

# Nevada County COVID-19 Mental Health & Suicide Prevention Resources

Updated : 4/6/2020

Many people are experiencing stress, fear, and anxiety as a result of the coronavirus (COVID-19) outbreak. The need for social distancing can also make it harder to access our normal social supports, which can impact our mental health. Below are some helpful resources for managing your mental health during this difficult time. Please take a moment to learn more about strategies to cope with stress and anxiety, and some guidance on when to reach out for help.

For up-to-date information about the coronavirus and verified local, state, and federal information, go to [www.mynevadacounty.com/coronavirus](http://www.mynevadacounty.com/coronavirus) or call 2-1-1 (or 833-342-5211).

## Phone Call Resources:

- If you are experiencing a mental health crisis, call our local 24/7 Nevada County Crisis Line at **530-265-5811**
- National Suicide Prevention Lifeline: **1-800-273-8255**
- SAMHSA's Disaster Distress Line: **1-800-985-5990** or text TalkWithUs to 66746 to connect with a trained crisis counselor
- SPIRIT Center warm line for local peer support (general emotional support, strengths-based and recovery model oriented) at **530 274-1431**; 10am-3pm Tuesday through Saturday
- California Peer-Run Warm Line (**1-855-845-7415**) is a non-emergency resource for anyone in California seeking emotional support (available 24/7).
- Crisis Text Line: Text "HOME" to 741741
- **Nevada County Behavioral Health**: 530-265-1437 and [behavioral.health@co.nevada.ca.us](mailto:behavioral.health@co.nevada.ca.us)
- **National Veterans Lifeline**: 1-800-273-8255 and Press "1"
- **Trevor Project LGBTQ+ Youth Lifeline**: 1-866-488-7386
- **Trans Lifeline**: 1-877-565-8860
- **Nacional de Prevención del Suicidio**: 1-888-628-9454 (en español)
- **CA Youth Crisis Line** 1-800-843-5200
- **Sierra Community House Helpline**: 1-800-736-1060
- **Community Beyond Violence Crisis Line**: 530-272-3467

*Call 911 if a suicide attempt is underway or immediate medical attention is required.*

## Text Resources:

**National Disaster Distress Text Helpline**: Text "TalkWithUs" to 66746

**Crisis Text Line**: Text "HOME" to 741741

**Veteran Crisis Text Line**: Text "838255"

**Trevor Project LGBTQ+ Youth Text Line**: Text "START" to 678678

## Chat Resources:

**CA Peer-Run COVID-19 Warm Line Chat**: <https://www.mentalhealthsf.org>

**National Suicide Lifeline Chat**: <https://suicidepreventionlifeline.org/chat/>

**Veteran Crisis Chat**: <https://www.veteranscrisisline.net/get-help/chat>

**The Trevor Project LGBTQ+ Chat**: <https://www.thetrevorproject.org/get-help-now/>

**CA Youth Crisis Chat**: <https://calyouth.org/cycl/>

**National Association on Mental Illness**: [nami.org](http://nami.org)

**Domestic Violence/Sexual Assault**: [futurewithoutviolence.org](http://futurewithoutviolence.org)

**Suicide Prevention Resource Center:** <https://www.sprc.org/>

**Make the Connection (Veterans):** <https://maketheconnection.net/>

**The Trevor Project (LGBTQ+)** <https://www.thetrevorproject.org/>

**Trans Lifeline** <https://www.translifeline.org>

**Each Mind Matters:** <https://www.eachmindmatters.org/>

### **Resources for Parents:**

How to Talk to Your Kids about COVID-19 (PBS)

Talking to Children about COVID-19 (National Association of School Psychologists)

How to Talk to Your Anxious Child or Teen About COVID-19 (Anxiety and Depression Association of America)

### **Coping Resources:**

Managing Anxiety and Stress Related to COVID-19 (CDC)

Coping with Stress During Infections Disease Outbreaks (SAMHSA)

Taking Care of Your Behavioral Health During an Infectious Disease Outbreak (SAMHSA)

Stigma and Resilience During COVID-19 (CDC)

### **Nevada County Mental Health Urgent Care**

Sierra Nevada Memorial Hospital

To the Left of the Emergency Entrance

155 Glasson Way, Grass Valley, CA 95945