TEHAMA COUNTY, CALIFORNIA

Resources After the Loss of a Loved One

During times of grief and loss, it is important to remember that support is available. Whether you are experiencing emotional distress, struggling with grief, or concerned about someone else, the following resources can provide support, guidance, and assistance.

Immediate Crisis Support

24 HOURS A DAY · 7 DAYS A WEEK

Tehama County Health Services Agency – 24-Hour Crisis Line

1-800-240-3208

Tehama County Behavioral Health Services

Provides crisis intervention, assessment, emotional support, and referrals for individuals experiencing a mental health or substance use crisis. Available to anyone in Tehama County, regardless of age or ability to pay. The Mobile Crisis Team may provide assistance in the community, including at home, work, or school.

988 Suicide & Crisis Lifeline

CALL OR TEXT
988

988lifeline.org

Free, confidential support for anyone experiencing emotional distress, suicidal thoughts, mental health concerns, or a crisis involving a loved one.

- **Spanish:** Call 988 and press 2.
- **Veterans:** Call 988 and press 1.
- **Deaf or hard of hearing:** Use online chat or ASL services.

Crisis Text Line

TEXT HOME TO
741741

crisistextline.org

Text HOME to 741741 to connect with a trained crisis counselor through text messaging.

Emergency Assistance

If you or someone else is in immediate danger or experiencing a life-threatening medical emergency, call 911 or go to the nearest emergency department.

911

Emotional Support & Peer Warmlines

Warmlines provide emotional support and someone to talk to. They are generally intended for non-emergency situations.

California Peer-Run Warmline

CALL OR TEXT
855-600-9276
mentalhealthsf.org/warm-line

Call or text for peer-led emotional support from individuals with lived experience. Available to California residents experiencing anxiety, depression, loneliness, substance use concerns, or other life challenges.

Hours: Monday–Wednesday and Friday, 7 a.m.–11 p.m.; Thursday, 8 a.m.–10 p.m. Pacific.

Northern Valley Talk Line – Tehama County

1-855-582-5554
Tehama County Behavioral Health Resources

Peer-to-peer emotional support for individuals who would benefit from talking with someone.

Hours: Daily, 4:30 p.m.–9:30 p.m., according to Tehama County Health Services.

Friendship Line – Institute on Aging

1-888-670-1360
ioaging.org

A 24-hour emotional support line for adults age 60 and older and adults living with disabilities. Services include emotional support, grief counseling, and supportive outreach calls for individuals experiencing loneliness or isolation.

Specialized Support Resources

Veterans Crisis Line

CALL, THEN PRESS 1
988
veteranscrisisline.net

Confidential crisis support for veterans, service members, and their families, available 24 hours a day.

- Call 988, then press 1.
- Text 838255.

Teen Line

1-800-852-8336
teenline.org

Provides peer support and resources for teenagers experiencing emotional or personal challenges.

- Call 1-800-852-8336.
- Text TEEN to 839863.

Hours: Phone, Monday–Friday, 6 p.m.–9 p.m. Pacific. Text, Monday–Friday, 6 p.m.–9 p.m. Pacific.

COPLINE – Law Enforcement Support

1-800-267-5463

Confidential peer support for active and retired law enforcement officers and their families.

copline.org

Grief & Bereavement Support

Friends for Survival – Suicide Loss Support

1-800-646-7322

Provides support and resources for family members, friends, and professionals grieving the loss of someone to suicide. This resource can help survivors navigate grief and connect with others who understand their experience.

Phone support: Tuesday–Thursday, 9 a.m.–4 p.m. Pacific.

friendsforsurvival.org

Tragedy Assistance Program for Survivors (TAPS)

1-800-959-8277

Provides compassionate grief support, resources, and assistance to individuals and families who have experienced the death of a military service member or veteran.

taps.org

A Message of Support

Grief affects everyone differently. There is no right or wrong way to grieve, and healing takes time. Whether you need someone to talk to, professional assistance, or support for a family member, please know that help is available.

You do not have to navigate this difficult time alone.

A Note About This Resource List

This directory is provided solely for informational and convenience purposes to assist Tehama County residents and families. The Tehama County Coroner's Office does not endorse, recommend, or guarantee the services, qualifications, or availability of any organization listed.

This is not an exhaustive list, and research is encouraged prior to making any final decisions. Contact individual organizations or visit their websites to confirm current availability, eligibility, and hours of operation. If you are unsure which resource is appropriate, Tehama County Health Services Agency can help direct you to available services.