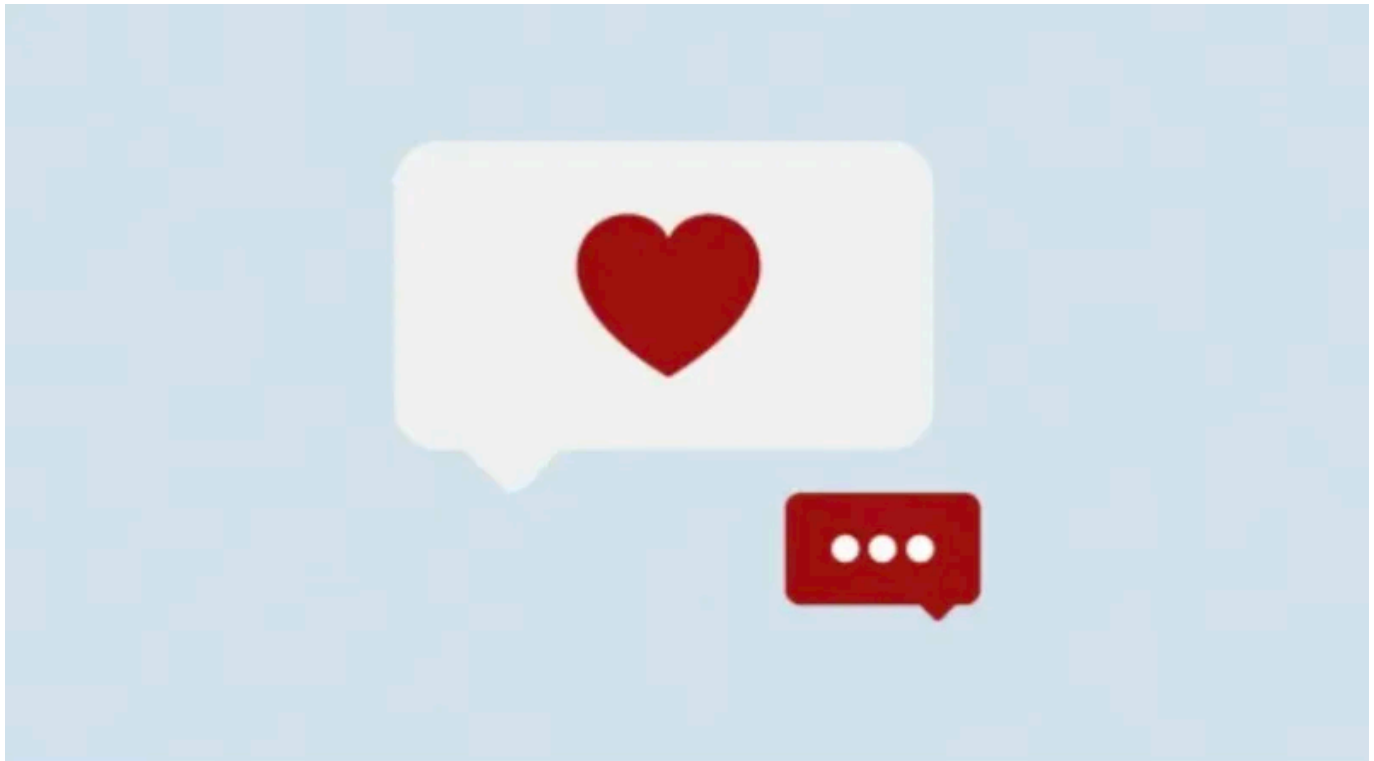


# Mental Health Talk/Text Support for Everyone

## Get Help Now

If you or someone you know is experiencing a medical emergency, poses an immediate threat to themselves or others, or is being hurt by someone, call 911 for immediate help.



**REPORT BULLYING OR HARASSMENT**  
**([HTTPS://MOBILE.CATAPULTEMS.COM/HAYWARDUSD/SCHOOLS](https://mobile.catapultems.com/haywardusd/schools))**

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 English

**MORE WELLNESS & MENTAL HEALTH SUPPORTS HERE**  
**([HTTPS://WWW.HUSD.US/PARENTSSTUDENTS/WEELLNESS-MENTAL-HEALTH-SUPPORTS](https://www.husd.us/parentsstudents/wellness-mental-health-supports))**

**CRISIS PHONE NUMBER AND TEXT LINES ([HTTPS://DRIVE.GOOGLE.COM/FILE/D/1YTXE0-TZNB6BF5QKOP8ZNXZZVXSBZE\\_J/VIEW?USP=SHARING](https://drive.google.com/file/d/1YTXE0-TZNB6BF5QKOP8ZNXZZVXSBZE_J/view?usp=sharing))**

## Crisis Phone Numbers

**National Suicide Prevention Lifeline (<https://988lifeline.org/>) 24/7**

Call 988

**Nacional de Prevención del Suicidio (<https://988lifeline.org/es/home/>) 24/7**

Marca al 988

**Crisis Support Services of Alameda County (<https://www.crisissupport.org/get-help-now/>) 24/7**

1-800-309-2131

**Youth & Family Services Counseling - Hayward Police Department**  
**(<https://www.hayward-ca.gov/police-department/public-services/youth-family-services-bureau/family-counseling>)**

M-Th 9am-7pm, Fri 9am-5:30pm

510-293-7048

**Childhelp® Child Abuse Prevention (<https://www.childhelp.org/parent-resources/>)**  
**24/7**

1-800-422-4453

**National Domestic Violence Hotline (<https://www.thehotline.org/>) 24/7**

1-800-799-7233  
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**Trevor Project (<https://www.thetrevorproject.org/>) 24/7 Crisis Line (LGBTQ+ youth)**

1-866-488-7386

**\*Trans Lifeline (<https://translifeline.org/hotline/#familyandfriendshotline>) 7am-2am**

1-877-565-8860

**\*Trans Lifeline en español (<https://translifeline.org/es/linea-de-ayuda/>) 7am-2am**

1-877-565-8860 oprime #2

*\*Trans and/or nonbinary and/or questioning folx can call and talk to a trans person*

## Crisis Text Lines

**Crisis Text Line (<https://www.crisistextline.org/text-us/>) 24/7**

Text HOME to 741741

**Crisis Text Line en español (<https://www.crisistextline.org/es/envianos-un-mensaje-de-texto/>) 24/7**

Textea AYUDA al 741741

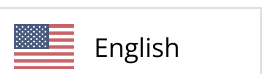
**Alameda County Teen Text Line (<https://www.crisissupport.org/programs/text-line/>) 24/7**

Text SAFE to 20121

**Alameda County Línea de Texto (<https://www.crisissupport.org/programs/textear-nos/>)**

Martes-Viernes, 5pm-9pm

Textea SEGURO al 20121

**Trevor Project Textline (<https://www.thetrevorproject.org/get-help-now/>) 24/7**[Skip To Main Content](#) 678678

**Trevor Chat (<https://www.thetrevorproject.org/get-help-now/>)** 24/7 for instant messaging



English