



# CRISIS RESOURCES

*You are not alone*

## 24/7 Emergency Hotlines and Crisis Intervention

- Crisis Text Line - Text HOME to 741741
- Youth National Suicide Prevention Lifeline - (800) 273-8255
- El Dorado County CRISIS HOTLINE West Slope - (530) 622-3345
- RAINN National Sexual Assault Hotline – (800) 656-HOPE
- The Trevor Project:
  - Lifeline for LGBTQ+ (866) 488-7386
  - Text START to 678678

## Non-Emergency Resources

### **On-Site Support:**

- Counseling Office
- Assistant Principal's Office
- Any Staff Member
- STOPit App: [www.appweb.stopitsolutions.com/login](http://www.appweb.stopitsolutions.com/login)

### **Community Support:**

- Primary Care Physician
- El Dorado County Behavioral Health (530) 621-6130
- El Dorado County Public Health Community Hub (800) 844-4491
- Youth National Suicide Prevention Lifeline – [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Crisis Text Line – [www.crisistextline.org](http://www.crisistextline.org)
- NAMI (National Alliance on Mental Illness) – [www.namiel DoradoCounty.org/crisis-info](http://www.namiel DoradoCounty.org/crisis-info)

**WE EDUCATE** | EDUHSD ensures students and families receive the support and information they need.

**WE SUPPORT** | EDUHSD staff respond personally and provide assistance in navigation of Health Services.

**WE ADVOCATE** | EDUHSD provides leaders with the tools, resources, and skills necessary to assist individuals with mental health concerns.

**El Dorado Union  
High School District  
Health Services**

[www.eduhsd.k12.ca.us/Student-Success/Health-Services](http://www.eduhsd.k12.ca.us/Student-Success/Health-Services)

