

MENTAL HEALTH RESOURCES FOR TEENS AND FAMILIES



FIND HELP:

- LOCALLY
- NATIONALLY
- EN ESPAÑOL

A GUIDE FOR YOUTH AND THEIR FAMILIES LOOKING FOR HELP AND SUPPORT

About these resources:

This list was created with Ventura County teens and families in mind.

Scan this QR Code for a **complete guide** to all the resources listed, what they offer, and links to their websites:



Not sure where to start?

- Hotlines are a good option when you just want to talk.
- When you're ready for therapy, contact your local resources for availability.
- Check out the whole guide online for more tips on how to ask for help.

NATIONAL HELPLINES

Mental Health Crisis Text Line

Text HOME to 741741

National Suicide Prevention Lifeline

Call 800-273-8255

Text HEARME to 839863

Teen Line

Text TEEN to 839863 (6 p.m.–9 p.m.)

Or call 800-TLC-TEEN (6 p.m.–10 p.m.)

The Peer-Run Warm Line

Call 855-845-7415

The Trevor Project (For LGBTQ+ youth)

Call 866-488-7386

Text "Trevor" to 1-202-304-1200

(Thursday–Friday from 1 p.m.–5 p.m.)

National Runaway Safe Line

Call 800-786-2929

National Sexual Assault Hotline

Call 800-656-4673

National Domestic Violence Hotline

Call 800-799-7233

Text "START" to 88788

LOCAL RESOURCES

Scan for a
complete
guide to
these
resources:



Interface Children and Family Services 805-485-6114 www.icfs.org

24/7 Family Violence and Human Trafficking Hotline: 800-636-6738

24/7 Youth Crisis and Homeless Services Hotline: 805-469-5882

Ventura County Behavioral Health (VCBH) 866-998-2243 www.vcbh.org

Crisis and Referral Line: 866-998-2243

Early detection and intervention for the prevention of psychosis: 866-998-2243

Coalition for Family Harmony 805-983-6014 thecoalition.org

24/7 Crisis support hotline: 800-300-2181

211 Ventura County www.211ventura.org

Call 211 or text your zip code to 898211

NAMI Ventura County 805-500-6264 namiventura.org

Turning Point Foundation Ventura County turningpointfoundation.org

Wellness Center: 805-653-5054 Monday-Saturday from 9 a.m.-5 p.m.

One Step a la Vez 805-625-7066 www.osalv.org

Fillmore, Santa Paula, and Piru for ages 16-25

Diversity Collective (LGBTQIA+) 805-644-5428 diversitycollectivevc.org

Free Rapid HIV testing available through their confidential support line: 805-665-3193

TAY Tunnel (for people ages 18 to 25) 805-240-2538

Drop-in Center: 141 W. 5th Street, Suite D, Oxnard, Monday-Friday 9 a.m.-5:30 p.m., Saturday 11 a.m.-3 p.m.

Logrando Bienestar (with VCBH) 805-973-5220

Mixteco/Indigena Community Organizing Project (MICOP) 805-247-1188 www.mixteco.org

Promotoras y Promotores Foundation 818-347-5455

Project Esperanza (Santa Paula, Fillmore) 805-427-1235 www.proyectoesperanzasp.com

Tri-County GLAD (Deaf/Hard of Hearing/Deaf Disabled) tcglad.org

TTY: 805-644-6323

VP: 805-256-1053

Voice: 805-644-6322

Email: info@tcglad.org

Substance Use Treatment Help (VCBH) 844-385-9200

vcbh.org/en/programs-services/substance-use-services

Ventura County Alcoholics Anonymous (AA) aaventuracounty.org

24/7 information and support lines: 805-389-1444

Toll-free line at 800-990-7750

Ventura County Al-Anon and Alateen alanonventura.org

24/7 information and support line: 805-253-7188

The Ventura County Family Justice Center 805-652-7655 vcfjc.org

Forever Found 805-306-8018 www.foreverfound.org

24/7 REACH Hotline for youth being trafficked/exploited: 805-261-1212

City Impact 805-983-3636 www.cityimpact.com

Raising Hope (for foster youth) 805-491-5439 raisinghope.org

CLU Community Counseling Resources clucounseling.org

Oxnard: 805-493-3059

Westlake: 805-493-3390

These resources have been compiled by On The Verge Ventura County.

First 5 Ventura County, Ventura County Public Health, Ventura County Probation Agency, Ventura County Family Justice Center, County of Ventura Human Services Agency, The Partnership for Safe Families & Communities of Ventura County