

General Youth Crisis/Help Lines		
Bill Wilson 24/7 Teen Line	(888) 247-7717	Teen support for any reason: health, relationships, crisis, info, and referrals
CA Youth Crisis Line	(800) 843-5200	Confidential hotline available for teens and young adults in crisis
Crisis Text Line	Text 'start' to 741-741	Nationwide, 24/7 text line for all people in crisis
TeenLine	(800) TLC-TEEN; text 'teen' to 839863	Teens helping teens line; peer support for any issue
Suicide/Self-Harm		
Uplift Mobile Crisis	(408) 379-9085	Mobile crisis support for minors; 5150 assessment, support, and safety planning
SCC Suicide & Crisis Line	(855) 278-4204	Santa Clara County suicide and crisis support and referral line
Star Vista Suicide Crisis Line	(650) 579-0350	San Mateo County suicide crisis intervention line for all ages
Safe Alternatives Help Line	(800) DONTCUT	Information, support, and referrals for youth who self-harm/cut
Domestic/Dating Violence		
Love is Respect Dating Abuse Hotline	(866) 331-9474; text 'loveis' to 22522	Confidential support, education, and resources regarding teen dating and relationships
Next Door Solutions DV Crisis Line	(408) 279-2962	Crisis line for adult and teen women in abusive relationships
YWCA DV Crisis Line	(800) 572-2782	Crisis line for adult and teen women in abusive relationships
Sexual Assault		
Rape Trauma Services Crisis Line	(650) 692-7273	Rape crisis intervention, support, and linking to rape crisis center services
YWCA Rape Crisis Line	(408) 287-3000	Rape crisis intervention, support, and linking with services
LGBTQ Youth		
LGBTQ Youth Talkline	(800) 246-PRIDE	Confidential support, info, and resources for LGBTQ teens
Trevor Lifeline	(866) 488-7386	Support for LGBTQ teens in suicidal crisis or who just need to talk
Runaway Support		
National Safe Place	Text 'SAFE' and location to 69866	Access to immediate help, safety, and shelter for teens in crisis
Parental Support		
Parental Stress Hotline	(408) 279-8228	Crisis support, advice, info, and resources for parents in SCC
Parental Support Line	(888) 220-7575	Parenting support, information, referrals, and advice
National Parent Help Line	(855) 427-2736	Emotional support, information, referrals, and advice for parents

