

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 Safe line

“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: 11/04/2025

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

PLUMAS COUNTY YOUTH RESOURCES

DOMESTIC VIOLENCE & ABUSE RESOURCES

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Call or Text: (800) 843-5200

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

Last Verified On: 10/04/2025

PCI - Plumas Crisis Intervention Resource Center - Quincy

“They offer referrals, assistance and programs: Shelter, food, clothing, counseling, Crisis Line, rent and utility (including home telephone service), filling out applications for services (GA, Food Stamps, Medi-Cal, taxes and more), emergency services, Rape Crisis Center, foster care program and much more..”

Location: 591 West Main Street
Quincy, CA 95971

General Information: (530) 283-5515

Urgent response 24/7: (530) 283-4333

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

Last Verified On: 10/04/2025

EDUCATION & EMPLOYMENT

Plumas County Dept. of Social Services - CalWORKS

“CalWORKS provides temporary financial assistance to needy families while they seek employment and self-sufficiency.”

Location: 270 County Hospital Road Suite 207., Quincy, CA 95971

Contact: (530) 283-6350

Website:

<https://www.plumascounty.us/242/Employment-Services>

ext. 880

Last Verified On: 10/04/2025

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PLUMAS COUNTY YOUTH RESOURCES

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

Plumas County Dept. of Social Services

“Our pledge is to provide services courteously and professionally. We will be respectful, compassionate, supportive, and impartial. Efficiency, integrity, and respect for individual dignity will govern how we deliver services to Plumas County citizens.”

Location: 270 County Hospital Road Suite 207., Quincy, CA 95971

Contact: (530) 283-6350

Website:

<https://www.plumascounty.us/94/Social-Services>

Last Verified On: 10/04/2025

HOUSING SERVICES

Plumas County Dept. of Social Services - CalWORKS

“CalWORKS provides temporary financial assistance to needy families while they seek employment and self-sufficiency.”

Location: 270 County Hospital Road Suite 207., Quincy, CA 95971

Contact: (530) 283-6350

Website:

<https://www.plumascounty.us/242/Employment-Services>

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PLUMAS COUNTY YOUTH RESOURCES

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

Plumas County Behavioral Health

“Plumas County Behavioral Health provides standardized State created level of care tools at our Therapy Offices and Wellness Centers around the County, in addition to the Annex office on the following days.”

Location: 270 County Hospital Road Suite 109., Quincy, CA 95971

Contact: (530) 283-6350

Urgent response 24/7: 530-283-6307

Website:

<https://www.plumascounty.us/87/Behavioral-Health>

Last Verified On: 10/04/2025

MENTAL HEALTH SUPPORT SERVICES

CalHOPE – Soluna

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

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

Last Verified On: 10/25/2024

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

PLUMAS COUNTY YOUTH RESOURCES

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 Medi-Cal 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/Medi-Cal/Pages/Benefits.aspx#phpFaqlItem28>

Last Verified On: 10/04/2025

PHONE / APP SUPPORT

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: 02/04/2025

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.”

Talk Line: (888) 493-0092

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

PLUMAS COUNTY YOUTH RESOURCES

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/>

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LGBTQ+ Support Groups – Trans Family Support Services

“Middle School Support Group, High School Support Group, Young Adult Support Group, Parent & Caregiver Support Group, Parents of Trans Little Support Group, and Gathering for Trans with Littles”

Contact: (858) 304-0085

Email: Info@TransFamilySOS.org

Website:

<https://transfamilysos.org/services/support-groups/>

Last Verified On: 10/04/2025

PLUMAS COUNTY YOUTH RESOURCES

SUPPORT SERVICES AND RESOURCES

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: <http://www.aawoa.com/>

Last Verified On: 10/04/2025

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

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