

## 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: 10/05/2025

### 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: 10/05/2025



### 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: 10/05/2025

### 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: 10/05/2025

# TEHAMA COUNTY YOUTH RESOURCES

## DOMESTIC VIOLENCE & ABUSE RESOURCES

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### 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: 02/05/2025

### Victor Treatment Centers

“At Victor Treatment Centers we give neglected and abused children and teens a safe, caring home during a season when their birth parents are struggling or need some time to recover from challenges. You provide the home and the heart, we provide the support you need to change the life of a young person. At Victor Treatment Centers our mission is to be a catalyst for sustained improvement in the lives of those we touch. Together, we can help our kids and families soar.”

**Location:** 118 Belle Mill Road

Red Bluff, CA 96080

**Contact:** (530) 840-2000

**Website:** <https://www.victor.org/red-bluff>

Last Verified On: 10/05/2023

### Empower Tehama

“Empower Tehama’s mission is to promote healthy relationships and social change in our community. Breaking the cycle of violence that affects an entire community begins with empowering individuals to make choices that are healthy and safe for themselves and those around them. Empower Tehama provides education, intervention programs and responsive services designed to inspire personal transformation.”

**Location:** 1805 Walnut Street

Red Bluff, CA 96080

**Contact:** (530) 528-0226 (24 Hour hotline)

**Office hours:** M-F 9am-4pm

**Website:** <https://empowertehama.org/>

Last Verified On: 02/05/2025

# TEHAMA COUNTY YOUTH RESOURCES

## EDUCATION & EMPLOYMENT

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### California Heritage Youth Build Academy (CHYBA)

“The CHYBA is open to students 16-24 years old who need a second chance and are committed to self-improvement. If you are seeking a high school diploma with the opportunity to gain job skills and training, CHYBA is for you! ”

**Location:** 8544 Airport Road  
Redding, CA 96003

**Contact:** (530) 378-5254

**Website:** <http://www.chybacharter.com/http>

Last Verified On: 10/05/2025

### Resource Conservation District/ Tehama County

“The RCD of Tehama County inspires future generations of Tehama County stewards. Staff are trained and ready to roll out Next Generation Science Standards (NGSS) hands-on science learning and environmental literacy for youth K-12.”

**Location:** 2 Sutter ST #D  
Red Bluff, CA 96080

**Contact:** (530) 727-1280

**Website:**

<https://www.tehamacountyracd.org/youth-education-programs>

Last Verified On: 10/05/2023

### Department of Rehabilitation

“DOR Student Services are activities that support you in exploring and preparing for the world of work. Services are based on your interests – you could try a bunch of activities, or just a few. DOR Student Services include all of the activities listed on the Explore Your Options and Get Ready to Work pages.

They're also a fast track to services, so you can get started right away”.

**Location:** 705 Pine Street  
Red Bluff, CA 96080

**Contact:** (530) 529-4270

**Website:**

<https://www.dor.ca.gov/Home/StudentServices>

Last Verified On: 10/05/2023

# TEHAMA COUNTY YOUTH RESOURCES

## FOSTER AND KINSHIP SUPPORT SERVICES

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### **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: 10/05/2025

### **Children First/ Foster Family Agency**

“Children First FFA is a private, non-profit organization in Northern California that is dedicated to helping change lives by providing a safe place for children to heal in a culture of love, acceptance, and consistency.”

**Location:** 590 Antelope Blvd.

Red Bluff, CA 96080

**Contact:** (530) 443-8775

**Website:** <https://childrenfirstffa.com/solutions-for-youth-program/>

Last Verified On: 10/05/2025

## HOUSING SERVICES

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### **Victor Treatment Centers**

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**Location:** 118 Belle Mill Road

Red Bluff, CA 96080

**Contact:** (530) 840-2000

**Website:** <https://www.victor.org/red-bluff>

Last Verified On: 10/05/2025

# TEHAMA COUNTY YOUTH RESOURCES

## MENTAL HEALTH SERVICES

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### 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: 10/05/2025

### Tehama County HSA- Community Crisis Response Unit

“Mental health crisis services seven days a week, 24 hours a day. Serves all ages in need of assistance regardless of ability to pay or insurance status”.

**Location:** 1860 Walnut St.  
Red Bluff, CA 96080

**Contact:** (530) 527-5637

**Contact:** (800) 240-3208

**Website:** [www.tehamacohealthservices.net](http://www.tehamacohealthservices.net)

Last Verified On: 10/05/2025

## MENTAL HEALTH SUPPORT SERVICES

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### CalHOPE – Soluna

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

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

Last Verified On: 10/05/2025

### 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: 10/05/2025

### 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: 10/05/2025

# TEHAMA COUNTY YOUTH RESOURCES

## PHC MEMBER BENEFITS

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### 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#phpFaqltem28>

Last Verified On: 10/05/2025

## PHONE / APP SUPPORT

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### 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: 10/05/2025

### 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: 10/05/2025

### Tehama County Library

#### Red Bluff location

“Free Wi-Fi available inside or in the parking 8am – 8pm. gaming resources, Reading resources, Homework Help, College & Career resources, Driver’s Ed practice exams and many more”.

**Location:** 545 Diamond Ave.

Red Bluff, CA 96080

**Contact:** (530) 527-0604

#### Website:

<https://tehamacountylibrary.org/services/teen-resources/>

Last Verified On: 10/05/2025

# TEHAMA COUNTY YOUTH RESOURCES

## PHONE / APP SUPPORT, continued

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### **Tehama County Library**

#### **Corning location**

“Free Wi-Fi available inside or in the parking 8am – 8pm. gaming resources, Reading resources, Homework Help, College & Career resources, Driver’s Ed practice exams and many more”.

**Location:** 740 3<sup>rd</sup> St.

Corning, CA 96021

**Contact:** (530) 824-7050

#### **Website:**

<https://tehamacountylibrary.org/services/teen-resources/>

Last Verified On: 10/05/2025

### **Tehama County Library**

#### **Los Molinos location**

“Free Wi-Fi available inside or in the parking 8am – 8pm. gaming resources, Reading resources, Homework Help, College & Career resources, Driver’s Ed practice exams and many more”.

**Location:** 7881 State Highway 99E

Los Molinos, CA 960055

**Contact:** (530) 384-2772

#### **Website:**

<https://tehamacountylibrary.org/services/teen-resources/>

Last Verified On: 10/05/2025

### **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: 10/05/2025

# TEHAMA COUNTY YOUTH RESOURCES

## SUPPORT GROUPS

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### 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: 10/05/2025

### Victor Treatment Centers

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Red Bluff, CA 96080

**Contact:** (530) 840-2000

**Website:** <https://www.victor.org/red-bluff>

Last Verified On: 10/05/2025

### 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](mailto:Info@TransFamilySOS.org)

**Website:**

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

Last Verified On: 10/05/2025

# TEHAMA COUNTY YOUTH RESOURCES

## SUPPORT SERVICES AND RESOURCES

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### **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: 10/05/2025

### **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/>

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### **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/49338MHq6LAE\\_nBaOq1RSSC?si=b97a00f41db94211&nd=1](https://open.spotify.com/show/49338MHq6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1)

Last Verified On: 10/05/2025

### **Friday Night Live/Club Live**

“The Friday Night Live Partnership’s mission is to work hand in hand with young people throughout the county to promote positive youth leadership opportunities free of alcohol, tobacco, drugs, and violence. FNL (high school program) and Club Live (middle school program) engage students in meaningful opportunities for leadership and advocacy, skill-building, and much more!”

**Contact:** (530) 241-5958

#### **Website:**

<https://chemicalpeople.org/programs/friday-night-live/>

Last Verified On: 10/05/2025

### **Victor Treatment Centers**

“At Victor Treatment Centers we give neglected and abused children and teens a safe, caring home during a season when their birth parents are struggling or need some time to recover from challenges. You provide the home and the heart, we provide the support you need to change the life of a young person. At Victor Treatment Centers our mission is to be a catalyst for sustained improvement in the lives of those we touch. Together, we can help our kids and families soar.”

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Last Verified On: 10/05/2025

# TEHAMA COUNTY YOUTH RESOURCES

## SUPPORT SERVICES AND RESOURCES, continued

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### Shasta County Chemical People

“The Shasta County Chemical People, Inc. is a non-profit community-based group which promotes and supports the development of a safe, strong community free from racism, violence, alcohol, tobacco and other drug abuse.”

**Location:** 2280 Benton Drive, Suite A  
Redding, CA 96003

**Contact:** (530) 241-5958

**Website:** <https://chemicalpeople.org/>

Last Verified On: 10/05/2025

## YOUTH CENTERS

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### PAL/ Tehama County Police Activities League

“Tehama County PAL is a youth crime prevention program that includes educational, athletic, and other recreational activities.”

**Location:** 555 Washington Street  
Red Bluff, CA 96080

**Contact:** (530) 527-8282 ext. 3017

**Website:** <https://tehamaso.org/tehama-county-pal/>

Last Verified On: 10/05/2025

### Children First/ Foster Family Agency

“Children First FFA is a private, non-profit organization in Northern California that is dedicated to helping change lives by providing a safe place for children to heal in a culture of love, acceptance, and consistency.”

**Location:** 590 Antelope Blvd.  
Red Bluff, CA 96080

**Contact:** (530) 443-8775

**Website:** <https://childrenfirstffa.com/solutions-for-youth-program/>

Last Verified On: 10/05/2025

### Victor Community Support Services

“Our founding commitment to help children and families soar provides the foundation for every program or service we offer. We know that children thrive best when they are in a loving and supportive home, so we do all we can to shore up families and provide alternatives where that is not possible”

**Location:** 118 Belle Mill Road  
Red Bluff, CA 96080

**Contact:** (530) 840-2000

**Website:** <https://www.victor.org/red-bluff>

Last Verified On: 10/05/2025