

SIERRA COUNTY CRISIS RESOURCES

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)

“CYCL 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.”

Call or Text: (800) 843-5200

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

Last Verified On: 02/06/2024

National Runaway Safeline

“Our crisis services center team is available 24/7/365. Reach out to us in a way that works best for you. We are here to listen and here to help.”

Contact: (800) 786-2929

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

Last Verified On: 02/06/2024

National Suicide Prevention Lifeline

“Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.”

Contact: (800) 273-8255

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

Last Verified On: 02/06/2024



Sierra County Behavioral Health

“When someone is experiencing a severe mental health crisis they may need face to face response urgently. Mobile crisis providers will respond to wherever the crisis is occurring in the local community and will work to stabilize individuals in their home setting.”

Contact: (877) 757-0029

Website:

<https://www.sierracounty.ca.gov/181/Behavioral-Health>

Last Verified On: 02/06/2024

Strength After

“If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7/365.”

Contact: (800) 985-5990

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

Last Verified On: 02/06/2024

The Trevor Project, LGBTQ Youth

“We provide information & support to LGBTQ young people 24/7, all year round.”

Contact: (866) 488-7386

Text: START to 678-678

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

Last Verified On: 02/06/2024



SIERRA COUNTY CRISIS RESOURCES

24-HOUR CRISIS SERVICES, Continued

Your Life Your Voice

“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.”

Contact: (800) 448-3000

Text: VOICE to 20121

Website:

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

[aspX](https://www.yourlifeyourvoice.org/Pages/home.aspx)

Last Verified On: 02/06/2024

DOMESTIC VIOLENCE & ABUSE RESOURCES

Plumas Crisis Intervention & Resource Center

“Serving Plumas & Sierra County community members, the mission of the organization is to function as a safety net provider of countywide services that offers individuals and families the opportunity to live to their own potential and be treated with dignity and respect.”

Location: 591 W. Main St

Quincy, CA 95971

Contact: (530) 283-5515

Website: <https://www.pcirc.com/>

Last Verified On: 02/06/2024

Male Survivor

“Committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.”

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

Last Verified On: 02/06/2024

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.”

Location: 2250 Benton Drive

Redding, CA 96003

Contact: (530) 244-0117

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

Last Verified On: 02/06/2024

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: 02/06/2024

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: 02/06/2024

RedRover

“Provides emergency sheltering, training, consultations for animals displaced by natural disasters and other crises.”

Contact: (916) 429-2457

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

Last Verified On: 02/06/2024



SIERRA COUNTY CRISIS RESOURCES

DOMESTIC VIOLENCE & ABUSE RESOURCES, Continued

Sierra Safe Program

“The mission of the organization is to function as a safety net provider of countywide services that offers individuals and families the opportunity to live to their own potential and be treated with dignity and respect.”

Location: 513 Main Street

Loyalton, CA 96118

Contact: (530) 993-1237 or (877) 332-2754

Website: <https://www.pcirc.com/>

Last Verified On: 02/06/2024

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

Website: <https://www.cal-furs.org/>

Last Verified On: 02/06/2024

MENTAL HEALTH CRISIS RESOURCES

Sierra County Behavioral Health

“Our goal is to offer services in a supportive environment that focuses on recovery. Regardless of ability to pay, the Behavioral Health Department provides emergency crisis assessments and other services.”

Contact: (530) 993-6746

Website:

<https://www.sierracounty.ca.gov/181/Behavioral-Health>

I-Health

Last Verified On: 02/06/2024

Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

Contact: (855) 765-9703

Website: <https://www.carelon.com>

Last Verified On: 02/06/2024