

# MENTAL HEALTH RESOURCES FOR TEENS AND FAMILIES



## FIND HELP:

- LOCALLY
- NATIONALLY
- EN ESPAÑOL

## 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.

## NATIONAL HELPLINES

### **Mental Health Crisis Text Line**

Text HOME to 741741

### **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

Scan for a  
complete  
guide to  
these  
resources:



**Interface Children and Family Services 805-485-6114 [www.icfs.org](http://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](http://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](http://thecoalition.org)**

24/7 Crisis support hotline: 800-300-2181

**211 Ventura County [www.211ventura.org](http://www.211ventura.org)**

Call 211 or text your zip code to 898211

**NAMI Ventura County 805-500-6264 [namiventura.org](http://namiventura.org)**

**Turning Point Foundation Ventura County [turningpointfoundation.org](http://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](http://www.osalv.org)**

Fillmore, Santa Paula, and Piru for ages 16-25

**Diversity Collective (LGBTQIA+) 805-644-5428 [diversitycollectivevc.org](http://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.

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

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

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

**Project Esperanza (Santa Paula, Fillmore) 805-427-1235 [www.proyectoesperanzasp.com](http://www.proyectoesperanzasp.com)**

**Tri-County GLAD (Deaf/Hard of Hearing/Deaf Disabled) [tcglad.org](http://tcglad.org)**

TTY: 805-644-6323

VP: 805-256-1053

Voice: 805-644-6322

Email: [info@tcglad.org](mailto:info@tcglad.org)

**Substance Use Treatment Help (VCBH) 844-385-9200**

[vcbh.org/en/programs-services/substance-use-services](http://vcbh.org/en/programs-services/substance-use-services)

**Ventura County Alcoholics Anonymous (AA) [aaventuracounty.org](http://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](http://alanonventura.org)**

24/7 information and support line: 805-253-7188

**The Ventura County Family Justice Center 805-652-7655 [vcfjc.org](http://vcfjc.org)**

**Forever Found 805-306-8018 [www.foreverfound.org](http://www.foreverfound.org)**

24/7 REACH Hotline for youth being trafficked/exploited: 805-261-1212

**City Impact 805-983-3636 [www.cityimpact.com](http://www.cityimpact.com)**

**Raising Hope (for foster youth) 805-491-5439 [raisinghope.org](http://raisinghope.org)**

**CLU Community Counseling Resources [clucounseling.org](http://clucounseling.org)**

Oxnard: 805-493-3059

Westlake: 805-493-3390

**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