

CRISIS HOTLINES

National Crisis Hotlines- (toll free/ 24 hours a day/ 7 days a week)

- 1-800-SUICIDE
- (1-800-784-2433)

- 1-800-273-TALK
- (1-800-273-8255)

- 1-800-799-4TTY (Deaf Hotline)

Crisis Text Line- (free, 24/7, confidential)

Text "COURAGE" to 741741

Merced County Behavioral Health and Recovery Services

- 1-209-381-6800
- 1-888-334-0163 (After Hours Hotline)
- TDD/TYY 1-866-293-1818

Valley Crisis Center (Domestic Violence/24 hours a day)

1-209-722-4357

**If you feel that you are in need of Emergency Services,
call 911 or travel to the nearest hospital.**