

CRISIS HOTLINES

(handout last revised 3/05)

Abusive Men's Hotline (24-hour)

1-415-924-1070

Emergency. Telephone line for abusive men who want help with anger management. (3/05)

AIDS/HIV Nightline (5pm to 5am nightly)

1-800-273-2437

Spanish (8pm - 12am nightly)

1-800-303-SIDA

Emotional support for people with HIV, caregivers or people with HIV-related concerns. (3/05)

California AIDS/HIV Hotline

1-800-FOR-AIDS or 1-415-863-AIDS

1-888-225-2437 (Hearing Impaired)

Hours: MWThF 9am-5pm, Tu 9am-9pm, no weekend hour

Provides information and referrals within California regarding all aspects of HIV and AIDS (medical, emotional, practical support, test sites, etc.). Provides literature upon request. English, Spanish. (3/05)

Battered Women's Crisis Hotlines (24-hour)

Provides a variety of services to battered women and their children: counseling, emergency shelter, legal advice, support group. (3/05)

Alameda County: (510) 536-SAFE (A Safe Place)

San Francisco County: (415) 864-4722 (Women Inc.)

Contra Costa County: 1-888-215-5555 (Stand)

Marin County: (415) 924-6616 (Marin Abused Women's Services)

(415) 924-3456 (Marin Abused Women's Services) (Spanish)

Building Future with Women & Children(24 hours) (3/05)

1866-292-9688

Domestic Violence assistance Violence & Homelessness Crisis Line. Also offer Shelter for women with or without children at San Leandro, Alameda Country, The Sister Me Home Safe House, Bessie Coleman Court

Rape Crisis Hotlines (24-hour)

Telephone crisis lines for victims of sexual violence. Also provides information regarding medical care, police and court procedures, and other follow-up services. (3/05)

Alameda County: (510) 845-RAPE (Bay Area Women Against Rape) (Spanish)

San Francisco County: (415) 647-RAPE (SF Women Against Rape) (many languages)

Also offer onsite in-person counseling.

Child Abuse Hotline (24-hour)

1-800-422-4453

Hotline for children who are victims of family violence, for parents involved with family violence, and for adult survivors of child abuse. Also provide literature related to children's health, safety and issues, parenting resources, and general referrals to other services and hotlines. Multi-language. (3/05)

Community United Against Violence (CUAV) (24-hour) **1-415-333-HELP**

Provides crisis peer counseling, support, criminal justice advocacy, and referrals for lesbians, gay men, bisexuals, transgender individuals who are survivors of anti-queer violence, hate crime, domestic violence, and/or sexual assault. Multi-language (3/05)

Alameda County Suicide Prevention (24-hour) **1-800-309-2131**

Support for mental and emotional crises and counseling for suicidal people. Referrals to ongoing counseling and mental health programs. Multi-language. (3/05)

Mobile Crisis Team, Berkeley Mental Health (voice mail) **(510) 981-5254**

For those needing crisis intervention at home or in the community, a mobile emergency team on-call to the Berkeley Police Department everyday 10:30 AM-11 PM.

To talk to a mental health worker 981-5900 . (3/05)

Youth Crisis Line of California (24-hour) **1-800-843-5200**

Free telephone crisis counseling, information and referral for youth (12-24 years) and family and friends. Spanish. (updated 2/01)

National Runaway Switchboard (24-hour, 365 days a year) **1-800-RUN-AWAY**

Provides crisis intervention, information and referral for runaway youth and parents of runaway youth. Also offers message services for parents and youth, conference calls to parents for youth, and connection to home-free Grey Hound transportation service. Also offers conference calls to shelters and other services. Spanish, other languages available. (3/05)

Parental Stress Hotline (24-hour) **(510) 893-5444 or 1-800-829-3777**

Free crisis lines offer support and counseling by trained volunteers. Also can apply for free respite childcare for up to 72 hours at the homes of certified volunteers in Alameda County, Hayward, Fremont. (3/05)

San Francisco Drug Information and Referral (24-hour) **1-415-362-3400**

Provide information on legal, illegal and psychiatric drugs (e.g., drug interactions, drug testing, effects, overdose potential). Respond to drug-related crises, suicide attempts. Makes referrals to drug treatment programs and other drug-related agencies within San Francisco. (updated 2/01)