



RESOURCES FOR EMOTIONAL SUPPORT AND WELL-BEING

The coronavirus (COVID-19) outbreak is changing life for all of us. You may feel anxious, stressed, worried, sad, bored, depressed, lonely or frustrated in these circumstances.

You're not alone.

If you are feeling overwhelmed with sadness, depression or anxiety, or feel like you want to harm yourself or other, you can call the National Suicide prevention hotline at:

24-hour Suicide prevention lifelines: 1-800-273-8255 or text 838255

24-hour Domestic Violence hotline: 1-800-799-7233

Call 911 if you or the person you are helping is in immediate danger.

Other strategies for managing your mental health such as:

- Be mindful of your intake of information from news sources about the virus and consider taking breaks from it.
- Maintain social contact with supportive relationships like friends, family or others, by phone, text, or internet.
- Treat your body kindly: eat healthy foods, avoid excessive alcohol, and exercise as you are able.
- Call your health care provider if your anxiety interferes with your daily activities.
- Learn about additional strategies to manage your stress for health.
 - <https://covid19.ca.gov/manage-stress-for-health/>

THERE ARE ADDITIONAL RESOURCES AVAILABLE IF YOU ARE IN CRISIS:

- [Disaster Distress Helpline](#): Call [800-985-5990](tel:800-985-5990) (TTY [800-846-8517](tel:800-846-8517)) or text TalkWithUs to [66746](tel:66746) for 24/7 support.
- [Crisis Text Line](#): Text HOME to [741741](tel:741741) for 24/7 crisis support.
- [California Suicide & Crisis Hotlines](#): Find phone numbers and links to all the suicide and crisis hotlines by county in California.
- [CalHOPE Peer-Run Warm Line](#): Call [833-317-HOPE](tel:833-317-HOPE) (4673) for 24/7 non-emergency support from someone with lived experience persevering in a crisis.
- Youth and Teens:
 - The California Youth Crisis Line ages 12-24 can call or text: 1-800-842-5200 or chat online for 24/7 crisis support.
 - Teen line: teens can talk to another teen by texting "TEEN" to 839863 from 6pm – 9pm or call 1-800-852-8336 from 6pm to 10pm.
 - Webpage: <https://calyouth.org/cycl/>

SERVICES FOR SUBSTANCE USE DISORDERS:

- SAMHSA National Helpline: Call 1-800-662-HELP for 24/7 information and referrals in English and Spanish.
 - Webpage: <https://www.samhsa.gov/find-help/national-helpline>

SERVICES FOR SUBSTANCE USE DISORDERS:

- SAMHSA Treatment locator: Find drug or alcohol treatment programs
 - Webpage: <https://findtreatment.samhsa.gov/>
- Local County access lines: Find your local number for help seeking Substance use disorders services:
 - https://www.dhcs.ca.gov/individuals/Pages/SUD_County_Access_Lines.aspx

Sutter – Yuba Behavioral Services, 1965 Live Oak Blvd. Yuba City (Bi-County Services)

- M-F regular hours 8am – 5pm. Phone # 530-822-7200
- Psychiatric Emergency services: 530-673-8255 or toll free at 1-800-923-3800 24/7.
- https://www.suttercounty.org/doc/government/depts/hs/mh/hs_behavioral_health
- **Sutter – Yuba Behavioral Health Youth Outpatient Services.**
 - Address: 1445 Veterans Memorial Circle Yuba City.
 - M – F regular hours 8am to 5pm
 - Psychiatric Emergency services: 530-673-8255 or toll free at 1-800-923-3800 24/7.
 - https://www.suttercounty.org/doc/government/depts/hs/mh/hs_behavioral_health

