

Nevada County COVID-19 Mental Health & Suicide Prevention Resources

Updated : 12/2/2020

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 or call 2-1-1 (or 833-342-5211).

Coping Resources:

[Managing Anxiety and Stress Related to COVID-19 \(CDC\)](#)

[Coping with Stress During Infectious Disease Outbreaks \(SAMHSA\)](#)

[Taking Care of Your Behavioral Health During an Infectious Disease Outbreak \(SAMHSA\)](#)

[Stigma and Resilience During COVID-19 \(CDC\)](#)

Phone 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

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

Resources for Parents:

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Nevada County Local Crisis Line: 530-265-5811

Nevada County Mental Health Urgent

Care

Sierra Nevada Memorial Hospital

To the Left of the Emergency Entrance

155 Glasson Way, Grass Valley, CA 95945

Nevada County Behavioral Health: 530-265-1437

Email Nevada County Behavioral Health: behavioral.health@co.nevada.ca.us

Spirit Peer Empowerment Center: 530-274-1431

National Disaster Distress Helpline: 1-800-985-5990
CA Peer-Run COVID-19 Warm Line: 1-855-845-7415
National Suicide Lifeline: 1-800-273-8255
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

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

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
Domestic Violence/Sexual Assault: 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/>

www.childrenpartnership.org

www.allinforhealth.org