



# Local & National Resources

## LOCAL EMERGENCY 24 HOUR HOTLINES

### All Emergency's: 9-1-1

- Humboldt County Mental Health: 1(707) 445-7715 Toll Free: 1(888) 849-5728
- Youth Services Bureau: Youth & Family: 1(707) 444-2273
- Humboldt Domestic Violence Services: 1(707) 443-6042 Toll Free: 1(866) 668-6543
- North Coast Rape Crisis Team Hotline (Will accept collect calls)
  - Eureka ..... 1(707) 445-2881
  - Del Norte ..... 1(707) 465-2851
- Child Welfare Services, Emergency Response, Abuse Reports: 1(707) 445-6180
- Adult Protective Services, Elder Abuse Reports: 1(707) 476-2100/1(866) 527-8614

## NATIONAL 24 HOUR HOTLINES

- National Suicide Prevention Lifeline: 1(800) 273-8255 [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  - For Veteran's: 1(800)-273-8255 press 1
  - Nacional de Prevencion del Suicidio: 1(888) 628-9454
  - Hearing/Speech TTY: 1(800) 799-4889
- California Youth Crisis Line: 1(800) 843-5200
- The Trevor Project: 1(866) 488-7386 [www.trevorproject.org](http://www.trevorproject.org) LGBTQI support
- Trans Lifeline: [www.translifeline.org](http://www.translifeline.org) 1(877) 565-8860
- Suicide Grief Support Helpline: 1(800) 646-7322
- Poison Control: 1(800) 222-1222
- Elderly Suicide Prevention Friendship Line: 1(800) 971-0016
- Crisis Text Line: <http://www.crisistextline.org/> Text -- 741741. A trained crisis counselor receives the text

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## ADDITIONAL RESOURCES

### **HUMBOLDT COUNTY PREVENTION & EARLY INTERVENTION PROGRAM: SUICIDE PREVENTION & STIGMA/DISCRIMINATION REDUCTION PROGRAMS**

#### PREVENTION & EARLY INTERVENTION TRAININGS:

- **Question~Persuade~Refer:** Free suicide prevention training. People learn to recognize warning signs of suicide, how to ask, persuade, and refer. [www.qprinstitute.com](http://www.qprinstitute.com)
- **Applied Suicide Intervention Skills Training (ASIST):** Intensive 2-day skill-building workshop. Livingworks Education; [www.livingworks.net](http://www.livingworks.net)
- **Adult Mental Health First Aid:** an evidenced-based 8-hour training that provides a general overview and basic skills to identify, understand, and respond to mental health and substance use issues. For more information: <http://mentalhealthfirstaid.org>
- **Youth Mental Health First Aid:** an 8-hour course focusing on common mental health concerns for youth ages 13-17.

**For more information Contact: Community Wellness Center: 1(707) 268-2132 or  
[Humboldt County Suicide Prevention Webpage](http://humboldt.gov/2047/Suicide-Prevention-Program)  
<http://humboldt.gov/2047/Suicide-Prevention-Program>**

**UNITED INDIAN HEALTH SERVICES-BEHAVIORAL HEALTH: 1(707)825-5060**  
1600 Weeot Way, Arcata CA.

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## LOCAL & NATIONAL RESOURCES

### **Hope Center 1(707) 441-3723**

Free, supportive space for people with mental illness, ongoing groups, peer to peer support, advocacy, drop in services, 2933 H St., Eureka

**Community Health Improvement Plan: <http://humboldt.gov/DocumentCenter/View/28999>**

**Humboldt Network of Care: <http://humboldt.networkofcare.org/mh/>**

Resource for individuals, families and agencies concerned with behavioral health

**Humboldt County Transition Age Youth Collaboration-HCTAYC: Youth advocacy  
[www.humboldt.gov/542/Transition-Age-Youth-Programs](http://www.humboldt.gov/542/Transition-Age-Youth-Programs) or [HumboldtYouth@gmail.com](mailto:HumboldtYouth@gmail.com)**

**YSB RAVEN Project: Youth-led street outreach and drop-in center for youth, 10-21  
1(707) 443-7099**

**Humboldt Family Resource Center: 1802 California Street, Eureka. 1(707) 443-7358**

**National Alliance on Mental Illness (NAMI) Humboldt 1(707) 444-1600**  
Advocacy, education and support for people with mental illness and their families

**HSU Community Counseling Clinic 1(707)826-3921** counseling services open to the community.

## **Access to Care:**

### **Partnership HealthPlan of California: Beacon:**

#### **Use any of the following means to obtain additional information from Beacon:**

1. Go to the Provider Tools page of the CHIPA or Beacon website, for detailed information about working with Beacon, frequently asked questions, clinical articles and practice guidelines, and links to additional resources. Beacon website Provider Tools can be found here:

[http://beaconhealthstrategies.com/private/provider/provider\\_tools.aspx](http://beaconhealthstrategies.com/private/provider/provider_tools.aspx)

2. Call interactive voice recognition (IVR), 888.210.2018, to check member eligibility, number of visits available and applicable co-payments confirm authorization and get claim status.

3. Log on to eServices to check member eligibility and number of visits available, submit claims and authorization requests, view claims and authorization status, view/print claim reports, update practice information, and use other electronic tools for communication and transactions with Beacon.

4. Email [providerinquiry@beaconhs.com](mailto:providerinquiry@beaconhs.com)

5. Call 855.765.9703, option 6, then 3 to speak with a Beacon representative

## **GRIEF & BEREAVEMENT SUPPORT**

**American Foundation for Suicide Prevention:** [www.afsp.org](http://www.afsp.org) information, research, survivor information

**Center for Complicated Grief:** <http://complicatedgrief.org/>

**Hospice of Humboldt 1(707) 445-8443 or** [www.hospiceofhumboldt.org](http://www.hospiceofhumboldt.org)

**Heart of the Redwoods Community Hospice, Garberville (707) 923-7276**

**Friends for Survival, Inc.** <http://www.friendsforsurvival.org>

**Compassionate Friends 1(630) 990-0010** [www.compassionatefriends.org](http://www.compassionatefriends.org) for parents, siblings, & grandparents who have experienced the death of a loved one.

**The Dougy Center 1(530) 775-5683 or** [www.dougy.org](http://www.dougy.org) National Center for grieving children & families

## **ATTEMPT SURVIVOR SUPPORT**

The Suicide Prevention Lifeline's new "**Lived Experience/Suicide Attempt Survivor**" micro site, <http://lifelineforattemptsurvivors.org/>, includes self-care tips, insights, and advice for therapists and family members as well as for those coping with suicidal thoughts (past or current).

**Attemptsurvivors.com** This project of the *American Association of Suicidology* exists for people to tell their stories about life after suicidal thinking.

<http://attemptsurvivors.com/2014/05/19/watch-this-video-people/>

[www.speakingofsuicide.com](http://www.speakingofsuicide.com) user-friendly articles for people in all places on the suicide spectrum - those who are suicidal or have attempted suicide, their friends and family, suicide survivors, and mental health professionals.

**"Live Through This"** <http://livethroughthis.org/> chronicles stories of suicide attempt survivors. This project was started by a photographer and numerous northern California people have been profiled here.

## CHILDREN, YOUTH, FAMILY, SCHOOLS

**Active Minds:** Active Minds empowers students to speak openly about mental health in order to educate others and encourage help-seeking by developing and supporting chapters of a student-run mental health awareness, education, and advocacy group on campuses.

<http://www.activeminds.org/about>

**Youth Suicide Prevention and Student Mental Wellness Online Trainings:** Developed with support from the California Mental Health Services Authority (CalMHSA) K-12 Student Mental Health Initiative course modules are designed for teachers, administrators, nurses, district and school mental health professionals.

<http://teachstar.lacoe.edu/youth-suicide-prevention-and-student-mental-wellness-series/>

**National Association of School Psychologists:** [www.nasponline.org](http://www.nasponline.org) information on suicide prevention and crisis response. Much of this material is available online at no cost

**Bright Futures:** Online resource: *What to Expect & When to Seek Help: Bright Futures Developmental Tools for Families and Providers*: A collaboration of [Bright Futures at Georgetown University](http://www.brightfutures.org) and the [National Technical Assistance Center for Children's Mental Health](http://www.nasponline.org): <https://brightfutures.org/tools/>

**The Jed Foundation** works to promote emotional health and prevent suicide among college students. <http://www.jedfoundation.org/> Additional resources

- <http://www.ulifeline.org/> online resource for student mental health
- <http://www.loveislouder.com/> Love is Louder was started by [The Jed Foundation](http://www.jedfoundation.org/), MTV and Brittany Snow to support anyone feeling mistreated, misunderstood or alone. It's hundreds of thousands of people just like you who have turned this idea into a movement.
- <http://transitionyear.org/> interactive online resource

**Reach Out:** <http://us.reachout.com/> ReachOut.com is the Inspire USA Foundation's primary online platform and avenue of outreach to help American youth and young adults get through tough times.

**California Regional Student Mental Health Initiative:** clearinghouse of resources and regional best practices provided to assist California county offices of education, districts and schools to develop and implement effective programs and services that promote the mental health and wellness of students in grades K-8, with linkages to preschool and grades 9-12.

<http://www.regionalk12smhi.org/>

**Humboldt State University Counseling & Psychological Services (CAPS)**

**For HSU students:** CAPS offers support & crisis intervention 24/7. 1(707)826-3236 or [www.hsucaps@humboldt.edu](http://www.hsucaps@humboldt.edu)

## GAY, LESBIAN, BISEXUAL, TRANSGENDER, INTERSEX, QUEER SUPPORT

**Family Acceptance Project:** <http://familyproject.sfsu.edu/>

**Queer Humboldt:** [www.queerhumboldt.org](http://www.queerhumboldt.org) For immediate questions please call Todd: (707) 834-4839. Excellent resource guide: <http://queerhumboldt.org/resources/localresources.htm>

**The GLBT National Help Center:** Hotline 1 (888) 843-4564, Youth Talkline: 1 (800) 246-7743 [www.glbt.org](http://www.glbt.org)

**GLSEN—Gay Lesbian Straight Education Network** 1(212) 727-0135 [www.glsen.org](http://www.glsen.org)



## MENTAL HEALTH

**Counseling: North Coast Association of Mental Health Professionals:** [www.ncamhp.org](http://www.ncamhp.org)

“Red Book” lists local mental health providers.

**California Mental Health Services Authority—CaIMHSA:** Student Mental Health Initiative (SMHI) promotes and applies strategies to strengthen student mental health statewide across K-12 educational systems and through institutions of higher education.

<http://calmhsa.org/programs/student-mental-health-initiative-smhi/>

**Each Mind Matters:** <http://www.eachmindmatters.org/> California’s movement dedicated to ending the stigma around mental health. To learn more about the variety of programs and resources available to youth and young adults through Each Mind Matters, visit the [Young Adult](#) and [Children and Families](#) pages on the [Mental Health](#) page of EachMindMatters.org.

**Movimiento de Salud Mental de California:** <http://www.sanamente.org/>

**The Mental Health Channel**—a new online network of original series, inspiring characters and powerful stories, to raise awareness and help every viewer realize the benefits of improved mental health. <http://www.mentalhealthchannel.tv/>

**National Alliance on Mental Illness:** [www.nami.org](http://www.nami.org). Support, education, advocacy. Stigma Busters—works to raise awareness about mental health.

**Substance Abuse and Mental Health Services Administration:** [www.samhsa.gov](http://www.samhsa.gov).

**Training Institute for Suicidal Assessment (TISA)** [www.suicideassessment.com](http://www.suicideassessment.com)

**Tri- County Independent Living Center 1(707) 445-8404**

Information & Referral for people with disabilities and family members, Independent Living Skills Training, Housing Assistance, Peer Support, Personal Assistant Services

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## ADDITIONAL WEBSITES

**The Adverse Childhood Experiences Study:** <http://www.acestudy.org/>

**American Association of Suicidology:** [www.suicidology.org](http://www.suicidology.org). Research, training, education, links to national support groups, crisis centers, suicide attempt survivor info

**American Foundation for Suicide Prevention:** [www.afsp.org](http://www.afsp.org) information, research, survivor information

**Copeland Center for Wellness and Recovery,** <http://copelandcenter.com/> for information on **Wellness Recovery Action Plans (WRAP.)**

**Disability Rights California** is a nonprofit disability rights organization, working since 1978 to advance human and legal rights of Californians with disabilities. We strive to create a barrier-free, inclusive society that values diversity and each individual.

<http://www.disabilityrightscalifornia.org/index.htm>

**Indian Health Services *American Indian and Alaska Native Suicide Prevention***  
<http://www.ihs.gov/suicideprevention/>

**Know the Signs** [www.suicideispreventable.org](http://www.suicideispreventable.org) California’s statewide suicide prevention social marketing campaign built on 3 key messages: Know the signs, Find the words, Reach out.

[www.mantherapy.org](http://www.mantherapy.org) This site is directed primarily toward men and intends to increase help-seeking through a combination of humor and parody.

**National Action Alliance for Suicide Prevention:** a public-private partnership working to further the *National Strategy for Suicide Prevention*

<http://actionallianceforsuicideprevention.org/>

**National Child Traumatic Stress Network:** <http://www.nctsn.org/>

### Restricting Access to Lethal Means

- Harvard School of Public Health—Means Matter: [www.hsph.harvard.edu/means-matter](http://www.hsph.harvard.edu/means-matter)
- Counseling on Access to Lethal Means (CALM) <http://training.sprc.org>

**Samaritans:** [www.samaritans.org](http://www.samaritans.org). Online and telephone counseling and support

**Social Work Podcast:** <http://socialworkpodcast.blogspot.com/> interviews with experts in the field of social plus other useful information

**Suicide Prevention Resource Center (SPRC):** [www.sprc.org](http://www.sprc.org). Excellent resource for prevention, training, and information to assist development of suicide prevention programs, interventions and policies.



<http://www.my3app.org>: app helps create safety and get support for anyone going through tough times.



### Suicide Safe: The Suicide Prevention App for Health Care Providers

**Free from Substance Abuse Mental Health Services Administration:** app for mobile devices and tablets helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients.

<http://store.samhsa.gov/apps/suicidesafe/>



<http://www.store.samhsa.gov/apps/>