

REFERRAL RESOURCE GUIDE

IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation
Dial 911

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
(press 1 for veterans, 2 for Spanish)

Nevada County Crisis Line
530-265-5811 or 888-801-1437

Crisis Text Line: <https://www.crisistextline.org/>
TEXT 741741

State of Nevada Crisis Line:
<http://crisiscallcenter.org/>

National Runaway Safeline
1-800-621-4000

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT

National Child Abuse Hotline
1-800-4-A-CHILD (1-800-422-4453)

National Sexual Assault Hotline
1-800-656-HOPE (4673)

National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 (hearing impaired line)
www.draonline.org

RAINN (Rape, Abuse & Incest National Network)
1-800-656-HOPE (4673)
www.rainn.org

Tahoe Safe Alliance
24/7 Hotline (800) 736-1060

KINGS BEACH, CALIFORNIA (Placer County)
PO Box 1232, 265 Bear Street
King's Beach, CA 96143 [\(530\) 546-7804](tel:5305467804)

TRUCKEE, CALIFORNIA (Nevada County)
P.O. Box 1105, 12257 Business Park Drive, Unit 6
Truckee, CA 96161 [\(530\) 582-9117](tel:5305829117)

INCLINE VILLAGE, NEVADA (Washoe County)
948 Incline Way
Incline Village, NV 89451 [\(775\) 298-0010](tel:7752980010)

TREATMENT RESOURCES

Substance Abuse

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support.
www.theNationalCouncil.org (click on "Find a Provider")

Alcoholics Anonymous
www.aa.org/pages/en_US/find-aa-resources
www.al-anon.alateen.org/local-meetings

Narcotics Anonymous
1-888-GET-HOPE (438-4673) (Hopeline)
www.na.org/meetingsearch



Local AA: 530-546-1126

Local NA: 530-546-1116

Truckee Incline Tahoe Young People in Alcoholics Anonymous www.titypaa.org

Nar-Anon Family Groups
www.nar-anon.org

MENTAL HEALTH

Mental Health America

Resource for mental health and mental illness information
www.mentalhealthamerica.net

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI) Information HelpLine provides information and referral services.
1-800-950-NAMI (6264) www.nami.org

Mental Health First Aid (MHFA) www.mentalhealthfirstaid.org
<https://www.facebook.com/MentalHealthFirstAidUSA/>

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. www.theNationalCouncil.org (click on "Find a Provider")

Local Mental Health Provider Search: <https://www.tfhd.com/services/mental-health-providers>

GAY, LESBIAN, BISEXUAL, TRANSGENDER, QUEER & QUESTIONING SUPPORT

GLBT National Help Center

1-888-843-4564
www.glnh.org

Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)
www.theTrevorProject.org

GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)
www.glnh.org/talkline

PFLAG

Supporting LGBTQ individuals, families and allies
www.Pflag.org

Reno: www.ourcenterreno.org

Tahoe: www.laketahoepride.org

TRAININGS

ASIST: 2 Day Applied Suicide Intervention Skills Training

<https://www.livingworks.net/programs/asist/>

SAFE TALK: Half Day Suicide Alert Helper Training

<https://www.livingworks.net/programs/safetalk/>
<https://placercoe.gosignmeup.com>

Mental Health First Aid: www.mentalhealthfirstaid.org



OTHER RESOURCE LINKS

Tahoe Truckee Suicide Prevention Coalition: <http://www.tahoelifeline.org/>

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more – www.dial211.org

Parent Support with Youth Mental Health: JASON Community Assistance Resource Line: (877) 778-CARL and <http://prp.jasonfoundation.com/>

Eating Disorders Information and Support Line: <https://www.nationaleatingdisorders.org/>

Friends for Survival: Support after a suicide death. <http://www.friendsforsurvival.org/>

Post Partum Depression: <http://www.postpartum.net/>
1-800-944-4773, #1 En Espanol or #2 English
TEXT: 503-894-9453

SUICIDE PREVENTION & MENTAL HEALTH SUPPORT WEBSITES

www.save.org

www.nowmattersnow.org

www.suicidology.org

<https://zerosuicide.sprc.org/>

<https://actionallianceforsuicideprevention.org/>

www.livethroughthis.org

<https://power2u.org/>

13 reasons why toolkit: <https://www.13reasonswhytoolkit.org/>



APPS (NOTE: While we make an effort to validate the legitimacy of these APPS, please use at your own discretion)

Military

Suicide Prevention/mental health support APP: For all military, current and past:
http://www.4mca.com/suicide_prevention_app/

Military APPS including mindfulness, PTSD, anger management, stress and other challenges:
<https://www.myhealth.va.gov/mhv-portal-web/mobile-apps>

Virtual Hope Box APP-supports veterans in managing mood and stress, focusing on patients & providers working together.

Suicide Prevention and Connection APPS:

A Friend Asks <http://jasonfoundation.com/get-involved/student/a-friend-asks-app/>
My3 APP: <http://my3app.org/>

Substance Use Recovery APPS: <https://www.hazelden.org/web/public/mobileapps.page>

Mental Health Support APPS:

International Bipolar Foundation support APP: <http://ibpf.org/resource/bipolar-disorder-connect-mobile-app>
Mayo Clinic Social Anxiety APP: Anxiety Coach
Depression support APP: <https://www.moodpath.de/en/>

Mindfulness & Mood Support APPS:

Calm.com
Headspace.com
www.thinkpacific.com/
thriveport.com/
www.superbetter.com/

