



Resources to Serve Persons with Mental Illnesses and/or Intellectual/Developmental Disabilities

Crises

9-8-8

- **Description:** The 988 Lifeline gives everyone access to free one-on-one assistance with judgment-free counselors anytime, anywhere, 24/7/365. Call 9-8-8, text 9-8-8, or chat or use ASL online. The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.
- **Website:** <https://988lifeline.org/>

Veterans Crisis Line

- **Description:** Provided through 9-8-8, this is a line specifically for veterans. Upon dialing, press “1” to be connected to the line.
- **Website:** <https://www.veteranscrisisline.net/>

Intellectual/Developmental Disabilities

California Regional Centers

- **Description:** A statewide network with 21 locations across California to connect people with developmental disabilities to services they need including transportation, housing, financial assistance, etc.; provide assessments, determine eligibility for services, and offer case management services; and develop, purchase, and coordinate the services in each person’s Individual Program Plan.
- **Website:** <https://www.dds.ca.gov/rc/>
- **Site Locator:** <https://www.dds.ca.gov/rc/lookup-rccs-by-county/>



Veterans

U.S. Department of Veteran Affairs (VA)

- **Description:** The U.S. VA helps service members transition out of military service, and assists with mental health, education, and much more.
- **Website:** <https://www.va.gov/>

Information Services

2-1-1

- **Description:** 2-1-1 is like a 4-1-1 for community resources. It uses your location to figure out where you are and connect you to an operator who can refer you to services including rehab centers, resource centers, mental health clinics, and more.
- **Website:** <https://www.211.org/>
- **Site Locator:** <https://www.211.org/about-us/your-local-211>

National Alliance on Mental Illness (NAMI)

- **Description:** An alliance of more than 600 local affiliates who work in your community to raise awareness and provide support and education about mental illness that was not previously available to those in need through national research and statistics.
- **Website:** <https://www.nami.org/home>

SAMHSA National Helpline

- **Description:** Also known as the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery.
- **Website:** <https://www.samhsa.gov/find-help/national-helpline>



Other

Google

- For additional resources, try searching for local:
 - Advocacy groups or support programs
 - County mental health, departments of social services, etc.
 - Facebook groups
 - Hospitals
 - Clinics and treatment facilities
 - Informational websites
 - Other government agencies