



Mental Health Talk Lines

Disaster Distress Helpline: 1.800.985.5990

A national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call [1.800.985.5990](tel:1.800.985.5990) or text TalkWithUs to [66746](tel:66746) to connect with a trained crisis counselor.

Suicide Prevention Lifeline: 800.273.TALK (8255)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. You can call [800.273.TALK \(8255\)](tel:800.273.TALK), chat online at suicidepreventionlifeline.org or text LISTEN to [741741](tel:741741). If you are a Veteran, **press 1** to be directed to the Veteran Crisis Line.

Friendship Line: 800.971.0016

The Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults. Call [800.971.0016](tel:800.971.0016) to connect with a trained volunteer who specializes in offering a caring ear and having a friendly conversation with older adults.

The Trevor Project: 800.971.0016

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Call [866.488.7386](tel:866.488.7386) or text START to [678678](tel:678678).

North Valley Talk Line: 855.582.5554

The Northern Valley Talk Line has provides a free, consumer-run, peer-support telephone service that offers non-emergency, non-crisis support and referrals. The majority of calls pertain to problem solving, help with coping, and conflict management. Callers that are in crisis or that are at risk of harm to themselves or others are referred to crisis services. The Talk Line is staffed 4:30pm to 9:30pm / 7 days a week, call [855.582.5554](tel:855.582.5554).

Behavioral Health Crisis Line: 800.334.6622/530.891.2810

The Butte County Behavioral Health Crisis line is staffed 24/7 days a week with trained counselors. If you or someone you care about is in a psychiatric crisis and needs immediate help, please call the Crisis Line at [800.334.6622](tel:800.334.6622), or [530.891.2810](tel:530.891.2810).