



STUDENT RESOURCE GUIDE

Mental Health Support
If you are experiencing an Emergency: Dial 911 Non-Emergency Salinas PD: 831-758-7321
Monterey County Behavioral Health has information on the Health Department website. Visit: https://www.co.monterey.ca.us/government/departments-ah/health/behavioral-health
Suicide Prevention Services of the Central Coast Toll-Free Crisis Line: 877-663-5433 (ONE LIFE)
National Suicide Prevention Lifeline now 988 Suicide & Crisis LIFELINE 1-800-273-8255 (TALK) or 899
Access to Treatment (Community can call to get connected to services or for resources in Monterey County) 1-888-258-6029 Available 24-hours a day.
The Crisis Team at Natividad Medical Center is available 24/7. 831-755-4111 (ask to speak to a member of the crisis team)
Seneca Children and Youth Mobile Response Team is available 24/7. 831-687-4379
LGBTQ Support
LGBTQ Hotline: 1-888-843-4564 https://www.glbthotline.org/
TREVOR Crisis Hotline: 1-866-488-7386 Text START to 678-678 .
TransLifeline: 1-877-565-8860 https://www.translifeline.org
Peer Support
The Epicenter Monterey County's first youth-led resource and service center for ALL youth ages 16-24. Located at 20 Maple Street, Salinas, California - 831-998-7291 - Open Tue-Thu 12-6.
Runaway and Homeless Youth Helpline for Monterey County 831-241-0914
Grief and Loss: https://www.papillon-center.org/
Other Resources
National Domestic Violence Hotline: 1-800-799-7233 https://www.thehotline.org/
Poison Control Centers: 1-800-222-1222 https://triage.webpoisoncontrol.org/#/exclusions
The Food Bank of Monterey County 831-758-1523 Food Distribution: https://foodbankformontereycounty.org/food-assistance/
Planned Parenthood Hotline: 1-800-230-7526 (PLAN) https://www.plannedparenthood.org/
YWCA Domestic Violence Crisis Line Crisis 800-992-2151 or Salinas 831-757-1001
Monterey County Rape Crisis Center: 24/7 Helpline 831-375-4357 or 831-424-4357