

## Tulare County Mental Health Resources

- **2-1-1 Tulare County (Social Service Resources)**
  - 2-1-1 or (800) 283-9323
- **Suicide Prevention Hot Line (Suicide and Crisis Lifeline)**
  - 9-8-8
  - (800) 273-8255 (English)
  - (800) 628-9454 (Spanish)
- **Visalia Adult Clinic (Mental Health Services)**
  - 520 E Tulare Ave Visalia, CA 93292
  - (559) 623-0900
- **Visalia Youth Services (VYS) (Mental Health Services)**
  - 711 N Court Street Visalia, CA 93291
  - Hours of Operation: M-TH 8 AM - 7 PM, F 8- AM - 5 PM
  - Phone: (559) 627-1490
  - After Hours Crisis: (559) 730-9922 or 1 (800) 320-1616
- **North Tulare County One-Stop (Mental Health and Supportive Services)**
  - 201 North Court Street Visalia, CA 93291
  - (559) 624-2046
- **Central Tulare County One-Stop (Mental Health and Supportive Services)**
  - 113 South M Street Tulare, CA 93271
  - (559) 687-8713
- **Tulare County Crisis Line (Mental Health Services)**
  - 1-800-320-1616
  - (559) 730-9922
- **Tulare County Warm Line (talk to someone about your anxieties or concerns)**
  - 1-877-306-2413
- **The Trevor Helpline for LGBTQ Youth (Suicide Hotline)**
  - (866) 488-7386

## Tulare County Mental Health Resources

### Alcohol & Other Drugs (AOD) Programs

- **AOD**
  - 132 N. valley Oaks Drive Visalia, CA 93292
  - (559) 636-4000 or (800) 834-7121
- **Alcoholics Anonymous**
  - 449 E. Maple Street. Exeter, CA
  - (559) 592-6999
- **Narcotics Anonymous**
  - (559) 734-0403
  - (800) 970-3334

### Shelter - Women

- **AOD**
  - 132 N. valley Oaks Drive Visalia, CA 93292
  - (559) 636-4000 or (800) 834-7121
  - Monday - Thursday 8:00am-5:30pm Friday 8:30am-12:00pm

### Shelter - Men

- **Visalia Rescue Mission**
  - 332 NE First Ave Visalia, CA 93291
  - (559) 733-8152
- **Turning Point of Central California**
  - 1845 S Court Street Visalia, CA 93277
  - (559) 732-5550

### Hot Meals

- **Visalia Rescue Mission**

## Tulare County Mental Health Resources

- 322 NE First Ave Visalia, CA
- (559) 740-4178
- **Bethlehem Center**
  - 1638 N Dinuba Boulevard Visalia, CA
  - (559) 734-1572
- **Helping Hands**
  - 88 E. Putnam Porterville, CA 93258
  - (559) 788-0812

### Additional Resources

- National Alliance for Mental Illness (NAMI) (559) 624-1306
- Family Services of Tulare County (559) 625-4894
- Central California Family Crisis Center (559) 781-7462
- Lindsay Headstart - Spanish, only (559) 562-8292
- Batterer's Intervention Program (559) 741-7310 or (559) 651-8090
- Anger Management (559) 741-7310 or (559) 651-8090
- Child Abuse Intervention Groups (559) 741-7310
- DUI Classes (559) 651-8090
- Porterville Youth Services (559) 788-1200
- Tulare Youth Service Bureau {TYSB} (559) 688-2043
- SYS (Exeter) (559) 594-4969 DCS {Dinuba} (559) 591-6688 VYS {Visalia} (559) 627-1490
- Tulare County office of Education -Behavioral health (559) 730-2969
- Tulare County Psychiatric Emergency Team (PET). 559-730-9922 or 1-800-320-1616
- National Suicide Prevention Lifeline -1-800-273-8255
- Crisis Text Line -Text HOME to 7 417 41

## Tulare County Mental Health Resources

- Tulare County Warm Line 1-800-306-2413

\*\*If you see that an individual's behavior could pose a danger to himself or others, or who needs emergency help, please call 911. Ask for an officer trained in mental health crisis intervention.

### **Crisis Numbers**

- Emergency 911
- Alcohol Hotline 1-800-331-2900
- After Abortion Hotline 1-866-4394
- Alzheimer's Hotline 1-800-342-2437, 1-800-621-0379
- Child Abuse Hotline 1-800-799-7233, 1-800-4 A CHILD
- Child Exploitation 1-800-843-5678
- Children of Alcoholics 1-888-554-2627
- Cocaine Hotline 1-800-262-2463
- Crisis Hotline 1-775-784-8090, 1-800-273-8255
- Depression Hotline 1-630-482-9696
- Depression Post-partum 1-800-PPD-MOMS
- Domestic Violence Hotline 1-800-799-7233
- Domestic Violence [Safe Escape Grant Program (Red Rover)]  
1-916-429-2457 (for pets)
- Drug Addiction Hotline (SAMHSA) 1-800-662-4357 (treatment referral)
- Eating Disorders Hotline 1-800-931-2237, 1-888-236-1188
- Elder Abuse Hotline 1-800-252-8966
- Gay and Lesbian Support 1-888-843-4564
- Grief Hotline 1-800-445-4808
- Marijuana Hotline 1-800-766-6779

## Tulare County Mental Health Resources

- Parental Stress Hotline 1-800-632-8188
- Panic Support 1-800-647-2642
- Planned Parenthood 1-800-230-7526
- Pregnancy Support 1-800-467-8466
- Pregnancy Support (Youth) 1-800-550-4900
- Poison Control 1-800-222-1222
- TSD Hotline 1-800-273-8255
- Rape and Sexual Assault Hotline 1-800-656-HOPE
- Runaway/Exploited Child Hotline 1-800-621-4000, 1-800-843-5678
- Self-Injury Hotline 1-800-DONT CUT, 1-800-334-HELP, 1-800-366-8288
- Suicide Prevention Hotline 1-800-273-8255
- Teen Dating Hotline 1-866-331-9474, 1-800-400-0900
- Teen Help 1-800-840-5704 1-800-522-8336
- Trevor Project 1-866-488-7386
- Veterans Crisis Hotline 1-800-273-8255, 1-877-VET2VET