



Nevada County COVID-19 Mental Health & Suicide Prevention Resources

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

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)

Phone Resources:

If you are experiencing a mental health crisis, call our local 24/7 Nevada County Crisis Line at **530-265-5811** or toll-free at **1-888-801-1437**

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:

[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)

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Local Crisis Hotline	
Nevada County Local Crisis Line:	530-265-5811 or 1-888-801-1437 (toll-free)
Local Mental Health Urgent Care/Crisis Stabilization Unit	
Nevada County Mental Health Urgent Care	Sierra Nevada Memorial Hospital To the Left of the Emergency Entrance 155 Glasson Way, Grass Valley, CA 95945
Local Mental Health Resources	
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 Help/Crisis/Suicide Hotlines	
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
Domestic Violence/Sexual Assault Crisis Lines	
Sierra Community House Helpline:	1-800-736-1060
Community Beyond Violence Crisis Line:	530-272-3467
National Crisis/Suicide Text Messaging	
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
Crisis/Suicide Chat Services	
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/
Online Mental Health & Suicide Prevention Resources	
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/
Safety Planning Apps	
My3 App:	https://my3app.org/