

Mental Health Warm Lines

Mental Health Association San Francisco (MHASF)- 855-845-7415 (Spanish speakers upon request)

- 24/7
- 3 call limit per day; count resets at midnight
- Offer follow-up calls

CalHope- 833-317-4673/ Spanish (833) 642-7696

- Online chat available Mon-Sun 8am- Midnight (<https://calhopeconnect.org/>)
- For people who struggles with stress, anxiety, depression—emotions triggered by
- circumstances and events in everyday life

National Alliance on Mental Illness (NAMI)- 800-950-6264

- Targeting teens and young adults
- Chat via text – 62640
- Chat via email- helpline@nami.org

San Francisco Service Guide Peer- 415-421-2926

- 24/7
- Interpersonal relationships, anxiety, pain and depression, finances, and alcohol/drug use

California – The California Peer-Run Warm Line- (855) 600-9276

- 24/7
- Both English and Spanish-speaking counselors on staff, as well as a third-party interpreter service that offers over 240 additional languages
- For people who may struggle with Interpersonal relationships, anxiety, pain and depression, finances, alcohol/drug use

LGBT National Hotline- (888) 843-4564

- 11am-8pm Monday- Friday/ 9am-2pm Saturday- Sunday
- Offers online chats (<https://lgbthotline.org/>)

988 Suicide and Crisis Lifeline—Call or Text 988

- Press 1 for Veterans, 2 for Spanish and 3 for the LGBTQ+ community.
- Anywhere in the USA

National Parent Hotline (Parents Anonymous)- (855) 427-2736

- 24/7
- English, Spanish and 240 other languages, call, texts, and chats•
<https://parentsanonymous.org/>