San Leandro Warmline Project is a multilingual referral line where you can call in for brief emotional support and get connected with resources in your community, such as...

- Medical Services
- Emotional Support and Wellness Services
- COVID Testing Sites
- Food Banks

For Spanish: Call 510-535-8480. Monday to Friday 9am - 5pm PST (outside public holidays).

For Cantonese & Mandarin: Call 510-735-3940. Mon 1-3pm, Tues 1-5pm, Thur 9am-12pm, Fri 1-3pm PST.

This is not a crisis hotline. For emergencies, please call 911.
Hotlines for Help

1. Crisis Support Services of Alameda 24/7
   1-800-309-2131
   This is a 24 hour crisis hotline that connects people in need with people who care.

2. Crisis Support Services Text Program
   Text SAFE to 20121
   Everyday 4pm – 11pm PST, for residents of Alameda County only. Free to text. Text STOP to opt out.

3. MHASF – The Peer Run Warm Line 24/7
   1-855-845-7415
   A non-emergency resource for anyone in the Bay Area seeking emotional support. We provide assistance via phone and web chat on a non-discriminatory basis to anyone in need or chat via IM.

4. LGBTQ Trevor Youth Lifeline 24/7
   1-866-488-7386
   A crisis intervention and suicide prevention phone line for LGBTQ+ youth available 24/7/365.

5. Teen Line
   310-855-4673 (310-855-HOPE) or 800-852-8336 (800-TLC-TEEN)
   Provides emotional support to youth every night from 6pm - 10pm PST.