

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: 10/10/2023

National Runaway Safe line

“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: 10/10/2023



The Trevor Project, LGBTQ Youth

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

Contact: (866) 488-7386

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

Last Verified On: 10/10/2023

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: 10/10/2023

TEHAMA COUNTY YOUTH RESOURCES

DOMESTIC VIOLENCE & ABUSE RESOURCES

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: 10/10/2023

Victor Treatment Centers

“At Victor Treatment Centers we give neglected and abused children and teens a safe, caring home during a season when their birth parents are struggling or need some time to recover from challenges. You provide the home and the heart, we provide the support you need to change the life of a young person. At Victor Treatment Centers our mission is to be a catalyst for sustained improvement in the lives of those we touch. Together, we can help our kids and families soar.”

Location: 118 Belle Mill Road

Red Bluff, CA 96080

Contact: (530) 840-2000

Website: <https://www.victor.org/red-bluff>

Last Verified On: 10/05/2023

Empower Tehama

“Empower Tehama’s mission is to promote healthy relationships and social change in our community. Breaking the cycle of violence that affects an entire community begins with empowering individuals to make choices that are healthy and safe for themselves and those around them. Empower Tehama provides education, intervention programs and responsive services designed to inspire personal transformation.”

Location: 1805 Walnut Street

Red Bluff, CA 96080

Contact: (530) 528-0226 (24 Hour hotline)

Office hours: M-F 9am-4pm

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

Last Verified On: 10/05/2023

TEHAMA COUNTY YOUTH RESOURCES

EDUCATION & EMPLOYMENT

California Heritage Youth Build Academy (CHYBA)

“The CHYBA is open to students 16-24 years old who need a second chance and are committed to self-improvement. If you are seeking a high school diploma with the opportunity to gain job skills and training, CHYBA is for you! ”

Location: 8544 Airport Road
Redding, CA 96003

Contact: (530) 378-5254

Website: <http://www.chybacharter.com/http>

Last Verified On: 10/10/2023

Resource Conservation District/ Tehama County

“The RCD of Tehama County inspires future generations of Tehama County stewards. Staff are trained and ready to roll out Next Generation Science Standards (NGSS) hands-on science learning and environmental literacy for youth K-12.”

Location: 2 Sutter ST #D
Red Bluff, CA 96080

Contact: (530) 727-1280

Website:

<https://www.tehamacountyrcd.org/youth-education-programs>

Last Verified On: 10/05/2023

Department of Rehabilitation

“DOR Student Services are activities that support you in exploring and preparing for the world of work. Services are based on your interests – you could try a bunch of activities, or just a few. DOR Student Services include all of the activities listed on the Explore Your Options and Get Ready to Work pages.

They're also a fast track to services, so you can get started right away”.

Location: 705 Pine Street
Red Bluff, CA 96080

Contact: (530) 529-4270

Website:

<https://www.dor.ca.gov/Home/StudentServices>

Last Verified On: 10/05/2023

TEHAMA COUNTY YOUTH RESOURCES

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: 10/10/2023

Children First/ Foster Family Agency

“Children First FFA is a private, non-profit organization in Northern California that is dedicated to helping change lives by providing a safe place for children to heal in a culture of love, acceptance, and consistency.”

Location: 590 Antelope Blvd.

Red Bluff, CA 96080

Contact: (530) 443-8775

Website: <https://childrenfirstffa.com/solutions-for-youth-program/>

Last Verified On: 10/05/2023

HOUSING SERVICES

Victor Treatment Centers

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Last Verified On: 10/05/2023

TEHAMA COUNTY YOUTH RESOURCES

MENTAL HEALTH SERVICES

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: 10/10/2023

Tehama County HSA- Community Crisis Response Unit

“Mental health crisis services seven days a week, 24 hours a day. Serves all ages in need of assistance regardless of ability to pay or insurance status”.

Location: 1860 Walnut St.
Red Bluff, CA 96080

Contact: (530) 527-5637

Contact: (800) 240-3208

Website: [Website:](#)

www.tehamacohealthservices.net

Last Verified On: 10/13/2023

MENTAL HEALTH SUPPORT SERVICES

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: 10/10/2023

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>

Last Verified On: 10/10/2023

TEHAMA COUNTY YOUTH RESOURCES

PHC MEMBER BENEFITS

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: 10/10/2023

PHONE / APP SUPPORT

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, 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: 10/10/2023

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.”

Talk Line: (888) 493-0092

Last Verified On: 10/10/2023

Tehama County Library

Red Bluff location

“Free Wi-Fi available inside or in the parking 8am – 8pm. gaming resources, Reading resources, Homework Help, College & Career resources, Driver’s Ed practice exams and many more”.

Location: 545 Diamond Ave.

Red Bluff, CA 96080

Contact: (530) 527-0604

Website:

<https://tehamacountylibrary.org/services/teen-resources/>

Last Verified On: 10/13/2023

TEHAMA COUNTY YOUTH RESOURCES

PHONE / APP SUPPORT, continued

Tehama County Library

Corning location

“Free Wi-Fi available inside or in the parking 8am – 8pm. gaming resources, Reading resources, Homework Help, College & Career resources, Driver’s Ed practice exams and many more”.

Location: 740 3rd St.

Corning, CA 96021

Contact: (530) 824-7050

Website: <https://tehamacountylibrary.org/services/teen-resources/>

Last Verified On: 10/13/2023

Tehama County Library

Los Molinos location

“Free Wi-Fi available inside or in the parking 8am – 8pm. gaming resources, Reading resources, Homework Help, College & Career resources, Driver’s Ed practice exams and many more”.

Location: 7881 State Highway 99E

Los Molinos, CA 960055

Contact: (530) 384-2772

Website:

<https://tehamacountylibrary.org/services/teen-resources/>

Last Verified On: 10/13/2023

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: 10/10/2023

TEHAMA COUNTY YOUTH RESOURCES

SUPPORT GROUPS

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: 10/10/2023

Victor Treatment Centers

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Red Bluff, CA 96080

Contact: (530) 840-2000

Website: <https://www.victor.org/red-bluff>

Last Verified On: 10/05/2023

LGBTQ+ Support Groups – Trans Family Support Services

“Middle School Support Group, High School Support Group, Young Adult Support Group, Parent & Caregiver Support Group, Parents of Trans Little Support Group, and Gathering for Trans with Littles”

Contact: (858) 304-0085

Email: Info@TransFamilySOS.org

Website:

<https://transfamilysos.org/services/support-groups/>

Last Verified On: 10/10/2023

TEHAMA COUNTY YOUTH RESOURCES

SUPPORT SERVICES AND RESOURCES

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: <http://www.aawoa.com/>

Last Verified On: 10/10/2023

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: 11/30/2022

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/49338MHq6LAE nBaOq1RSSC?si=b97a00f41db94211&nd=1>

Last Verified On: 11/30/2022

Friday Night Live/Club Live

“The Friday Night Live Partnership’s mission is to work hand in hand with young people throughout the county to promote positive youth leadership opportunities free of alcohol, tobacco, drugs, and violence. FNL (high school program) and Club Live (middle school program) engage students in meaningful opportunities for leadership and advocacy, skill-building, and much more!”

Contact: (530) 241-5958

Website:

<https://chemicalpeople.org/programs/friday-night-live/>

Last Verified On: 10/10/2023

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Last Verified On: 10/05/2023

TEHAMA COUNTY YOUTH RESOURCES

SUPPORT SERVICES AND RESOURCES, continued

Shasta County Chemical People

“The Shasta County Chemical People, Inc. is a non-profit community-based group which promotes and supports the development of a safe, strong community free from racism, violence, alcohol, tobacco and other drug abuse.”

Location: 2280 Benton Drive, Suite A
Redding, CA 96003

Contact: (530) 241-5958

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

Last Verified On: 10/10/2023

TAPP Teen Pregnancy & Parenting Program

“The program helps you see what is positive in your life. Working with your case manager, you will focus on your strengths, explore your values and set goals for your life. The program offers challenging and interesting activities where you explore what is important to you.”

North Valley Catholic Social Services

Location: 2400 Washington Avenue
Redding, CA 96001

Contact: (530) 247-3329

Website: <https://nvcss.org/programs/tapp-teen-services/>

Last Verified On: 10/10/2023

YOUTH CENTERS

PAL/ Tehama County Police Activities League

“Tehama County PAL is a youth crime prevention program that includes educational, athletic, and other recreational activities. Tehama County PAL is more than a program.”

Location: 555 Washington Street
Red Bluff, CA 96080

Contact: (530) 527-8282 ext. 3017

Website: <https://tehamaso.org/tehama-county-pal/>

Last Verified On: 10/05/2023

Victor Community Support Services

“Our founding commitment to help children and families soar provides the foundation for every program or service we offer. We know that children thrive best when they are in a loving and supportive home, so we do all we can to shore up families and provide alternatives where that is not possible”

Location: 118 Belle Mill Road
Red Bluff, CA 96080

Contact: (530) 840-2000

Website: <https://www.victor.org/red-bluff>

Last Verified On: 10/05/2023

Children First/ Foster Family Agency

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Location: 590 Antelope Blvd.
Red Bluff, CA 96080

Contact: (530) 443-8775

Website: <https://childrenfirstffa.com/solutions-for-youth-program/>

Last Verified On: 10/05/2023