

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. Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgement. We do not provide advice. We listen with compassion.”

Contact: (800) 843-5200

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

Last Verified: 10/04/2025

National Runaway Safeline

“Get support. We are here to listen and here to help. We will listen to your story. We are available 24/7 for youth and families in crisis.”

Contact: (800) 786-2929

Text: 66008

Website: <https://www.1800runaway.org/youth-teens/>

Last Verified On: 10/04/2025



The Trevor Project, LGBTQ Youth

“We provide crisis intervention and suicide prevention for LGBTQ youth.”

Contact: (866) 488-7386

Website: <https://www.thetrevorproject.org/>

Last Verified On: 10/04/2025

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: 10/04/2025

MODOC COUNTY YOUTH RESOURCES

DOMESTIC VIOLENCE & ABUSE RESOURCES

Child Protective Services

“Child Protective Services provides protection, intervention, and ongoing support to children who are victims of or are threatened with abuse, neglect, or exploitation. Services are designed to preserve the family unit by strengthening parental capacity and creating a willingness to provide a safe and healthful child-rearing environment.”

Location: 120 North Main Street
Alturas, CA 96101

Contact: (530) 233-6501

After Hours Contact: (530) 233-6602

Toll Free Hotline: (888) 845-0920

Website:

<https://www.cdss.ca.gov/reporting/report-abuse/child-protective-services>

Last Verified On: 10/04/2025

Love is Respect

“Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.”

Contact: (866) 331-9474

Text: LOVEIS to 22522

Website: <https://www.loveisrespect.org/>

Last Verified On: 10/04/2025

Training, Employment & Community Help (T.E.A.C.H, Inc.)

“T.E.A.C.H. is dedicated to assisting and empowering individuals and families to improve their quality of life and self-sufficiency.

Programs administered include: ... domestic violence and sexual assault victim services.”

Location: 112 E. 2nd Street
Alturas, CA 96101

24-Hour Crisis Line: (800) 291-2156

Contact: (530) 468-2450

Website: <http://www.teachinc.org>

Last Verified On: 10/04/2025

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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: 10/04/2025

MODOC COUNTY YOUTH RESOURCES

EDUCATION & EMPLOYMENT

California Student Aid Commission

“If you are or were in foster care for at least one day, between the ages of 16 and 18 as a dependent or ward of the court and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college. You don’t have to pay this money back. You may also be able to use your grant to help pay for child care, transportation and rent while you’re in school. You can use your Chafee Grant at any eligible California college or university or career or technical school, as well as schools in other states.”

Website: <https://chafee.csac.ca.gov/>

Last Verified On: 10/04/2025

FAMILY RESOURCE CENTERS

Big Valley Family Resource Center

“Bringing Services to the Big Valley Community in Lassen and Modoc Counties.”

Location: 125 Highway 299 East
Bieber, CA 96009

Contact: c

Last Verified On: 02/04/2025

T.E.A.C.H. Training Employment and Community Help, Inc.

“The only diverse, multi-program community based non-profit in Modoc County. T.E.A.C.H. is dedicated to assisting and empowering individuals and families to improve their quality of life and self-sufficiency”

Location: 112 E 2nd Street
Alturas, CA 96101

Contact: (530) 233-3111

24 Hour Crisis Line: (855) 855-6745

Website: <http://www.teachinc.org/>

Last Verified On: 10/04/2025

FOSTER AND KINSHIP SUPPORT SERVICES

Family Urgent Response System (FURS)

“FURS is a free 24/7/365 Hotline for current and former foster youth (up to age 21) and their caregivers with immediate, trauma-informed support when they need it. FURS assists to prevent placement disruptions, promotes healing as a family and is a safe, judgement free, and private space to talk about your worries and vent.”

Call or Text Hotline: (833) 939-3877

Contact: (916) 657-1858

Website:

<https://cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>

Last Verified On: 10/04/2025

MENTAL HEALTH SERVICES

Carelon Behavioral Health (formerly Beacon)

“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>

Last Verified On: 10/04/2025

MENTAL HEALTH SUPPORT SERVICES

Actively Moving Forward – Heal Grief App

“The AMF Heal Grief App provides a national network of young adults all connected, heard, and understood by other like-minded young adults grieving a similar death loss, in a way young adults communicate best, digitally, and 24/7. All through the App, community members have access to facilitated virtual support groups, tools, resources, reading, videos, supportive quotes, community engagement via direct messaging, group chats, posts, and interactive comment boards that bereavement care professionals monitor.”

Website: <https://healgrief.org/amf-app/>

Last Verified On: 10/04/2025

All-Options

“Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.”

Talkline: (888) 493-0092

Last Verified On: 02/04/2025

CalHOPE – Soluna

“Mental Health coaching and resources for teens and young adults ages 13-25.”

Website: <https://solunaapp.com/>

Last Verified On: 10/04/2025

BE STRONG APP

“The Be Strong APP unites power with choice that saves & changes lives. You’ll find resources, support, intervention and best practices on combatting many adversities by increasing resilience, supporting you in emotional, behavioral and everyday challenges. If you or those you know are struggling with hunger, housing, escaping violence, mental health and more...help is at your fingertips.”

Contact: (954) 246-5807

Email: <https://bestrong.global/#contact>

Website: <https://bestrong.global/#download-app>

Last Verified On: 10/04/2025

SafeSpace

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities. We create and implement initiatives to change the conversation around mental health by educating and encouraging our peers to speak up, support others, and seek help when needed.”

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

Last Verified On: 10/04/2025

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>

Apple Podcast:

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

Spotify:

<https://open.spotify.com/show/49338MHg6LAE nBaOq1RSSC?si=b97a00f41db94211&nd=1>

Last Verified On: 10/04/2025

PHC MEMBER BENEFITS

Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medical provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

Website:

<http://www.partnershiphp.org/Members/Medical/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 10/04/2025

SUPPORT GROUPS

Talk About Grief

“Virtual Grief Support Group. Many children have a hard time grieving the loss of someone close to them. Community Hospice offers resources for children and teens no matter where they are on their grief journey to help ease the pain...Our Child Grief Support Programs supports children and teens who are grieving the death of someone close to them and are offered free of charge. Through the Child Grief Support Programs at Community Hospice, grieving children and teens are able to share their story about their loss, learn healthy ways to cope, and connect with other children and teens that have had similar losses.”

Contact: (209) 578-6300

Website: <http://heal.hospiceheart.org/youth-support/>

Last Verified On: 10/04/2025

SUPPORT SERVICES

Alyssa Araiza Wings of Angels Organization

“Committed to aiding families who have children suffering with pediatric cancer or life threatening illness by providing unique support in ways other organizations do not. Families served live in Shasta, Siskiyou, Trinity, Lassen, and Modoc counties in Northern California.”

Location: 6907 Weeks Road
Redding, CA 96002

Contact: (530) 378-2373

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

Last Verified On: 10/04/2025