

SHASTA COUNTY CRISIS RESOURCES

Available resources and services for those experiencing a crisis.
In the case of a life threatening emergency, call 911.

24-HOUR CRISIS SERVICES

CA Youth Crisis Line (CYCL)

“CYCL 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.”

Call or Text: (800) 843-5200

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

Last Verified On: 02/18/2026

Family Urgent Response System (FURS)

“A toll-free hotline available 24 hours a day, 7 days a week staffed with caring counselors trained in conflict resolution and de-escalation techniques for children and youth impacted by trauma

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: 02/18/2026

National Suicide Prevention Lifeline

“Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.”

Contact: (800) 273-8255

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

Last Verified On: 02/18/2026



Strength After

“If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7/365.”

Contact: (800) 985-5990

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

Last Verified On: 02/18/2026

The Trevor Project, LGBTQ Youth

“We provide information & support to LGBTQ young people 24/7, all year round.”

Contact: (866) 488-7386

Text: START to 678-678

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

Last Verified On: 02/18/2026

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

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

Last Verified On: 02/18/2026



SHASTA COUNTY CRISIS RESOURCES

24 HOUR CRISIS SERVICES, CONTINUED

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.

Counselors are ready for your call 24/7.”

Contact: (800) 448-3000

Text: VOICE to 20121

Website:

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

[aspX](https://www.yourlifeyourvoice.org/Pages/home.aspx)

Last Verified On: 02/18/2026

Hill Country Mobile Crisis Outreach Team

“The Hill Country Mobile Crisis Outreach Team provides on-the-spot urgent mental health services. MCOT will respond to crisis situations within the Shasta County area.”

Location: 1401 Gold St.

Redding, CA 96001

General Information: (530) 238-7134

Urgent response: (530) 238-7133

Website:

https://www.co.shasta.ca.us/index/hhsa/mental_wellness/crisis_mh/c.a.r.e.-center/mobile-crisis-outreach-team

Last Verified On: 02/18/2026

Shasta County Crisis Mental Health

Location: 2640 Breslauer Way

Redding, CA 96001

24-Hour Crisis Services: (530) 225-5252

24-Hour Crisis Services: (888) 385-5201

Website:

https://www.co.shasta.ca.us/index/hhsa_index/mental_wellness.aspx

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COUNTY EMERGENCY SERVICES

NIXLE

“Nixle provides an open communication forum that connect public safety, municipalities, schools, businesses and the communities they serve. Nixle enables real-time, two-way communication through text, email, voice messages, social media, and the Nixle mobile app.”

Text: Your zip code to 888-777

Website: <https://local.nixle.com/register/>

Last Verified On: 02/18/2026

Shasta County Sheriff’s Office Facebook

<https://www.facebook.com/ShastaSheriff/>

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SHASTA COUNTY CRISIS RESOURCES

DOCUMENT REPLACEMENT

CodeRED Emergency Alert

“Emergency Mass Notifications”

Website:

<https://public.coderedweb.com/CNE/en-US/BFA19C579EA5>

Last Verified On: 02/18/2026

California Driver’s License

Contact: (800) 777-0133

Website: <https://www.dmv.ca.gov/portal/driver-licenses-identification-cards/replace-your-driver-license-or-identification-dl-id-card/>

Last Verified On: 02/18/2026

Medicare Card

Contact: (800) 633-4227

TTY: (877) 486-2048

Website: <https://faq.ssa.gov/en-us/Topic/article/KA-01735>

Last Verified On: 02/18/2026

Replacement Permanent Resident Card

Contact: (800) 375-5283

Website: www.uscis.gov

Last Verified On: 02/18/2026

Replacement Passports

Contact: (877) 487-2778

TTY: (888) 874-7793

Website:

<https://travel.state.gov/content/travel/en/passports/have-passport.html>

Last Verified On: 02/18/2026

Replacement Social Security Cards

Contact: (800) 72-1213

TTY: (800) 325-0778

Website:

<https://www.ssa.gov/myaccount/replacement-card.html>

Last Verified On: 02/18/2026

Veterans’ Service Records

Contact: (866) 272-6272

Website: <https://www.archives.gov/veterans>

Last Verified On: 02/18/2026

DOMESTIC VIOLENCE CRISIS

The Rape, Abuse & Incest National Network (RAINN)

“Largest anti-sexual violence organization.

Carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.”

24/7 Help Hotline: (800) 656-4673

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

Last Verified On: 02/18/2026

The US National Domestic Violence Hotline

Hotline: (800) 799-7233

TTY Hotline: (800) 787-3224

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

Last Verified On: 02/18/2026

Helping Survivors

“Helping Survivors is an organization on a mission to help heal, educate, and empower people who have been impacted by sexual assault and abuse. We provide individuals with accurate, trustworthy and up-to-date information regarding their legal, financial, and healthcare options for individuals after experiencing sexual assault and abuse.”

National Sexual Assault Hotline: (800) 656-4673

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

Last Verified On: 02/18/2026



SHASTA COUNTY CRISIS RESOURCES

MENTAL HEALTH CRISIS SERVICES

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>

Last Verified On: 02/18/2026

Gambler’s Anonymous Hotline-Northern California

Contact: (855) 222-5542

Last Verified: 02/18/2026

PET ASSISTANCE

RedRover

“Provides emergency sheltering, training, consultations for animals displaced by natural disasters and other crises.”

Contact: (916) 429-2457

Website: <https://redrover.org/relief/>

Last Verified On: 02/18/2026

SEXUAL ASSAULT CRISIS RESOURCES

Helping Survivors

“Helping Survivors is an organization on a mission to help heal, educate, and empower people who have been impacted by sexual assault and abuse. We provide individuals with accurate, trustworthy and up-to-date information regarding their legal, financial, and healthcare options for individuals after experiencing sexual assault and abuse.”

National Sexual Assault Hotline: (800) 656-4673

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

Last Verified On: 02/18/2026

Male Survivor

“Committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.”

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

Last Verified On: 02/18/2026

RAINN

“RAINN (Rape, Abuse & Incest National Network)...in partnership with more than 1,000 local sexual assault service providers across the country.”

National Sexual Assault Hotline: (800) 656-4673

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

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