



**DBSA - Depression and Bipolar Support Alliance**

[http://www.dbsalliance.org/site/PageServer?pagename=urgent\\_preparing\\_for\\_crisis](http://www.dbsalliance.org/site/PageServer?pagename=urgent_preparing_for_crisis)

1-800-273-TALK (8255)



**National Suicide Prevention Hotline**

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

1-800-273-TALK (8255)

(Also has Spanish info on home page)

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**CRISIS SUPPORT SERVICES**  
of Alameda County

Crisis Support Services of Alameda County  
Oakland, CA  
800-309-2131

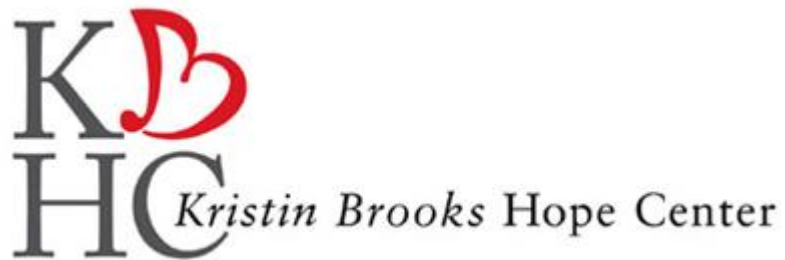
[www.crisissupport.org](http://www.crisissupport.org)

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- TeenLine (peer-to-peer) in California call

1-800-TLC-TEEN (1-800-852-8336)

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



[www.Hopeline.com](http://www.Hopeline.com)

1.800.SUICIDE (1.800.784.2433)



California Youth Crisis Line

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

1-800-843-5200

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<http://www.nami.org/Content/ContentGroups/HelpLine1/Suicide - Learn more, learn to help.htm>

