

Untangle and Grow Counseling

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National Crisis Options

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org>
1-800-273-8255

Crisis Text line

<https://www.crisistextline.org>
Text:741741

Trans Life Hotline

<https://www.translifeline.org>
US:877-565-8860
Canada: 877-330-6366

LGBT: The Trevor Project

<https://www.thetrevorproject.org>
1-866-488-7386
Text:678678

National Sexual Assault Online Hotline

<https://www.rainn.org/about-national-sexual-assault-online-hotline>
1-800-656-4673

National Domestic Violence Hotline

<https://www.thehotline.org>
1-800-799-7233

San Jose/Bay Area Crisis options

Santa Clara County & Crisis Hotline

<https://namisantaclara.org/crisis-support/>
1-800-278-4204

Uplift Family Services

<https://upliftfs.org>
877-412-7474

Domestic Violence Shelters

domesticviolenceshelters.org

YWCA-Silicon Valley

<https://ywca-sv.org>
1-800-572-2782