

Suicide Prevention Resources

Resources for Youth

- [988](#)
- [CalHOPE](#)
- [CA Youth Crisis Line](#)
- [Teen Line](#)
- [Local Resources and Support](#)
- [Find Your Anchor- English](#)
- [Find Your Anchor- Spanish](#)



Resources for Families

- [Know the Signs English](#)
- [Know the Signs Spanish](#)
- [Parent Guide to Teen Depression](#)
- [Stress Relief for Kids](#)
- [CA Parent and Youth Help Line](#)



Resources for Schools & Teachers

- [Livingworks Suicide Prevention Online Training](#)
- [Suicide Prevention: A Toolkit for High Schools](#)
- [Center for Resiliency, Hope and Wellness in Schools](#)
- [Classroom WISE Video Library](#)



Resources for LGBTQIA+

- [Trans Lifeline](#)
- [The Trevor Project](#)
- [Q Chat Space](#)
- [Rainbow Pride Youth Alliance](#)



Community Resources

- [San Bernardino County Department Behavioral Health](#)
- [San Bernardino County Crisis Intervention & Access/Service Referrals / 888-743-1478](#)
 - West Valley Region / 909-458-9628
 - East Valley Region / 909-421-9233
 - High Desert Region / 760-956-2345
 - Morongo Basin Region / 760-365-6558



Contact Information

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