**FREE Online Services & Resources**

**Butte County Behavioral Health**
Crisis Line, available 24 hours a day, 7 days a week
**1.800.334.6622** or 530.891.2810

Butte County Dept. Behavioral Health Walk-In Crisis Services, youth and adults available 8:00 a.m. to 11:00 p.m., 7 days a week, including holidays, located at 560 Cohasset Rd., Ste. 180, Chico, CA 95926

*Butte County Behavioral Health provides mental health crisis counseling services and assessments, beneficial for any age.*

**The Disaster Distress Helpline**
A 24/7, 365-day-a-year, national multilingual, and confidential hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, call **1.800.985.5990** or text *TalkWithUs* to 66746 to connect with a trained crisis counselor.

**Mental and Emotional Help Resources**
Butte County Office of Education and the greater community are working to serve those impacted by the fires and our current natural disasters. You can call one of the numbers below or visit:
https://211northcomplexfire.org/emotional-support/
BCOE Trauma Fire Recovery Team 530.487.4418
Butte County Behavioral Health 1.800.334.6622
Disaster Distress Line 1.800.895.5990

**National Suicide Prevention Lifeline**
**1.800.273.TALK (8255)**, you can chat online at https://suicidepreventionlifeline.org/, or you can *Text LISTEN to ‘741741’* (24/7)

**Additional Resources**
BCOE Natural Disaster and Emergencies webpage
https://www.bcoe.org/Natural-Disaster-and-Emergency-Resources/index.html
Locating Meals and Family Food Boxes
https://www.bcoe.org/Student-Services/K-12/CalKidz/index.html
Know the Signs Campaign
https://www.suicideispreventable.org/