

# COMMUNITY RESOURCES

## Suicide Prevention



THE COUNTY OF FRESNO  
Department of  
Behavioral Health

If you're experiencing feelings of worry, irritability, or low mood right now, help is available. Human connection is one of the most critical protective factors for good mental health so the department of Behavioral Health has created a list of resources that may help in this difficult time and allow for you or a loved one to talk with someone.

### Suicide Prevention Hotlines / Text Lines

National Suicide Prevention Hotline

- 1-800-273-8255
- 24 Hours a Day, 7 Days a week



Crisis Text Line

- Text "home" to 741741

Emergency - Dial 911

- Youth Crisis Helpline
- 1-800-999-9999



### Support

Local Outreach to Suicide Survivors Fresno

- Provides survivors of suicide loss with resources and supports. Available to family and friends.
- (559) 322-5857



### Youth Services

Trevor Project

- Provides crisis intervention and suicide prevention services to LGBTQ young people under 25.
- Call 1-866-488-7386 or text START to 678678

Exodus

- A recovery focused environment where youth and adults in crisis can be assessed for stabilization services, medication evaluation and management, or hospitalization if necessary.
- (559) 512-8700



NAMI Helpline

- A free, nationwide peer-support service providing information, resource referrals and support to the community.
- 800-950-6264 or (559) 224-2659

### MAP (Multi Agency Access Point)

- Assists with linkages to resources that will allow access to: housing, behavioral health, physical health, food linkages, & transportation. Call (559) 512-6777

### Public Health Lines

Department of Public Health (559) 600-4636 (INFO) – for general information about COVID-19

Department of Behavioral Health COVID-19 Warm line

- Provides non-emergency emotional and coping support.
- (559) 600-WARM (9276), Monday - Friday 8:00AM- 5:00PM

2-1-1 Fresno County United Way

- 24 hour, 7 days a week Information and Referral Helpline that gets people connected with agencies and/or organizations that can help them in their time of need.
- Call 211 or text START to 678678



### Department of Social Services

- To report abuse, apply for assistance (Medi-Cal, CalFresh (Food Stamps), CalWORKS (cash aid)), upload verification, contact information and more visit

- [www.co.fresno.ca.us/departments/social-services](http://www.co.fresno.ca.us/departments/social-services)

- For general information call (559) 600-5956 or 800-742-1011

- To report child abuse, contact the Child Protection Hotline 24 hours a day, 7 days a week

- Phone: (559) 600-8320

- For assistance with benefits call (559) 600-1377 or 1-855-832-8082



### Other Helpful Resources

- Fresno County Access Line 1-800-654-3937
- NAMI-Fresno Warm-line (559) 224-2469
- California Peer Run Warm-Line (855) 845-7415
- Community Food Bank - (559) 237-3663
- Women, Infants, Children (WIC) - (559) 263-1150
- Poverello House - (559) 498-6988
- Marjaree Mason Center – (559) 233-4357
- Employment Development Department – Unemployment 1-800-300-5616



DEPARTMENT OF  
BEHAVIORAL  
HEALTH



MAP  
POINT

NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



For emergencies always dial 911. For non-emergencies, help is here and available. Together we can get through this.