

## Where to Get More Help

[www.whatsupwellness.com/whatsupwellness@gmail.com/\(530\)268-5854](http://www.whatsupwellness.com/whatsupwellness@gmail.com/(530)268-5854)

- ❖ **If you are in IMMEDIATE DANGER call 911**
- ❖ **If you are in crisis, CALL**
  - Nevada County 24 hour CRISIS LINE: 265-5811
  - Placer County 24 hour CRISIS LINE: (888) 886-5404
  
- ❖ **National Suicide Prevention Lifeline: 800-273-TALK (8255)/TEXT: 741741**  
**EN ESPAÑOL OPRIMA EL 2** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  
- ❖ **Sierra Community House:** The Family Resource Center of Truckee, North Tahoe Family Resource Center, Tahoe SAFE Alliance, and Project MANA have united: [www.sierracommunityhouse.org](http://www.sierracommunityhouse.org)
  - **Family Resource Center of Truckee** offers parenting support, promotoras, legal advocacy, classes, family events, family advocacy, referrals and more. [www.truckeeffc.org/582-2510](http://www.truckeeffc.org/582-2510)
  - **North Tahoe Family Resource Center** offers parenting support, bilingual advocacy, legal advocacy, job and housing assistance, referrals, classes, family events, family advocacy, and more [www.northtahoeffc.org/546-0952](http://www.northtahoeffc.org/546-0952)
  
- ❖ **If you or someone you know has been sexually assaulted, abused, a victim of date rape or given a “date rape” drug contact Tahoe Safe Alliance (now with Sierra Community House).**
- ❖ **1(800)736-1060** [www.tahoesealliance.org](http://www.tahoesealliance.org)  
Incline Village: (775) 298-0010, 948 Incline Way, Incline Village, NV  
Kings Beach: (530) 546-7804, 8520 Brook Avenue, King's Beach, CA  
Truckee: (530) 582 – 9117, 12257 Business Park Drive, Unit 6, Truckee, CA
  
- ❖ **If you need help with drug or alcohol abuse, call:**
  - Granite Wellness (formerly CORR) at: Call 1-855-Hope-4-You today! (1-855-467-3496).  
Truckee office: 587-8194, Kings Beach office: 546-5641. [www.corr.us](http://www.corr.us)
  
- ❖ **National Runaway Hotline:** Call 1-855-Hope-4-You today! (1-855-467-3496) [www.1800runaway.org](http://www.1800runaway.org)
  
- ❖ **Family Planning/Sexual Health Teen Clinic:**
  - Weds 1-4pm drop in. 10075 Levon Ave, Truckee. 582-7814, appointments on M/T/Thurs.
  
- ❖ **Counseling Services:**
  - Nevada County Behavioral Health: 10075 Levon Ave in Truckee, (530) 582-7803
  - Placer County Children’s Behavioral Health: (916) 872-6549 or (866) 293-1940
  - Sierra Mental Wellness Group has closed its Tahoe City site. Please contact Placer County for service information at (916) 787-8860 OR (888) 866-5401.
  
- ❖ **Mentoring Programs:**
  - Big Brothers Big Sisters, 587-7717
  - Gateway Mountain Center: Adventure & whole health based support, 205-6245
  - Young Life: Non-denominational ministry offering camps & clubs, 414-1290
  
- ❖ **If you are a TEEN PARENT: STEPP (Sierra Teen Education Parenting Program): 582-1826**

Truckee High and North Tahoe High offer group and individual support, drop-in hours & referrals through their **Wellness Centers**. Stop by, ask your counselor or contact Kim Bradley at 582-2575/[kbradley@ttusd.org](mailto:kbradley@ttusd.org).