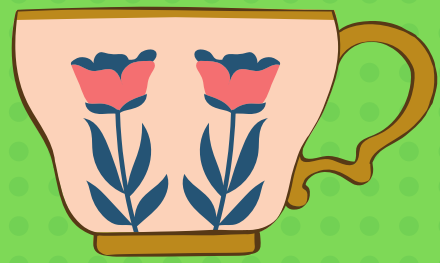


CRISIS SUPPORT RESOURCES



San Francisco:

- MOBILE CRISIS #415-970-4000
Mon-Fri 8:30am-11pm Sat 12-8pm
- 24 Hour Access Helpline #415-255-3737

Oakland:

- MH First Oakland is available in the form of a free hotline – # 510-999-9MH1 Friday & Saturday nights from 8pm to 8am
- Oakland Fire Dept #510-444-1616-- a way to get MH support to come to where you are, without necessarily involving the police.

Berkeley:

- Berkeley Mobile Crisis Team #510-981-5900
Monday, Wednesday, Thursday and Friday 11:30 am -10:00 pm

Contra Costa County:

- Contra Costa Mobile Crisis # 1-833-443-2672
Monday through Friday 8:00 am-10:30pm; and Saturday & Sunday, 8:30am-5:00pm

Other Options:

- Get to your nearest Hospital Emergency Room
- National Suicide Hotline: 1-800-273-8255
- Trevor Project: 1-866-488-7386
- Trevor Project Text Line: 678-678
- Trans Lifeline: 1-877-565-8860

