

Suicide/Crisis:

Plumas County Behavioral Health (24/7) (530) 283-6307

Plumas Sierra Crisis Line (24/7): 1(877-757-0029 or (530)283-4333

National Suicide Prevention Lifeline: 1(800)273-8255 ESPANOL 1(888)628-9454 TTY 1(800)799-4889

Veterans National Suicide Prevention Lifeline: 1(800)273-8255 or TEXT: 838255, www.veteranscrisisline.net

Domestic Violence Services: Plumas Rural services, **Crisis Line (24/7)** 1(877)757-0029, (M-F) (530)283-5675, www.plumasruralservices.org

The Trevor Lifeline (LGBTQ): 1(800)488-7386 or TEXT: START to 678678, www.thetrevorproject.org

National Child Abuse Hotline: 1(800)422-4453

National Domestic Violence Hotline: 1(800)799-7233 TTY; 1(800)787-3224

Plumas County Sheriff's Department: (530)283-6375

Hospitals: Plumas District Hospital (**Quincy**): (530)283-2121 / Seneca Hospital (**Chester**): (530)258-2151 / Eastern Plumas Health Care (**Portola**):(530)832-6600

Community Resources & Services:

Plumas Crisis Intervention Resource Center: www.pcirc1.org

Homeless Prevention, Emergency Housing, Food Pantry, Sexual Assault Counseling, Homeless Day Shelter w/Showers and Laundry, Grief Recovery, Sierra SAFE Program

Quincy: 175 Main Street (530)283-5515, **Portola:** 165 Ridge Street (530)832-1827, **Loyalton: Sierra SAFE Program:** 513 Main Street, (530)993-1239

Community Wellness Centers: Plumas County Behavioral Health

Portola: (530)283-6307 –*Behavioral Health, Veteran, and County Services, Support Groups & Community Classes*

Chester: (530)283-6307 #2- **Full Services Wellness Center:** *Behavioral Health, Veteran, and Emergency Services. MediCal Help, Cal Fresh, Senior Nutrition. Computer, Phone & Fax Service. Food Pantry, Support Groups, Community Classes, and Lending Library. Free Fresh Fruit & Vegetables Once a Week.*

Plumas Rural Services: www.plumasruralservices.org

Mental Health Services:-(530)283-3960 EXT 857 email: prsmh@plumasruralservices.org

Mindful Living Services: (530) 283-3611; email: lwall@plumasruralservices.org

Trauma Education & Recovery Services: (530) 283-2735 ext. 844; jhatzell@plumasruralservices.org

Girls Rite: Girls Program 11-18yrs, Jennifer Ready, email: jready@plumasruralservices.org

Family Empowerment Center: Training, Advocacy & Support - parents of children with disabilities: **Plumas/Sierra County** (530)283-2735 ext. 818, **Lassen County** (530)707-2557

In Home Respite Services: (530)283-2735 ext. 873 – Support for those caring for family members with developmental disabilities, seniors or recuperating/recovering

Plumas Transit: Local transportation – (530)283-2538

Sierra West End Educational Theatre-Youth Mentoring Program 14-19yrs – Risa Nesbit email: risa@dramaworks.us