

ALAMEDA COUNTY

Please refer to the following resources for mental health support, emergency services, and drop-in assistance:

Mental Health/Suicide Prevention:

- Call 988 for the emergency suicide 24/7 prevention hotline 24/7
- Alameda County crisis hotline call 1-800-309-2131 or text “Safe” to 20121
- <https://www.crisissupport.org/get-help-now/alameda-county-crisis-referrals/#Crisis%20Response%20Program>

LGBTQ Support:

- LGBTQ national youth talk line call 1-800-246-7743
- Mon-Fri 11am-8pm Sat 9am-2pm <https://lgbthotline.org/>
- Check out this website for drop-in centers and services for in person/zoom peer support groups
- https://www.pacificcenter.org/community_programs

Domestic Violence Support:

- Call 800-799-7233 for the 24/7 DV hotline
- Family violence law center available 24/7 with a mobile response team for crisis intervention and support call 1-800-947-8301 <https://fvlc.org/get-help/resources> <https://probation.acgov.org/resources-info/domestic-violence-resource.page?>

Emergency Food Services:

- <https://www.accfb.org/get-food/> <https://www.alamedafoodbank.org/get-food/#:~:text=Get%20Food%20%2D%20Alameda%20Food%20Bank,or%20go%20to%20foodnow.net.>

Emergency shelters/drop-ins:

- <https://211alamedacounty.org/2-1-1-alameda-county-resource-finder/>
- <https://alamedacountysocialservices.org/our-services/Shelter-and-Housing/Other-Support/emergency-shelters>
- <https://ebho.org/looking-for-housing/direct-support/>

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