MENTAL HEALTH RESOURCES FOR TEENS AND FAMILIES

A GUIDE FOR YOUTH AND THEIR FAMILIES LOOKING FOR HELP AND SUPPORT

About these resources:
This list was created with Ventura County teens and families in mind.

Scan this QR Code for a complete guide to all the resources listed, what they offer, and links to their websites:

Not sure where to start?
• Hotlines are a good option when you just want to talk.
• When you’re ready for therapy, contact your local resources for availability.
• Check out the whole guide online for more tips on how to ask for help.

FIND HELP:
• LOCALLY
• NATIONALLY
• EN ESPAÑOL

NATIONAL HELPLINES

Mental Health Crisis Text Line
Text HOME to 747741

National Suicide Prevention Lifeline
Call 800-273-8255
Text HEARME to 839863

Teen Line
Text TEEN to 839863 (6 p.m.–9 p.m.)
Or call 800-TLC-TEEN (6 p.m.–10 p.m.)

The Peer-Run Warm Line
Call 855-845-7415

The Trevor Project (For LGBTQ+ youth)
Call 866-488-7386
Text “Trevor” to 1-202-304-1200
(Thursday–Friday from 1 p.m.–5 p.m.)

National Runaway Safe Line
Call 800-786-2929

National Sexual Assault Hotline
Call 800-656-4673

National Domestic Violence Hotline
Call 800-799-7233
Text “START” to 88788
**LOCAL RESOURCES**

**Interface Children and Family Services  805-485-6114  www.icfs.org**
- 24/7 Family Violence and Human Trafficking Hotline: 800-636-6738
- 24/7 Youth Crisis and Homeless Services Hotline: 805-469-5882

**Ventura County Behavioral Health (VCBH)  866-998-2243  www.vcbh.org**
- Crisis and Referral Line: 866-998-2243
- Early detection and intervention for the prevention of psychosis: 866-998-2243

**Coalition for Family Harmony  805-983-6014  thecoalition.org**
- 24/7 Crisis support hotline: 800-300-2181

**211 Ventura County  www.211ventura.org**
- Call 211 or text your zip code to 898211

**NAMI Ventura County  805-500-6264  namiventura.org**

**Turning Point Foundation Ventura County  turningpointfoundation.org**
- Wellness Center: 805-653-5054  Monday–Saturday from 9 a.m.–5 p.m.

**One Step a la Vez  805-625-7066  www.osalv.org**
- Fillmore, Santa Paula, and Piru for ages 16–25

**Diversity Collective (LGBTQIA+)  805-644-5428  diversitycollectivevc.org**
- Free Rapid HIV testing available through their confidential support line: 805-665-3193

**TAY Tunnel (for people ages 18 to 25)  805-240-2538**
- Drop-In Center: 141 W. 5th Street, Suite D, Oxnard, Monday–Friday 9 a.m.–5:30 p.m., Saturday 11 a.m.–3 p.m.

**Logrado Bienestar (with VCBH)  805-973-5220**

**Mixteco/Indigena Community Organizing Project (MICOP)  805-247-1188  www.mixteco.org**

**Promotoras y Promotores Foundation  818-347-5455**

**Project Esperanza (Santa Paula, Fillmore)  805-427-1235  www.proyectoesperanzasp.com**

**Tri-County GLAD (Deaf/Hard of Hearing/Deaf Disabled)  tcglad.org**
- TTY: 805–644–6323
- VP: 805–256–1053
- Voice: 805–644–6322
- Email: info@tcglad.org

**Substance Use Treatment Help (VCBH)  844-385-9200**
- vcdbh.org/en/programs-services/substance-use-services

**Ventura County Alcoholics Anonymous (AA)  aaventuracounty.org**
- 24/7 information and support lines: 805-389-1444
- Toll-free line at 800–990–7750

**Ventura County Al-Anon and Alateen  alanonventura.org**
- 24/7 information and support line: 805–253–7188

**The Ventura County Family Justice Center  805-652-7655  vcfjc.org**

**Forever Found  805-306-8018  www.foreverfound.org**
- 24/7 REACH Hotline for youth being trafficked/exploited: 805-261-1212

**City Impact  805-983-3636  www.cityimpact.com**

**Raising Hope (for foster youth)  805-491-5439  raisinghope.org**

**CLU Community Counseling Resources  clucounseling.org**
- Oxnard: 805–493–3059
- Westlake: 805–493–3390

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*These resources have been compiled by On The Verge Ventura County:*
First 5 Ventura County, Ventura County Public Health, Ventura County Probation Agency, Ventura County Family Justice Center, County of Ventura Human Services Agency, The Partnership for Safe Families & Communities of Ventura County