Mental Health Crisis Hotlines 24/7
National Suicide Prevention Lifeline: 1-800-273-8255
Buckelew Suicide Prevention Hotline (Local): 415-499-1100
California Youth Crisis Line: 1-800-843-5200 - For youth (ages 12-24) and families
The Trevor Project: 1-866-488-7386 - For LGBTQ youth
The Friendship Line: 1-800-971-0016 - For seniors and caregivers
Crisis Text Line: Text MHA to 741741

Mental Health Support Lines
Behavioral Health and Recovery Services Access Line: 1-888-818-1115 - For mental health or substance use assessment
SAMHSA's Disaster Distress Line: 1-800-985-5990 or text TalkWithUs to 66746
The Peer-Run Warm Line: 1-855-845-7415
Community Action Marin: 415-459-6330 - Mental Health Warm Line

Other Resources
HHS COVID-19 Information Line: 415-473-7191
General Resources: 211
National Domestic Violence Hotline: 1-800-799-7233
Food Locator website: https://foodlocator.sfmfoodbank.org/

Updated on 4/22/20