

# RESOURCES

## COUNTY

### Santa Cruz County Health Services Agency

Call Center provides a wide range of prevention and treatment options for Santa Cruz County adults, children and their families. **Call (800) 952-2335.**

**2-1-1 Santa Cruz County** is a comprehensive information and referral service for Santa Cruz County connecting over 8,000 Santa Cruz County callers and texters each year with information about health and human services available to them. **Call 211 or (831) 713-4111.**



## STATE

**Friendship Line California** is both a crisis intervention hotline and a warmline for non-emergency, emotional support calls for older adults and adults living with disabilities. Callers can connect with specialists who provide emotional support, grief support, information, and referrals. If you or someone you know would benefit from a friendly conversation. **Call (888) 670-1360.**

## NATIONAL

**SAMHSA's National Helpline** offers 24/7, year-round confidential support at no cost to individuals and families experiencing mental and/or substance use conditions. Available in both English and Spanish. **Scan the QR code or visit [samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline).**



**988 Suicide & Crisis Lifeline** provides 24/7, free, and confidential support for people in distress. **Call or text 988 or visit [988lifeline.org](https://988lifeline.org).**

**Veterans Crisis Line** is a resource for Veterans in crisis to reach caring qualified responders with the Department of Veterans Affairs. **Call 988 and press 1 or text 838255.**

**Crisis Text Line** uses familiar and trusted media sources, offers free, 24/7, crisis support to anyone seeking mental health resources. **Text HOME to 741741** or visit the website [crisistextline.org/text-us](https://crisistextline.org/text-us).

**Maternal Mental Health Awareness Month:** Proclaims May 2023 as Maternal Mental Health Awareness Month.

## AB 102

**Budget Act of 2023:** \$248.1 billion to the Health and Human Services Agency who oversees departments and other state entities that provide health and social services to vulnerable and at-risk residents.

## SB 326

**The Behavioral Health Services Act:** Proposes significant changes to the Mental Health Services Act (MHSA). This will be brought to voters on the March 2024 ballot.