

## CUSD Community Resource List

### Hotlines

Name	Hotline Number	Days/Hours	Website	Information
California Youth Crisis Line	1 (800) 843-5200	24/7	<a href="http://www.youthcrisisline.org">www.youthcrisisline.org</a>	confidential phone line to help with crisis counseling, family shelter, family planning and legal problems. Bilingual.
CASA Youth Shelter	1 (800) 914-2272	24/7	<a href="http://www.casayouthshelter.org">www.casayouthshelter.org</a>	Provides runaway kids with information on emergency shelters in their area
Child Abuse Registry	(714) 940-1000	24/7	<a href="http://ssa.ocgov.com/abuse/child/">ssa.ocgov.com/abuse/child/</a>	Call to report suspected child abuse or neglect
Crisis Text Services for Deaf & Hard of Hearing	839863	24/7	<a href="http://www.didihirsch.org/crisis-text-launches-deaf">www.didihirsch.org/crisis-text-launches-deaf</a>	sponsored by Didi Hirsch; Text HEAR ME
Hotline Help Center	(714) 693-4673	24/7		Referrals for suicide & crisis counseling
National Center for Missing & Exploited Children	1 (800) 843-5678	24/7	<a href="http://www.missingkids.com">www.missingkids.com</a>	Provides assistance and information on missing and abused children
National Runaway Safeline	1 (800) 786-2929	24/7	<a href="http://www.1800runaway.org">www.1800runaway.org</a>	Crisis information and referrals for homeless youth and their families. Free bus tickets home.
National Suicide Prevention Hotline	1 (800) 273-8255	24/7	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	
OC Domestic Violence Hotline	(714) 992-1931	24/7	<a href="http://ocsd.org/about/info/referral/domestic">ocsd.org/about/info/referral/domestic</a>	information on shelters, counselors and other specialized services
OC Suicide Prevention Crisis Hotline	(877) 727-4747	24/7	<a href="http://www.didihirsch.org">www.didihirsch.org</a>	
Parents Anonymous	(909) 621-6184	24/7	<a href="http://parentsanonymous.org">parentsanonymous.org</a>	Support groups for parents who abuse or fear they may abuse their children
SAFE Alternatives	(800) DONT-CUT	24/7	<a href="http://www.selfinjury.com">www.selfinjury.com</a>	
Trevor Project	1 (866) 488-7386	24/7	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	Crisis intervention & suicide prevention for LGBTQ, chat also available online
211 Orange County	211	24/7	<a href="http://www.211oc.org">www.211oc.org</a>	Multi-lingual
Teen Line Text Line	Text TEEN to 839-8663	5:30 - 9:30pm	<a href="http://teenlineonline.org">teenlineonline.org</a>	email and message boards on website
Teen Line	(800) 852-8336 OR (310)855-4673	6 - 10pm	<a href="http://teenlineonline.org">teenlineonline.org</a>	email and message boards on website
Trevor Project Text Line	1 (202) 304-1200	Fridays 4-8pm	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	Crisis intervention & suicide prevention for LGBTQ, chat also available online
OC Links	(855) OC-LINKS [625-4657]	M-F: 8am-6pm	<a href="http://ochealthinfo.com/bhs/about/pi/oclinks/">ochealthinfo.com/bhs/about/pi/oclinks/</a>	
NAMI Warmline	(877) 910-WARM [9276]	M-F: 9am - 3am & Sat/Sun: 10am - 3am	<a href="http://www.namioc.org">www.namioc.org</a>	non-crisis support for anyone struggling with mental health or substance abuse issues
Reach Out Text Line	Text REACHOUT to 877-877	Mon/Tue: 4-8pm	<a href="http://www.reachouthere.org">www.reachouthere.org</a>	Text REACHOUT

**COMMUNITY RESOURCES:** The referrals listed are not sponsored, endorsed, supported or specifically recommended by the Capistrano Unified School District or any of its employees. The referrals are provided as a community service based on information gathered from the providers or other sources. The District has not done any independent investigation or evaluation of any resource and does not take any responsibility for the quality or competency of the services provided.