

Resources

- SUICIDE & CRISIS LIFELINE Dial 988
- 24-hour crisis line: 1-800-309-2131
OR 4-11pm, 7 days a week
Text “safe” to 20121
- The Trevor Project: Call 866-488-7386 or text “START” to 678-678 for mental health support specialized for the LGBTQ+ communities.
- National Domestic Violence Line at 1-800-799-SAFE (7233)
- Mobile Response Team
 - As a program of the Family Violence Law Center, the Mobile Response Team provides emergency assistance and advocacy to women and children in immediate danger of violence in Alameda County.
 - The services available include:
 - Domestic violence counselors available for crisis counseling, safety planning and emergency relocation to a confidential location; and next day follow-up providing shelter referrals and additional information.
 - You can call their 24-hour crisis line for victims of domestic violence at (510) 757-5123 or 1-800-947-8301. All services are available in other languages through an interpreter, and all conversations are confidential.
- FAMILY EDUCATION AND RESOURCE CENTER (FERC)
 - Support and advocacy for family caregivers who have a loved one with a serious mental health challenge. Provides assistance in English, Spanish, Korean, Cantonese, and Mandarin.
 - Warm line: 1-888-896-3372/ www.askferc.org
- CALIFORNIA PEER-RUN WARM LINE
 - As peers with lived experience of mental health challenges, the California Peer-Run Warm Line provides emotional support and referrals to mental health resources. Call or chat online.
 - M-F: 7am-11pm | Saturday: 7am-3pm | Sunday: 7am-9pm

- 1-855-845-7415
- www.mentalhealthsf.org
- CAL VOICES
 - Improving the lives of residents in the diverse communities of Northern California through advocacy, education, research, and culturally relevant services.
 - 1-916-366-4600
 - www.calvoices.org
- LOCAL MHA AFFILIATE: MENTAL HEALTH ASSOCIATION OF ALAMEDA COUNTY (MHAAC)
 - MHAAC offers multiple Family/Caregiver Support Groups, including one specifically for African American family members/caregivers. All of the groups provide mutual support to family/caregivers of people with mental illness.
 - The African-American Family Support Group meets at the MHAAC office the 4th Tuesday of each month (please call 510-835-5010 for support group information).
 - 510-835-5010
 - www.mhaac.org
- NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
 - Education and support for those affected by mental illness—people living with a mental health concern, family members, and friends.
 - M-F, 10am-6pm
 - 1-800-950-6264
 - www.nami.org