



Your local crisis  
hotline number is:

**Sutter Yuba Mental Health Services**  
530-673-8255

## STAY CONNECTED TO YOUR NETWORK WHEN YOU ARE HAVING THOUGHTS OF SUICIDE.

**CREATE YOUR SUPPORT SYSTEM:** Simply add the contact information for people who know and care about you and can help you when your experiencing thoughts of suicide. These contacts can include your friends, family, professional caregivers and a local crisis hotline. Always tell your contacts that you have included them on MY3 and that you may contact them if you ever start having thoughts of suicide. In any situation, the National Suicide Prevention Lifeline **(1.800.273.TALK [8255])** and **911** are there to help you. These numbers come pre-loaded on MY3.

### **Sutter Yuba Mental Health Services**

Your local crisis hotline is always available to provide free crisis counseling 24 hours a day, 7 days a week. Consider including them as one of your contacts on MY3. Their toll-free number is **530-673-8255**

**BUILD YOUR SAFETY PLAN:** Customize your safety plan by identifying your warning signs, coping strategies, distractions and personal networks so you can help yourself stay safe. Need help creating your safety plan? Talk to your mental health care provider. Also, you can always call the National Suicide Prevention Lifeline **(1.800.273.TALK [8255])** and a trained crisis counselor can help you set up your safety plan.

**ACCESS IMPORTANT RESOURCES:** Personalize MY3 by adding other suicide prevention resources and websites that help you feel better and stay safe. A number of different resources are listed in MY3.

## MY3APP.ORG



#### *IPHONE DOWNLOAD INSTRUCTIONS*

- 1) Touch the App Store icon on your iPhone
- 2) Search for "MY3 - Support Network"
- 3) To install the app on your device touch "Free"
- 4) Then touch "Install"
- 5) You should now see the MY3 app icon on your iPhone

#### *ANDROID DOWNLOAD INSTRUCTIONS*

- 1) Touch the Google Play Store
- 2) Search for "MY3 - Support Network"
- 3) To install the app on your device touch "Install"
- 4) Tap "Accept" to accept the app's permissions
- 5) You should now see the MY3 app icon on your device

**MY3**



## FIND YOUR NEAREST CALIFORNIA CRISIS HOTLINE

California has a number of crisis centers with hotlines to serve you 24 hours a day, 7 days a week. Choose your closest crisis center and add their number as one of your primary contacts on MY3. Crisis hotline staff will be glad to assist you, and can connect you to other local services.

### **SUPERIOR REGION (NORTH OF SAN FRANCISCO BAY AREA)**

Wellspace Health Suicide Crisis Line  
**1.800.368.3111**

Suicide Prevention & Crisis Services of  
Yolo County  
**1.530.756.5000**

### **SAN FRANCISCO BAY AREA**

Family Services Agency of Marin North  
Bay Suicide Prevention Hotline  
**1.855.587.6373**

San Francisco Suicide Prevention Crisis Line  
**1.415.781.0500**

Contra Costa Crisis Center Hotline  
**1.800.833.2900**

Crisis Support Services of Alameda  
County Crisis Hotline  
**1.800.309.2131**

Santa Clara County Suicide & Crisis Hotline  
**1.855.278.4204**

Star Vista Crisis Hotline  
**1.650.579.0350**

### **CENTRAL COAST**

Transitions Mental Health  
Association San Luis Obispo Hotline  
**1.800.783.0607**

Family Services Agency of the  
Central Coast Crisis Line  
**1.877.663.5433**

### **CENTRAL VALLEY**

Kingsview Central Valley Suicide  
Prevention Hotline  
**1.888.506.5991**

Kern County Mental Health  
Department Crisis Services  
**1.800.991.5272**

### **SOUTHERN CALIFORNIA**

Didi Hirsch Suicide Crisis Line  
**1.877.727.4747**

OptumHealth San Diego Access & Crisis Line  
**1.888.724.7240**

### **SERVING CALIFORNIA**

Institute on Aging Friendship Line  
(for older adults)  
**1.800.971.0016**

Trevor Lifeline (for Lesbian, Gay, Bisexual,  
Transgender, or Questioning Youth)  
**1.866.488.7386**

EVERYONE can play a role in suicide prevention. Some warning signs may help you determine if a loved one is at risk for suicide.

💙 Know the suicide warning signs and #BeThe1To offer support

💚 Seek help by calling or texting 988 or by chatting <https://988Lifeline.org> for help

## Suicide Warning Signs

SAMHSA

These warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

If you or someone you know exhibits any of these, seek help by calling the 988 Suicide & Crisis Lifeline

Call or Text 988 or Chat [988Lifeline.org](https://988Lifeline.org)



# Resources

**988 Suicide and Crisis Lifeline:** 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

**National Suicide Prevention Life Line:** Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- Call 1-(800)-273-8255

**California Peer Run Warm Line:** The line is toll free: 1-855-845-7415 via telephone or instant messaging.

Mondays-Fridays 7 am to 11 pm  
Saturdays 7 am to 3 pm  
Sundays 7 am to 9 pm

**Sutter Yuba Behavior Health:**

- 24-Hour psychiatric emergency services (Crisis Services): (530) 673-8255 or toll free (888) 923-3800

- List of Low-Cost/No-Cost People Services in Sutter County:  
[https://www.suttercounty.org/assets/pdf/hs/lcs/People\\_Services\\_2016.pdf](https://www.suttercounty.org/assets/pdf/hs/lcs/People_Services_2016.pdf)

- Triage Clinic: Walk-In Triage is for parents/guardians of children under the age of 18 years old or attending high school in the Sutter-Yuba area to speak to a clinician to express their concerns without their child present.

Mondays & Thursdays: 8:30 am to 11am  
Wednesday Evening (Financial Registration Only): 5pm to 8pm

**American Foundation for Suicide Prevention:** AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide. Go to <https://afsp.org/>

**California Youth Crisis Line:** 24/7 statewide emergency response system for youth (ages 12-24) and families in crisis. Call (800) 843-5200

**Crisis Text Line:** Provides 24/7 crisis support. Text HOME to 741741 from anywhere in the USA to text with a trained Crisis Counselor.

**Teen Line:** Talk with another teen who understands.

- Call (310) 855-4673
- Text TEEN to 839863
- Download the Teen Talk App in the App Store.

**The Trevor Project:** Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13–24.

- Call (866) 488-7386 (Available 24 Hours A Day / 7 Days A Week)
- Text START to 678678
- Chat online at <https://www.thetrevorproject.org> (Available 7 Days A Week 3pm–10pm ET /12pm–7pm PT)

# Recursos

**988 Línea del Suicidio y Crisis:** 988 ha sido designado como el nuevo código de marcación de tres dígitos que enrutará a las personas que llaman a la Línea Nacional de Prevención del Suicidio (ahora conocida como 988 Línea del Suicidio y Crisis) y ahora está activa en todo Estados Unidos. Cuando las personas llamen, envíen mensajes de texto o chateen al 988, se conectarán con consejeros capacitados que forman parte de la red existente de Línea de vida. Estos consejeros capacitados escucharán, comprenderán cómo sus problemas los están afectando, brindarán apoyo y los conectarán con recurso si es necesario.

**National Suicide Prevention Life Line (Línea Nacional de Vida para la Prevención del Suicidio):** Proporciona apoyo 24 horas al día/ 7 días a la semana. Apoyo gratuito y confidencial para las personas en dificultades, para prevención y los recursos de crisis para usted o sus seres queridos, y las mejores prácticas para los profesionales.

> Llama 1-(800)-273-8255

**California Peer Run Warm Line:** Línea gratuita: 1-855-845-7415 por teléfono o mensajes instantáneo.

Lunes a Viernes 7 am a 11 pm

Sábados 7 am a 3 pm

Domingos 7 am a 9 pm

**Sutter Yuba Behavior Health (Salud del Comportamiento de Sutter Yuba):**

> Servicios de emergencia psiquiátrica las 24 horas (servicios de Crisis): (530) 673-8255 o gratis al (888)923-3800

> Lista de Servicios de Personas de Bajo Costo/Sin Costo en el Condado de Sutter:

[https://www.suttercounty.org/assets/pdf/hs/lcs/People\\_Services\\_2016.pdf](https://www.suttercounty.org/assets/pdf/hs/lcs/People_Services_2016.pdf)

> Clínica Triage: Triage sin cita es para padres/ guardianes de niños menores de 18 años o que asisten a la escuela preparatoria en el área de Sutter-Yuba para hablar con un médico para expresar sus preocupaciones sin que su hijo este presente.

Lunes y Jueves: 8:30am a 11am

Miércoles por la tarde (Solo Registro Financiero): 5pm a 8pm

**Fundación Americana para la Prevención del Suicidio:** AFSP ayuda a despertar la conciencia, financia la investigación científica, proporciona recursos y ayuda a los afectados por el suicidio. Vaya a <https://afsp.org/>

**Línea de Crisis Juvenil de California:** Sistema de respuesta de emergencia 24 horas al día/ 7 días a la semana a nivel estatal para jóvenes (de 12-24 años) y familias en crisis. Llama al (800) 843-5200

**Línea de Texto de Crisis:** Proporciona apoyo de crisis 24 horas al día/ 7 días a la semana. Envíe un mensaje de *Texto HOME* al 741741 de cualquier lugar en los EE.UU. para enviar un mensaje de texto a un Consejero de Crisis entrenado.

**Línea de jóvenes:** Hable con otro adolescente que lo entienda.

> Llama (310) 855-4673

> Texto TEEN al 839863

> Descarga la aplicación Teen Talk App en la tienda de App.

**El Proyecto Trevor:** Provee servicios de intervención en crisis y prevención del suicidio a jóvenes lesbianas, gays, bisexuales, transgénero y preguntas (LGBTQ) para personas de 13 a 24 años.

Llama al (866) 488-7386 (Disponible 24 horas al día / 7 días a la semana)

Texto START al 678678

Chatea en línea en <https://www.thetrevorproject.org> (Disponible 7 Días a la Semana de 3pm a 10pm tiempo del

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este/12pm a 7pm tiempo pacifico

## Kev Pab

**988 Suicide and Crisis Lifeline:** 988 tau raug xaiv los ua pab tus lej xov tooj tshiab uas yuav siv hu rau kev pab los daws neeg ntxoj siab kom tsis txob txov yus txoj siab hu ua National Suicide Prevention Lifeline (tam sim no muab hu ua 988 Suicide & Crisis Lifeline), thiab tam sim no tus xov tooj no ua haujlwm thooob plaws Tebchaws Meskas.

Thaum tib neeg hu, sau ntawv, lossis hu tuaj mus tham 988, lawv yuav txuas lus nrog cov kws pab tswv yim (counselors) uas tau kawm los ntawm Lifeline network uas twb muaj lawm. Cov kws pab tswv yim (counselor) no yuav mloog, lawv yog ib cov neeg nkag siab tias neeg cov teeb meem cuam tshuam li cas, muab kev txhawb nqa, thiab pab lawv lossis qhia lawv mus nrhiab kev pab raws li lawv xav tau.

**National Suicide Prevention Life Line:** Kev pab pub dawb txhua lub sijhawm rau cov uas raug kev kub ntxhov, kev nyuaj siab, lossis rau koj tsev neeg thiab kev pab/qhia rau cov tub txawg.

➤ *Hu tus xov tooj 1-(800)-273-8255*

**California Peer Run Warm Line (Kev Pab Ntawm Kev Nyuaj Siab Ntxhov Plawv):** tus xov tooj hu dawb: 1-855-845-7415 hu tuaj lossis ntaus ntawv tuaj.

Hnub Mondays-Fridays 7 am to 11 pm  
Hnub Saturdays 7 am to 3 pm  
Hnub Sundays 7 am to 9 pm

**Sutter Yuba Behavior Health (Kev Pab Txog Ntawm Kev Puas Hlwb Nyob Hauv Nroog Sutter Thiab Yuba):**

- 24-Teev psychiatric emergency services (kev pab thaum raug kev kub ntxhov): (530) 673-8255 lossis tus xov tooj hu dawb (888) 923-3800
- Ntaub ntawv qhia txog kev pab (kev pab uas them pheej yig/tsis raug nqi dabtsi) nyob rau hauv nroog Sutter: [https://www.suttercountv.org/assets/pdf/hs/lcs/People\\_Services\\_2016.pdf](https://www.suttercountv.org/assets/pdf/hs/lcs/People_Services_2016.pdf)
- Triage Clinic: Kev pab rau niam txiv/cov saib xyuas uas muaj menyuam kawm ntawv 18 xyoo rov hauv lossis menyuam uas mus high school hauv nroog Sutter-Yuba - los mus tham txog kev txhawj xeeb ntawm koj cov menyuam. Sib tham thaum menyuam tsis nyob ntawd.

Hnub Mondays & Thursdays: 8:30am to 11am  
Hnub Wednesday Yav Tsau Ntuj (Financial Registration Only – Hnub no tsuas pub tuaj rau npe hais txog kev nyiaj txiag xwb): 5pm to 8pm

**American Foundation for Suicide Prevention (Kev Tiv Thav Kev Tua Yus Tus Kheej):** AFSP pab qhia txog, kev pab nyiaj txiag rau Science kev tshawb nrhiav, thiab pab rau cov uas raug kev kub ntxhov los ntawm kev rov qab tua yus tus kheej. *Mus rau <https://afsp.org/>*

**California Youth Crisis Line (Xeev California Kev Pab Rau Cov Tub Ntxhais Hluas Uas Raug Kev Kub Ntxhov):** Kev pab txhua lub sij hawm rau cov tub ntxhais hluas thooob plaws Xeev California (hnub nyoog 12-24) thiab tsev neeg uas raug kev kub ntxhov. *Hu rau tus xov tooj (800) 843-5200*

**Crisis Text Line (Kev Kub Ntxhov Text Line):** Kev pab txog ntawm kev kub ntxhov txhua lub sij hawm. *Ntaus qhov ntawv HOME* rau hauv koj lub xov tooj rau tus naj npawb 741741 los mus nrog ib tug Counselor tham.

**Teen Line (Tub Ntxhais Hluas Line):** Tham nrog lwm tus tub ntxhais hluas uas to taub koj txoj kev nyuaj siab ntxhov plawv.

- *Hu tus xov tooj (310) 855-4673*
- *Ntaus qhov ntawv TEEN* rau *hauv xov tooj* rau tus naj npawb 839863
- *Download qhov Teen Talk App* rau hauv koj lub xov tooj.

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**The Trevor Project:** Kev pab (raug kev kub ntxhov lossis kev xav tua yus tus kheej) rau cov tub ntxhais hluas hnuv nyoog 13-24 uas yog lesbian (poj niam nyiam poj niam), gay (txiv neej nyiam txiv neej), bisexual (ib tug uas nyiam poj niam thiab txiv neej tib si), transgender (txiv neej hloov mus ua poj niam lossis poj niam hloov mus ua txiv neej), questioning (cov uas tseem tsis tau paub tus kheej zoo) – (LGBTQ).

*Hu tus xov tooj (866) 488-7386* (muaj kev pab 24 teev ib hnuv / 7 hnuv ib lim tiam)

*Ntaus qhov ntawv START* rau *hauv koj lub xov tooj* rau tus naj npawb 678678

**Ntaus ntawv sib tham online ntawm <https://www.thetrevorproject.org> (muaj kev pab 7 hnuv ib lim tiam 3pm–10pm ET /12pm–7pm PM**