

# FEEL BAD AND NEED TO TALK?

(you can take a photo to keep this with you)

**CRISIS TEXT LINE** |

**Text 741-741 or 741741 (For all ages, any time, no cost)**

You can text them about anything that's on your mind

## CRISIS PHONE LINES (For all ages, any time, no cost)

- Local (Marin) crisis/suicide line: (415) 499-1100
- Local (CA) emotional support and referrals: 1-855-845-7415 (24/7 by end of 2019)
- National: National Suicide Prevention Lifeline: 1-800-273-8255
  - In Spanish: 1-800-SUICIDA (1-800-784-2432)
- For LGBT+: Trevor Lifeline (866) 488-7386
- For TRANSGENDER: Trans Helpline (877) 565-8860 (staffed by transgender people)
- After a DISASTER: Disaster Distress Helpline (800) 985-5990 (Or text "TalkWithUs" to 66746)

## ABUSIVE RELATIONSHIP?

- For teens: Marin Youth Services (415) 526 2557 or email [myservices@c4dp.org](mailto:myservices@c4dp.org)
  - National 24-Hour Helpline 1-866-331-9474/tty: 1-866-331-8453
  - Can also Live Chat at [loveisrespect.org](http://loveisrespect.org) (7 days/week, 5pm-3am EST)
- For teens and adults:
  - National DV Hotline 1-800-799-7233 (24/7) or email at [thehotline.org](http://thehotline.org)
  - Marin: Center for Domestic Peace (415) 924-6616 (English) or 924-3456 (Spanish)
- For teens and adults:
  - San Rafael: Community Violence Solutions (formerly Rape Crisis Center)
  - Free legal help, support, counseling, etc. for victims of sexual assault
  - 24/7 crisis lines: (415) 259-2850 or 1-800-670-RAPE (7273), [cvsolutions.org](http://cvsolutions.org) or [TeenCVS.org](http://TeenCVS.org)

## COUNSELING, SHELTERS, OTHER HELP (+ food, legal aid, immigrant support, etc.)

- Call the Marin Helplink: dial 211 or 1-800-273-6222
  - If no insurance, ask about low-cost or free counseling services in Marin
  - If looking for a shelter, let them know if you're an adult or teen
  - If looking for a lawyer, you can ask about low-cost or free legal aid in Marin
- In Novato: North Marin Community Services (formerly Novato Human Needs): (415) 897-4147, or [nhnc.org](http://nhnc.org)
  - Offer support to help people get back on their feet (money, food, showers, phone service, jobs, counseling, etc.)
- In San Rafael: Canal Alliance (415) 454-2640 (legal help for low-income immigrant populations)

## REPRODUCTIVE HEALTH (also offer free counseling and condoms, + birth control, STI & pregnancy testing)

- In Marin and other counties: **Planned Parenthood** (800) 230-7526
  - Or Live Chat at [plannedparenthood.org](http://plannedparenthood.org)
- **WEDNESDAYS** (Novato): Drop-In Teen Clinic (text/call 415-985-5012) 1:30-5:00 pm, free, no appointment needed
  - 6090 Redwood Blvd, Novato, near Marin Community Clinics (look for the door with the green star)
- **TUESDAYS** (San Rafael): Huckleberry's Teen Clinic (415-258-4944) 1:00-5:00 pm, free and no appointment needed
  - 361 3<sup>rd</sup> St G, San Rafael (or call to find out about other clinics for teens)
- **KAISER Confidential Teen Phone Lines**: San Rafael & Novato 415-899-7898; Petaluma 707-765-3637
- National hotline: STI Resource Center (919) 361-8488 (Monday-Friday, 8:00 am-6:00 pm EST)

## CHILD ABUSE

- To report abuse, call Marin Child & Family Services (415) 499-7153 (you can call without giving your name)
- National: USA National Child Abuse Hotline: 1-800-422-4453 (24/7)