

# REFERRAL RESOURCE GUIDE

Salinas and Monterey County

## IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation

Dial 911

National Suicide Prevention Lifeline

1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)



## Gay, Lesbian, Bisexual, Transgender Support Resources

### GLBT National Help Center

1-888-843-4564

[www.glnh.org](http://www.glnh.org)

### Trevor Project Crisis Line - LGBTQ Youth

1-866-4-U-TREVOR (488-7386)

[www.theTrevorProject.org](http://www.theTrevorProject.org)

Outpatient Mental Health Counseling by