

## Behavioral Health - Self-Help Tools and Resources

- [myStrength](#)  
myStrength is an interactive wellness platform (web and app based) which provides self-management/self-care tools to improve health from a mind/body/spirit perspective.  
[Learn more about myStrength \(PDF\)](#)
- [UCLA Mindful Awareness Research Center \(MARC\)](#) and [Guided Meditation Podcasts](#). Each weekly podcast has a different theme and offers a new daily life practice, guided meditation, silent practice time, and closing comments.
- [MHN – Self Help Articles & Tips](#) on mental health, resilience and stress, eldercare, parenting, and more.

### Resources and Hotlines

- 211 – available 24/7 for assistance finding food or basic needs
- 24-hour Suicide Prevention Lifeline: 1-800-273-8255 or text 838255
- 24-hour Domestic Violence Hotline: 1-800-799-7233 or <https://www.thehotline.org/> (click *Chat Now*)
- Disaster Distress Helpline: 1-800-985-5990 (TTY 800-846-8517) or text TalkWithUs to 66746
- Crisis Text Line: Text HOME to 741741 for 24/7 crisis support
- National Parent Helpline 1-855-427-2736 - M-F 10am-7pm PST
- Substance Use
  - SAMHSA National Helpline: 1-800-662-HELP
- Mental Health
  - NAMI California: 1-800-950-NAMI from 7am – 3pm or email [info@namica.org](mailto:info@namica.org)
  - California Peer-Run Warm Line: 1-855-845-7415
- LGBTQ+
  - Trevor Project: 1-866-488-7386 or text START to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth
  - Lesbian, Gay, Bisexual and Transgender National Hotline: 1-800-273-8255 from 1pm – 9pm for support, information or help finding resources