child and Family Resources strives to ensure that children and families in Lassen County have access to quality child care and other resources that will support the positive growth and development of children.”

**Location:** 472-013 Johnstonville Road  
Susanville, CA 96130

**Contact:** (530) 257-9781

**Website:** <http://www.lassencfr.com>

Last verified on: 10/09/2023

# LASSEN COUNTY YOUTH RESOURCES

## FOSTER CARE & KINSHIP SUPPORT SERVICES

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### **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: 10/09/2023

### **EA Family Services – Foster Family Agency**

“We offer a variety of services and referrals to support and educate foster families and group home representatives, as well as the youth in their care.”

**Location:** 2003 Main Street  
Susanville, Ca 96130

**Contact:** (530) 257-6616

Last Verified On: 10/09/2023

### **Mountain Circle Family Services**

**Location:** 96 S. Main Street  
Greenville, CA 95947

**Contact:** (844) 540-8618

Last verified on: 10/09/2023

## MENTAL HEALTH SERVICES

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### **Carelon Behavioral Health (formerly Beacon)**

“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.carelon.com>

Last Verified On: 10/09/2023

### **Lassen County Crisis Stabilization Unit**

“We provide 24-hour services to help you resolve crisis mental health situations. If you feel that you are in a mental health crisis, please contact us”

**Location:** 555 Hospital Lane  
Susanville, CA 96130

**24-Hour Crisis Services:** (888) 530-8688

**Contact:** (530) 251-8108

**Website:**

<http://www.lassencounty.org/node/142>

Last Verified On: 10/09/2023

# LASSEN COUNTY YOUTH RESOURCES

## MENTAL HEALTH SUPPORT SERVICES

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### 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>

Last Verified On: 10/09/2023

### CalHOPE – Soluna

“Mental Health coaching and resources for teens and young adults ages 13-25.”

**Website:** <https://solunaapp.com/>

Last Verified On: 01/25/2024

### SafeSpace

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities. We create and implement initiatives to change the conversation around mental health by educating and encouraging our peers to speak up, support others, and seek help when needed.”

**Website:** <https://safespace.org/>

Last Verified On: 10/09/2023

### SafeSpace Stories – Podcast

“Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource.”

**Website:**

<https://www.safespacestories.org/projects-7>

**Apple Podcast:**

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

**Spotify:**

[https://open.spotify.com/show/49338MHg6LAE\\_nBaOq1RSSC?si=b97a00f41db94211&nd=1](https://open.spotify.com/show/49338MHg6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1)

Last Verified On: 10/09/2023

### 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: 10/09/2023

# LASSEN COUNTY YOUTH RESOURCES

## PHC MEMBER BENEFITS

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### Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

### Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 10/09/2023

## PHONE / APP SUPPORT

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### Actively Moving Forward – Heal Grief App

“The AMF Heal Grief App provides a national network of young adults all connected, heard, and understood by other like-minded young adults grieving a similar death loss, in a way young adults communicate best, digitally, and 24/7. All through the App, community members have access to facilitated virtual support groups, tools, resources, reading, videos, and supportive quotes, community engagement via direct messaging, group chats, posts, and interactive comment boards that bereavement care professionals monitor.”

**Website:** <https://healgrief.org/amf-app/>

Last Verified On: 10/09/2023

### All-Options

“Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.”

**Talkline:** (888) 493-0092

Last Verified On: 10/09/2023

### BE STRONG APP

“The Be Strong APP unites power with choice that saves & changes lives. You’ll find resources, support, intervention and best practices on combatting many adversities by increasing resilience, supporting you in emotional, behavioral and everyday challenges. If you or those you know are struggling with hunger, housing, escaping violence, mental health and more...help is at your fingertips.”

**Contact:** (954) 246-5807

**Email:** <https://bestrong.global/#contact>

**Website:** <https://bestrong.global/#download-app>

Last Verified On: 10/09/2023

# LASSEN COUNTY YOUTH RESOURCES

## SUPPORT SERVICES

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### **Alyssa Araiza Wings of Angels Organization**

“Committed to aiding families who have children suffering with pediatric cancer or life threatening illness by providing unique support in ways other organizations do not. Families served live in Shasta, Siskiyou, Trinity, Lassen, and Modoc counties in Northern California.”

**Location:** 6907 Weeks Road  
Redding, CA 96002

**Contact:** (530) 378-2373

**Website:** <https://www.aawoa.com/>

Last Verified: 10/09/2023

### **Lassen Child & Family Resources**

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Susanville, CA 96130

**Contact:** (530) 257-9781

**Website:** <http://www.lassencfr.com>

Last Verified On: 10/09/2023

### **Co-Dependents (CoDa) Anonymous**

“Dedicated to everyone who struggles with issues of codependence.”

**Website:**

<http://locator.coda.org/index.cfm?page=usCitymeetings.cfm&state=CA&city=Westwood>

Last Verified on: 10/09/2023

### **Lassen Foster Youth Services**

“Foster Youth Services Coordinating Programs provide support services to foster children who suffer the traumatic effects of displacement from family and schools and multiple placements in foster care. FYSC Programs have the ability and authority to ensure that health and school records are obtained to establish appropriate placements and coordinate instruction, counseling, tutoring, mentoring, vocational training, emancipation services, training for independent living, and other related services.”

**Location:** 2950 Riverside Drive,  
Susanville, CA 96130

**Contact:** (530) 251-8173 / (530) 257-9160

**Website:** <https://www.lassenfys.com/>

Last Verified On: 10/09/2023

## TRANSITIONAL HOUSING

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### **Cross Roads**

“Crossroads Ministry provides resources such as Transitional Housing, Homeless Assistance, Food services and so much more to Lassen County.”

**Location:** 2410 Main Street  
Susanville, CA 96130

**Contact:** (530) 251-0701

**Website:**

<https://www.crossroadssusanville.org/programs>

Last verified on: 10/09/2023