

PLACER COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

National Maternal Mental Health Hotline

“A free and confidential service offering 24/7 support via call or text to new and expecting moms and their loved ones. The Hotline’s trained counselors help thousands of women and their families needing emotional support during or after pregnancy. The Hotline is available in English and Spanish and offers interpreters in more than 60 languages.”

Call/text: (833) TLC-MAMA (833-852-6262)

Website: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262>

Last Verified On: 05/15/2026



County of Placer Crisis Resources

“If you or someone you know is experiencing a mental health emergency, please call our Adult Crisis & Intake 24-Hour”

Contact: (888) 886-5401

Contact: (916) 787-8860

Website:

<https://www.placer.ca.gov/2485/Crisis-Resources>

Last Verified On: 05/15/2026

CRISIS HOTLINES

CA Youth Crisis Line (CYCL)

“The California Youth Crisis Line operates 24/7 as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors provide crisis intervention counseling and resource referrals to service providers in the caller’s local community.

Contact: (800) 843-5200

Website: <https://calyouth.org/cycl/>

Last Verified: 05/15/2026

Trevor Lifeline

“Website, chat, & text crisis support, specializing in LGBTQ youth suicide prevention.”

Contact: (866) 488-7386

Text: START to 678678

Website: <https://www.thetrevorproject.org/get-help-now/>

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CRISIS HOTLINES CONTINUED

Strength After

"If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7. Our mission is to provide a hub to share stories of hope and recovery encompassing all types of natural and human-caused disaster."

Contact: (800) 985-5990

Website: <https://strengthafterdisaster.org/>

Last Verified On: 05/15/2026

Your Life Your Voice

"You don't have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7."

Contact: (800) 448-3000

Text: VOICE to 20121

Website:

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Last Verified On: 05/15/2026

MATERNAL MENTAL HEALTH SUPPORT SERVICES

Postpartum Support International:

Contact: (800) 944-4773

Website: <http://www.postpartum.net/>

Last Verified On: 05/15/2026

Placer County HHSA

"Human Services provides a variety of programs to help Placer County families and individuals have a better future through access to healthy nutrition, healthcare, affordable housing, and training and temporary assistance when times are difficult."

Location: 3091 County Center Dr Ste 290, Auburn, CA 95603

Contact: (530) 886-1870

Website:

<https://www.placer.ca.gov/1679/Health-Human-Services>

Last Verified On: 05/15/2026

Postpartum Support International- DADS Chat with an Expert

"Free call-in forum for dads facilitated by a perinatal mood disorder expert."

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-4773

Text in English: 800-944-4773

Text en Español: 971-203-7773

Website: <https://www.postpartum.net/get-help/help-for-dads/>

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MENTAL HEALTH PROGRAMS

Carelon Behavioral Health

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

Contact: (855) 765-9703

Website: <https://www.carelon.com>

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MENTAL HEALTH SUPPORT SERVICES

CalHOPE – BrightLife Kids

“Mental Health coaching and resources for parents with kids ages 0-12.”

Website:

https://www.hellobrightline.com/brightlifekids/?utm_medium=referral&utm_source=calhopewebsite

Last Verified On: 05/15/2026

SafeSpace Stories – Podcast

“Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource.”

Website:

<https://www.safespacestories.org/projects-7>

Last Verified On: 05/15/2026

Male Survivor

“Facilitate dialogue among survivors, as well as between survivors and professional therapists, on our online forums and at in-person events.”

Website: <https://malesurvivor.org/>

Last Verified On: 05/15/2026