

CRISIS INTERVENTION RESOURCES

If you are experiencing a mental health crisis and need immediate help, please call 9-1-1 and ask for a CIT (Crisis Intervention Trained) Officer to respond. Or go to the nearest emergency room, you can call the Natividad Medical Center Emergency Room at 831-755-4111.

Natividad Medical Center [1441 Constitution Blvd. Salinas, CA 93901](#)

Crisis supports offer support to people experiencing a mental health emergency. To help you remain safe and healthy.

PROGRAM	TYPE OF SUPPORT	CONTACT INFO
Seneca - Kinship Center Mobile Response Team	24 hour support for crisis counseling, asses for hospitalization, link youth to mental health services	831-687-4379
Monterey County Behavioral Health - Behavioral Health Crisis Team	Crisis Intervention is available 24 hours a day, provide crisis intervention services	888-258-6029
Suicide Prevention Service - Monterey/Santa Cruz/ San Benito County	Free confidential hotline for support over the phone	1-877-663-5433
Crisis Text Support	24/7 text a trained counselor	Text HOME to 741-741
National Suicide Prevention Lifeline	Provides 24/7 service via a toll-free hotline, is available to anyone in suicidal crisis or emotional distress.	1-800-273-8255 1-888-628-9454 (Spanish) 1-800-799-4889 (Deaf & Hard of Hearing)