



LA RED DE APOYO
SAN LEANDRO WARMLINE PROJECT
聖利安卓轉介熱線

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.