

- **2-1-1 Monterey County: From anywhere in Monterey County, dial 2-1-1**
  - A 24-hour free and confidential telephone service and online searchable database, providing information and referral on a broad range of services, including emergency shelter, rent assistance, food pantries, affordable housing, health resources, childcare, counseling, and senior services. Telephone line can provide information in more than 170 languages. Provides vital information in times of disaster.
- **Suicide Prevention Crisis Line: 831-649-8008**
  - Services include: Free intervention in 160 different languages, assessment and referrals to other supportive organizations if needed, outreach presentations.
- **Adult Protective Services Hotline: Monterey 831-883-7565/ Salinas 831-755-4466/ After Hours 831-755-5000, or call 911 if the person is in immediate danger**
  - Call this line for reports of abuse or neglect of adults and elderly persons who are unable to protect themselves and are harmed or threatened with harm.
- **California YOUTH Crisis: 1-800-843-5200**
  - Services include: Free counseling services specializing in ages 12-24. Supportive workers to talk to about depression, school problems, and financial problems. Provides shelter locations and offers state wide referrals.
- **Child Abuse Reporting Hotline: 831-755-4661/ 1-800-606-6618 (If after business hours, dial 911 and ask to speak to the on-call social worker)**
  - Reports of any child abuse or neglect of any kind at no cost. Only takes reports.
- **Community Hospital Mental Health: 831-625-4623**
  - Services include: sponsored care 24 hours a day/7 days a week that includes immediate evaluation, treatment, and referral for people facing psychological emergencies.
- **Community Human Services: 831-373-4773**
  - Services include: comprehensive mental health and self sufficiency assessment, goal setting and periodic re-assessment, proven therapeutic techniques in a supportive setting, walk-in and crisis appointments available, and information and referral as necessary. Fees are assessed on a sliding scale based on ability to pay. Clients with Medi-Cal pay only their monthly share of costs and must contact the **Monterey County Health Department Behavioral Health Division** for assessment prior to receiving services at **831-755-4510**.

- **Family Service Center: 831-373-4421**
  - Services include: counseling for general crises. Fees are charged on a sliding scale based on monthly income. NO TURN DOWNS FOR INABILITY TO PAY.
- **Mental Health Crisis Team (Monterey County): 831-755-4111**
  - Services include: crisis intervention counseling provided 7 days a week/ 24 hours per day.
- **Monterey County Rape Crisis Line: 831-375-4357/ Salinas and South County- 831-424-4357**
  - Services include: crisis intervention and short-term counseling for victims of sexual assault. Information and referral. Services in English and Spanish.
- **Runaway and Homeless Youth Helpline: 831-241-0914; operates 24/7**
  - A 24-hour helpline for runaway and homeless youth of Monterey County. Services include crisis counseling, food, shelter, clothing, and emergency bus passes.
- **Senior Helpline: 1-800-510-2020**
  - Provides information and referral for adults who need protection, home care, emergency food or housing, counseling, or out-of-home placement.
- **Veterans Suicide Prevention Hotline: Nation-wide 24-hour Crisis Line: 1-800-273-8255 or 1-800-784-2433**
  - Connects veterans in crisis and their loved ones with qualified, caring responders.
- **Women's Crisis Center: 831-757-1001**
  - Services include: assessing students with crisis' in need of attention, referrals to a program/support group that fits student's crisis, emergency shelter, and advocate for survivors of domestic violence in court cases. **No fee.**
- **YWCA Domestic Violence Crisis Line: 831-372-6300/ Salinas- 831-757-1001/ 1-800-YWCA-151**
  - Services include: 24 hour crisis line for victims of domestic violence and other family crises. Provides referrals. Services in English and Spanish.