

Concerned about someone?

Help people experiencing hard times, mental health challenges, or thoughts of suicide by:

- 1 Asking how they're doing to show you care
- 2 Getting a trusted adult involved
- 3 Using the resources on this card

Things to say:

- 1 "I've noticed some changes, how are you doing?" or "Are you having thoughts of suicide?"
- 2 "I care about you, so I can't keep this a secret. Let's figure out which trusted adults can help us."
- 3 "Counselors on the crisis hotline are trained to listen, understand, and help. We can call/text together if you want."

Connect with us:

IG: @CSSAlamedaCounty

FB: @CrisisSupport.org

For more resources:

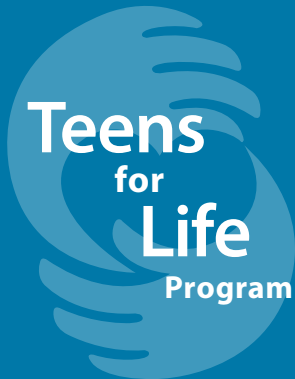
crisissupport.org

988alamedacounty.org

thetrevorproject.org



MENTAL HEALTH & SUBSTANCE USE SERVICES



CRISIS SUPPORT SERVICES
of Alameda County



For free, 24/7
phone support:

Suicide & Crisis Lifeline
988

Alameda County Crisis Line
Línea de crisis del condado de Alameda
1-800-309-2131

The Trevor Project (LGBTQ+)
1-866-488-7386

Interpretation Services Available
Servicio de intérprete disponible

提供口译服务
提供口譯服務

Có dịch vụ thông dịch sẵn sàng phục vụ quý vị

تعمیر و نقلی تمجرتی تا مادمخ ان یدل رفوتت

تمرا سرتسد رد یهافش همجرت تا مادمخ

통역 서비스 이용 가능

Available na mga Serbisyo ng Interpreter

**Everyone
is deserving of
help and support.**



For confidential text
message support:

Alameda County Text Line
Text "SAFE" to 20121
Textear "SEGURO" al 20121

English: 24/7
Español: 5pm-9pm Tue-Fri

Suicide & Crisis Lifeline
Text 988

24/7, English

The Trevor Project (LGBTQ+)
Text "START" 678-678

24/7, English

Text message rates apply.