



MENTAL HEALTH & WELLNESS RESOURCES

Your mental health matters. Whether you're feeling overwhelmed, stressed, or just need someone to talk to, help is available. Don't hesitate to reach out and take the first step toward feeling better.

Here are some resources you can contact for support:

DIAL 988 (24/7 HOTLINE) NATIONAL SUICIDE PREVENTION HOTLINE

This is an easy to remember three-digit confidential dialing, texting, and chat code for anyone experiencing a suicidal, substance use, mental health crises or emotional distress.

TEXT "TALK" TO 741741 CRISIS TEXT LINE

Text with a trained counselor for free, confidential 24/7 support.

DIAL 211 CALIFORNIA RESOURCES

211 is a free information and referral service that connects people to health and human services in their community 24/7.



Soluna App on Google Play & App store
FREE MENTAL HEALTH APP FOR AGES 13-25 IN CALIFORNIA

