

Resources List & Helpful Numbers

Teen Dating Violence

If you or someone you know is in immediate danger of harming themselves or someone else, dial 911.

National Dating Abuse Helpline:

- 24/7 Confidential support line 1-866-331-9474 or Text “LOVEIS” to 22522
- Loveisrespect.org

Empower Yolo:

- 24-hour crisis line 530-662-1133 or 916-371-1907
- Walk-in crisis support:
Main office 175 Walnut St. Woodland, CA 95695
- Our Strength Club at **WHS & PHS**
- empoweryolo.org

The National Network to End Domestic Violence (NNEDV):

- nnedv.org

Center for Disease Control (CDC):

- [CDC Dating Violence Resources](#)

Sexual Violence Resources (Sex Crimes):

- National Sexual Assault Hotline: 1(800) 656-HOPE
- Rape Trauma Services: 24/7 Crisis Line 650-692-7273
- National Human Trafficking Resource Center: 1(888) 373-7888

Communicare Health Services/ Teen Clinic: (530) 405-2853

- Free and confidential (private) sexual and reproductive health services to patients ages 12 and older.
- Services Provided: birth control, including condoms, pregnancy testing and options counseling, testing & treatment for sexually transmitted infections (including HIV), emergency contraception pill.
- Teen Clinic: Monday thru Friday from 8 a.m. - 12 noon and 1-4 p.m. Walk-in appointments or call to schedule an appointment.
- communicarehc.org/services/teen-clinic/
215 West Beamer Street, Woodland, CA 95695

Planned Parenthood: 530-662-4646

- plannedparenthood.org

520 Cottonwood Street, Suite 10, Woodland, CA 95695

Suicide Prevention

Suicide Prevention of Yolo County

- 24-hour crisis lines for people thinking of suicide, friends and family of people thinking of suicide, and people with questions about suicide in general.
 - Website: <http://www.suicidepreventionyolocounty.org/services/>
 - Woodland 24 Hour Crisis Line- (530) 666-7778
 - Woodland ASK Teen Crisis Line- (530) 668-8445

National Suicide Prevention Lifeline

- 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
 - Website: <https://suicidepreventionlifeline.org/>
 - National Crisis Hotline- 1(800) 273-8255

The Trevor Project

- A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
 - Website: <https://www.thetrevorproject.org/>
 - Crisis Hotline - 1(866) 488-7386
 - Text Messaging: Text START to 678678

First Responders Mental Health Urgent Care

- A place where residents can go for healing and support while they address a mental health crisis. Services include crisis assessment, medication intervention, referral to other community services, and planning for safe discharge.
 - Informational Pamphlet:
<https://www.cityofwestsacramento.org/home/show/document?id=6926>
 - Address: 500 Jefferson Blvd Building B, West Sacramento, CA 95605
 - Phone Number: 1(855) 897-2033

American Foundation for Suicide Prevention

- A voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.
 - Website: <https://afsp.org/>

Mental Health

ASK Teen Crisis Line

- 24-hour availability to teens and families in crisis. Whatever the problem, teens are welcome to call this confidential crisis line for support.
 - Website: <http://www.suicidepreventionyolocounty.org/services/>
 - Woodland ASK Teen Crisis Line- (530) 668-8445

California Youth Crisis Line

- Operating 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Accepts calls and text messages.
 - Website: <https://calyouth.org/cycl/>
 - California Youth Crisis Line- 1(800) 843-5200

Empower Yolo - Dowling Center

- Provides 24-hour crisis intervention, emergency shelter, confidential counseling, legal assistance, and other services for individuals and families affected by domestic violence, sexual assault, stalking, human trafficking, and child abuse.
 - Website: <http://empoweryolo.org/>
 - 24 Hour Sexual Assault/ Domestic Violence Crisis Line - (530) 662-1133
 - Address: 175 Walnut St., Woodland, CA 95695

Yolo County Health & Human Services Agency

- Screenings for mental health and substance use disorders and mental health services.
 - Website: <https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health>
 - Address: 137 N. Cottonwood St. Woodland, CA 95695
 - Mental Health Crisis & Access Line- 1 (888) 965-6647

CommuniCare Health Center- Behavioral Health

- Behavioral Health Care includes services for substance use disorder, adult behavioral health, family and parenting, and youth.
 - Website: <https://www.communicarehc.org/services/behavioral-health-care/>
 - Address: 215 W Beamer St., Woodland, CA 95695
 - Phone Number: (530) 405-2815

NAMI Yolo County

- A grassroots, self-help, support and advocacy non-profit organization dedicated to improving the lives of people with psychiatric disorders and severe emotional disorders in children.
 - Website: <https://www.namiyolo.org/>
 - Phone Number: (530) 756-8181

LGBTQA+ Youth and Friends

The Trevor Project

- A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
 - Website: <https://www.thetrevorproject.org/>
 - Crisis Hotline- 1(866) 488-7386
 - Text Messaging: Text START to 678678

Trans Lifeline

- Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.
 - Website: <https://www.translifeline.org/>
 - Crisis Hotline- 1(877) 565-8860

Sacramento LGBT Center

- The Sacramento LGBT Community Center works to create a region where LGBTQ+ people thrive. We support the health and wellness of the most marginalized, advocate for equality and justice, and work to build a culturally rich LGBTQ+ community.
 - Website: <https://saccenter.org/>
 - Address: 1015 20th Street, Sacramento, CA 95811
 - Phone Number: (916) 442-0185

GLSEN

- A national network of educators, students, and local GLSEN Chapters working to provide every student the right to a safe, supportive, and LGBTQ-inclusive K-12 education.
 - Website: <https://www.glsen.org/>

It Gets Better

- A movement providing hope and encouragement to young LGBTQ+ people.
 - Website: <https://itgetsbetter.org/>

Grief & Loss

Yolo Hospice - Grief & Bereavement Support

- Bereavement specialists and trained volunteers facilitate groups and family meetings, and provide individual support sessions, home visits, and telephone contact as needed. Referrals to additional support resources are made when appropriate.
 - Website: <https://yolohospice.org/services/grief-support/>