

Keep Safe Connections

The following numbers can help with suicide first aid (trained in suicide intervention).

(209) 533-7000 T.C. BEHAVIORAL HEALTH
CRISIS ASSESSMENT AND INTERVENTION PROGRAM (CAIP)

1-800-273-8255
NATIONAL SUICIDE PREVENTION CRISIS LINE

1-800-273-8255, PRESS 1 FOR VETERANS
VETERANS SUICIDE PREVENTION CRISIS LINE

1-800-971-0016 – FRIENDSHIP LINE
24 HOUR CRISIS LINE FOR SENIORS (55+)

1-800-843-5200
CALIFORNIA YOUTH CRISIS LINE

1-888-281-3000
24-HOUR PARENT SUPPORT LINE

Text HOPE to 916-688-iCAN
CRISIS CHAT VIA TEXT

(209) 533-3401 DOMESTIC VIOLENCE 24/7 HOTLINE
CENTER FOR A NON-VIOLENT COMMUNITY

1-866-488-7386 www.thetrevorproject.org
LGBTQ COMMUNITY CRISIS LINE: THE TREVOR PROJECT

(209) 536-5000
SONORA REGIONAL MEDICAL CENTER
EMERGENCY SERVICES

(209) 928-5400
TUOLUMNE ME-WUK HEALTH CLINIC

(209) 532-8143 or 532-8141
SONORA POLICE

911 or (209) 533-5815 or 1-800-228-3592
SHERIFF EMERGENCY SERVICES

(209) 533-2348
NARCOTICS ANONYMOUS

www.my3app.org (at the bottom of the page click on the Apps Store or Google Play link
MY3 PHONE APP (requires IOS 5.0 or later)

Tuolumne.networkofcare.org (Tuolumne County Behavioral Health)
Therapist List (upper right hand box on page)
