Hotline Resources

<u>Line</u>

If you or someone you know needs help or someone to talk to, you are not alone. Help is available:

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Organization	Description	Contact
<u>CalHope</u>	Offers safe, secure, and culturally sensitive emotional support for all Californians who have experienced emotional challenges. Operating Hours: 24/7	<u>Live Chat</u> , call or text 1-833-317-HOPE (4673)
<u>LGBT Youth</u> <u>TalkLine</u>	A safe space where you can open up and talk about coming out, bullying, isolation, identity, family issues and much more. Anonymous and confidential. Operating Hours: M-F 1pm – 9pm, Sat. 9am – 2pm (PST)	Call 800-246-7743
Suicide & Crisis Lifeline	Provides free, confidential support for people in distress, and prevention and crisis resources. Operating Hours: 24/7	Call or text 988, or chat at 988lifeline.org.
<u>Teen Line</u>	Teen Line's highly trained teen listeners provide support, resources, and hope to any teen who is struggling.	Call 800-852-8336 6pm - 10pm (PST), Text TEEN to 839863 6pm-9pm (PST), or <u>email</u> .
<u>Trans Lifeline</u>	A peer support phone service run by trans people for trans and questioning peers. Call if you need someone trans to talk to, even if you're not in crisis or if you may not identify as trans. (en Español) Operating Hours: 24/7.	Call 877-565-8860
<u>Warm Line</u>	Talk to someone about anything that is bothering you – whether it be relationships, finances, anxiety, sadness or other challenges. Operating Hours: 24/7.	Call or text 855-845-7415, or <u>chat</u>
<u>Youth Crisis</u> Line	A statewide emergency response system for youth (ages 12-24) and families in crisis.	Call or text 800-843-5200, or chat

Operating Hours: 24/7.

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Overdose Prevention Education

If you would like to learn more about the topics covered during the group discussion, visit these linked resources:





Good Samaritan Law:

Protects those giving emergency medical care in good faith at the scene of a medical emergency, including giving naloxone.



Fentanyl:

Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in California and the United States.



Naloxone:

Naloxone is a life-saving medication used to reverse an opioid overdose, including heroin, fentanyl, and prescription opioid medications. <u>This page</u> answers questions and provides more information on:

- Who should carry naloxone?
- Why carry naloxone?
- Where can you get naloxone?
- How do you store and dispose of naloxone?
- Naloxone training
- Laws and regulations
- California's statewide standing order for naloxone
- Resources



- Adult Role Models and Schools
- People Who Use Drugs
- People With Chronic Pain
- Young Adults



Additional Information:

- <u>CA Overdose Dashboard</u>: This dashboard provides data on state and local level drug-related overdose outcomes for California, including deaths, emergency department visits, and hospitalizations, as well as opioid and select other drug prescription data.
- <u>Campus Opioid Safety Act (SB 367):</u> Describes the requirements of the Campus Opioid Safety Act and provides educational resources on overdose prevention for college-age students and college administrators.
- Naloxone Distribution Project (NDP): The NDP aims to address the opioid crisis by reducing opioid overdose deaths through the provision of free naloxone.
- Overdose Prevention Initiative: This initiative works on the complex and changing nature of the drug overdose epidemic through prevention and research activities.



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