

Winter Break Resources



November & December can be a stressful month with the holidays coming up. We want you to know that support services & help is available. We hope you have a great break!

All of the numbers below are available open 24/7:

- Huckleberry House (Runaway Shelter): 415-621-2929
- Comprehensive Crisis Services: 415-970-3800
- Suicide Prevention Lifeline: 1-800-273-TALK or crisischat.org
- Crisis Text Line: Text "MYLIFE" to 741-741

Take a picture of the phone numbers or save them on your cell phone. Share these numbers with your friends or family or anyone who needs support.