

## Counseling Resources

**Boys Town National Hotline: 1-800-448-3000**

Offers counseling to youth and adults. 24 hours/7 days. Trained counselors speak multiple languages.

**California Youth Crisis Line: 1-800-843-5200**

24 hours a day/7 days a week for youth (ages 12-24) and families in crisis.

**Didi Hirsch Community Mental Health Services: 24-Hour Suicide**

**Prevention Crisis Line: 1-877-7 CRISIS or 1-877-727-4747.**

Toll free in Los Angeles and Orange Counties.

**National Suicide Prevention Lifeline: 1-800-273-TALK (8255).**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) Suicide hotline, 24/7 free and confidential, nationwide.

**Teen Line: CALL 1-800-TLC-TEEN (1-800-852-8336) or TEXT “TEEN” to 839863**

(teenonline.org) Every evening: 6:00pm – 10:00pm. Toll free in California. Talk with another teen who understands.

**The Trevor Project (LGBTQ): 1-866-488-7386 (toll-free hotline)**

[www.thetrevorproject.org](http://www.thetrevorproject.org) Focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.