



Stanislaus County

Check the website and/or Download this amazing app that will give you access to resources within your vicinity:

- **211 Stanislaus County site:** <https://stanislauscounty211.org/> (housing, transportation, medical, employment, education, legal, crisis disaster services, etc.)
- **Community Resource List:** http://www.stancounty.com/bhrs/pdf/communityresources_eng.pdf (various resources including housing, emergency shelters, food banks, medical support, counseling services, substance use/recovery support, homeless services, refugee services, etc.)

Community Services

- **Community Services Agency (CSA):** <http://www.csa-stanislaus.com/> or in-person at 251 Hackett Rd., Modesto, CA 95358 or call (209) 558-2500 (Emergency assistance, Cash-aid, Medi-cal, CalFresh, Covered California, childcare referral, etc.)

Counseling Services:

- **Center For Human Services:** 2000 W. Briggsmore Ave., Ste. I, Modesto, CA 95350 (209) 526-1476 [Click here for Center For Human Services](#)
- **Behavior Health & Recovery Services (BHRS)** <http://www.stancounty.com/bhrs/services-adult.shtm>
- **United Way:** <https://www.uwaystan.org/> (you can download the 211 app on your phone to find other services as well).
- **Community Hospice:** <https://hospiceheart.org/> (209) 578-6300 (Grief counseling services, also in-home and via telephone if needed.)

Free Suicide Assessment:

- **Behavior Health & Recovery Services (BHRS)** <http://www.stancounty.com/bhrs/services-adult.shtm>

Youth Crisis Center:

- **Hutton House: (209) 526-5544**, 24 hours a day
<http://www.wasatch.org/blog/children-youth-and-family-services-ii/vantage-point/> 201 Jennie Street, Modesto, CA
 - For children ages 13-17 who are in crisis and need temporary shelter
 - Drop-in services, 24-hour crisis line, no cost, up to 8 youth at a time

Help for Families

- **United Way of Stanislaus County:** <https://www.uwaystan.org/> (housing, food, resources, Everyday Strong program)
- **Direct 211 Stanislaus County site:** <https://stanislauscounty211.org/> (housing, transportation, medical, employment, education, legal, etc.)

School and Education Updates:

Salida Union School District Website:

<https://www.salida.k12.ca.us/>

Stanislaus County Office of Education Website:

<https://www.stancoe.org/>

Free Services

*Click on the logo for a direct link to the website.

NAMI:



National Alliance on Mental Health: <https://www.nami.org/> **Hotline: 1-800-950-NAMI**
(Mental health assistance, assessment, treatment centers, support programs)

Hotlines

- **The Crisis Call Center** at 1-800-273-8255
- **The National Suicide Prevention Lifeline** at 800-273-TALK (8255)
- **Youth Talkline** at 1-800-246-PRIDE (800-246-7743)
- **Trans Lifeline** at 877-565-8860
- **The GLBT National Help Center** at 1-888-THE-GLNH (888-843-4564)
- **The Trevor Project** (Crisis & Suicide Prevention for LGBTQ+ youth) at 1-866-488-7386 (hotline) 1-202-304-1200 (text line) with the message "Trevor"
- **The National Sexual Assault Hotline** at 1-800-656-4673
- **The National Domestic Violence Hotline** at 1-800-799-7223
- **The National Crime Victim Helpline** at 1-800-394-2255



1. **www.7Cups.com & **7Cups: Anxiety & Stress Chat****

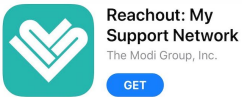
Emotional Support & Therapy

- ★ *7 Cups connects you to Free Services included Self Help Guides & Free 24/7 Chat with caring listeners for free emotional support.*



2. **<https://reachout.life> & **Reachout: My Support Network****

- ★ *Reachout is a FREE App that connects you a support network of people who share your same Chronic Disease (or Chronic Disease of a loved one).*



3. **<https://www.thetrevorproject.org> & **TrevorSpace** (social network)**

- ★ *The Trevor Project connects you to free crisis intervention and suicide prevention for LGBTQ+ youth hotline, text line, and online chat.*
- ★ *the support center offers resources on a variety of topics, including coming out to family or struggling with their own identity, other mental health issues, or those contemplating self-harm.*
- ★ *TrevorSpace is a social network that connects you to a community for LGBTQ young people.*



4. **www.mentalhealthamerica.net**

- ★ *Mental Health America is a non-profit that provides a comprehensive “finding help” tool that includes self-assessment tools, links to finding someone in your community to talk to, and even tips on how to make the most of your relationship with a therapist or social worker, as well as a crisis number you can call in case of emergency.*
- ★ *Additionally, Mental Health America offers resources beyond just therapy and medication—they’ll help with other aspects of your life as well that may be impacted by mental health issues.*



5. **<https://www.mentalhealth.gov>**

- ★ *MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information.*

Emergencies

**For all Emergencies, Please
Dial 911 immediately!**