

# YUBA COUNTY YOUTH RESOURCES

## 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: 12/01/2025

### 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: 12/01/2025



### 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/>

Last Verified On: 12/01/2025

## DOMESTIC VIOLENCE & ABUSE RESOURCES

### Casa de Esperanza

“Casa de Esperanza is dedicated to empowering survivors of domestic violence and sexual assault.”

**Contact 24/7:** (530) 674-2040

**Website:**

<https://www.domesticshelters.org/help/ca/yuba-city/95992/casa-de-esperanza>

Last Verified On: 12/01/2025

### 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: 12/01/2025

# YUBA COUNTY YOUTH RESOURCES

## EDUCATION & EMPLOYMENT

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### 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: 12/01/2025

## SUPPORT SERVICES

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### Co-Dependents (CoDa) Anonymous

“Dedicated to everyone who struggles with issues of codependence.”

**Website:**

<http://locator.coda.org/index.cfm?page=usCitymeetings.cfm&state=CA&city=Westwood>

Last Verified on: 12/01/2025

## FOSTER CARE & 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: 12/01/2025

# YUBA 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: 12/01/2025

## MENTAL HEALTH SERVICES

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### Carelon Behavioral Health (formerly Beacon)

“Beacon’s system is built on a strong support structure of doctors, nurses, advocates, and mentors fulfilling members’ behavioral, physical, and social health needs.”

**Contact:** (855) 765-9703

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

Last Verified On: 12/01/2025

### 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.

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: 12/01/2025

### Sutter - Yuba Behavioral Health – 24 Hour Crisis Line

“Serves adults and children of all ages within both Sutter and Yuba Counties.”

**Location:** 1965 Live Oak Blvd  
Yuba City, CA

**24-Hour Crisis Line:** (888) 923-3800

#### Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/acute-psychiatric-services/psychiatric-emergency-services-also-known-as-crisis>

Last Verified On: 12/01/2025

# YUBA COUNTY YOUTH RESOURCES

## 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: 12/01/2025

### 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: 12/01/2025

### 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: 12/01/2025

### 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](https://open.spotify.com/show/49338MHg6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1)

Last Verified On: 12/01/2025

### 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: 12/01/2025

# YUBA COUNTY YOUTH RESOURCES

## 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, and 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: 12/01/2025

### 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: 12/01/2025

### 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: 12/01/2025

## FAMILY RESOURCE CENTERS

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### First 5

“First 5 Yuba County's vision is that all children are healthy and thriving in safe and nurturing family environments and ready to succeed in their educational experiences.”

**Location:** 1114 Yuba St., Suite 141, Marysville, CA 95901

**Contact:** (530) 749-4877

**Website:** <https://www.first5yuba.org/>

Last Verified On: 12/01/2025

### Yuba County Office of Education: C.A.F.E

“Focused on providing educational and support services for Yuba County students and families. The C.A.F.E. is a safe place, for all families, to come and receive the support they need. Resources include computer access, parenting classes, referrals to community resources, family engagement activities, and more!”

**Location:** 1114 Yuba Street, North Entrance, Marysville, CA 95901

**Website:** <https://www.first5yuba.org/family-resources-centers>

Last Verified On: 12/01/2025

# YUBA COUNTY YOUTH RESOURCES

## FAMILY RESOURCE CENTERS, Continued

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### **Camptonville: Family Resource Center**

“Provide access to computers, wifi, printers/copiers, have a small book library, offer resource navigation and support, and linkages to additional service providers.”

**Location:** 16585 School Street, Camptonville, CA 95992

**Contact:** (530) 749-4049

**Website:** <https://www.first5yuba.org/family-resources-centers>

Last Verified On: 12/01/2025

### **Yuba County Office of Education: Family Resource Center**

“Provides services links for Yuba County families and their children with special needs ages 0-5. The YCOE FRC provides parent-to-parent support, referrals to local programs, a resource and toy lending library, gas cards for out-of-town medical appointments, playgroups, and support with Early Start services.”

**Location:** 1104 E Street, Marysville, CA 95901

**Contact:** (530) 749-4049

**Website:** <https://www.first5yuba.org/family-resources-centers>

Last Verified On: 12/01/2025

### **Challenge Resource Center**

“This resource center is here to help the community get connected to resources that are an hour+ away, since transportation is a huge issue in the foothills. They offer free wifi, free printing, free faxing, & lots and lots of resources.”

**Location:** 10060 La Porte Rd, Challenge CA 95925

**Contact:** (530) 812-7885

**Website:** <https://www.first5yuba.org/family-resources-centers>

Last Verified On: 12/01/2025

### **Harmony Health: Family Resource Center**

“Offers support groups/classes, insurance enrollment and assistance, eyeglasses program, food referrals, resource linking to outside agencies.”

**Location:** 1908 N Beale Rd, Marysville CA 95901

**Contact:** (530) 743-6888

**Website:** <https://www.first5yuba.org/family-resources-centers>

Last Verified On: 12/01/2025

### **Beale Airman and Family Readiness Center**

“Helps individuals become prepared for the challenges of being a service member, or their family, with classes, seminars, and crisis intervention services and programs.”

**Location:** 17800 13th St, Beale AFB, CA 95903

**Contact:** (530) 634-2863

**Website:** <https://www.first5yuba.org/family-resources-centers>

Last Verified On: 12/01/2025

### **YES Charter Academy Family Resource Center**

“Provides resources and services to YES Charter students and their families. Services such as computer and internet usage, connections to social services, and more!”

**Location:** 9841 Texas Hill Rd, Oregon House, CA 95962

**Contact:** 530-692-2210

**Website:** <https://www.first5yuba.org/family-resources-centers>

Last Verified On: 12/01/2025

# YUBA COUNTY YOUTH RESOURCES

## **FAMILY RESOURCE CENTERS, Continued**

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### **Tri-Counties Community Center**

“Provides free access to community resources.

Weekly programs include archery, roller skating, gymnastics, karate, unplugged game night, arts & crafts, T.E.K. and fencing. All activities, programs and events are offered at low-cost or no-cost to the community.”

**Location:** 1830 B Street, Marysville CA, 95901

**Website:** <https://www.first5yuba.org/family-resources-centers>

Last Verified On: 12/01/2025