

ASIST Helpers in Your Community

Is the helper Able, Approachable, and Available to help with suicide? Helpers need to know how to do suicide first aid (trained in suicide intervention). Different kinds of helpers in your community may have this training but some may not. It is best to check before adding them to this list.

800-309-2131 / Also: **Text Line** (24/7): Text 741741
CRISIS (DISTRESS) CENTER

800-273-8255
NATIONAL SUICIDE PREVENTION LIFELINE

800-309-2131
TEEN LINE

Bay Area Women Against Rape 510-845-7273
D11 SARC 510-437-5981
RAPE/SEXUAL ASSAULT CENTER

800-562-6025
D11 North Family Advocacy Specialist 707-765-7045
DOMESTIC VIOLENCE HOTLINE

Safe Helpline (24/7) 877-995-5247
D11 SARC 510-437-5981
SEXUAL ABUSE HOTLINE

866-ENDHARM (363-4726)
Alameda County 510-259-1800
CHILD ABUSE HOTLINE

Alameda (non-emergency) 510-337-8340
POLICE

Alameda County 510-618-2050
PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT

800-309-2131
CG Support 855-CG SUPRT (247-8778)
MENTAL HEALTH CRISIS

911
HOSPITAL EMERGENCY SERVICES

Alameda County 510-891-0700
EMERGENCY SHELTERS

Alameda County (www.homelesshelterdirectory.org)
YOUTH SHELTER

Alameda County Medical Center 510-535-7476
MENTAL HEALTH OUTREACH CLINIC

Alameda County Behavioral Health 800-491-9099
Nationwide Hotline 800-273-8255
CHILDREN/YOUTH PSYCHIATRIC CLINIC

Other: AIAnon (for families of alcoholics) 1-888-425-2666
Other: www.forsuicidesurvivors.net (Grief support)
Other: www.suicideoutreach.org (DoD/VA suicide outreach)
Other: www.pos-ffos.com (Friends/Families of Suicide)
Other: www.21california.org or dial 2-1-1 (referral resource)

CG SUPRT (24/7) 855-CGSUPRT (247-8778)
CG SUPPORT

CG Clinic 510-437-3581 or 3582 (Duty Corpsman
510-453-2729)
MEDICAL CLINIC

Alameda County 510-268-7630
AIDS INFORMATION AND TESTING SITES

510-780-8936
CHILDREN'S SERVICES OFFICES

510-337-7072
SCHOOL STUDENT SERVICES

Oakland Office 510-383-3582
CHILD CARE REFERRALS

AlamedaKIDS.org 888-510-1211
PARENT TRAINING

510-780-8936
FAMILY SUPPORT SERVICES

510-437-3701
D11 COMMAND CENTER (24/7)

Alameda.networkofcare.org
SUBSTANCE ABUSE COUNSELING

Oakland 510-436-8651
East Bay 510-839-8900
ALCOHOLICS ANONYMOUS

MENTAL HEALTH ASSOCIATION

PACAREA Chaplain 510-437-3067
PACAREA Cutter Chaplain 510-437-3140
D11 Chaplain 510-437-3078
RELIGIOUS/SPIRITUAL SUPPORT

D11 Legal Assistance 510-437-5891
LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE

PROBATION OFFICERS