

# Helpful Resources

## General Community Resources:

**211 Tehama connects people with community services in Tehama County.**

*How to use 2-1-1:*

- **Text** your zip code to **898211**
- **Call 2-1-1** to connect with a call specialist for personalized service any time, day or night. (Callers from out of county or TTY users may dial 866-963-8182)
- **Visit [211norcal.org/tehama](http://211norcal.org/tehama)**

## Some Things Tehama 2-1-1 Can Direct You to Help With:

- Homeless Assistance
- Disaster Resources
- Disability Resources
- Mental Health
  - LGBTQ+
  - Legal Aid
- Children and Family
  - Seniors
- Transportation

## Suicide Awareness and Prevention

**If you or someone you know is contemplating suicide, reach out and encourage them to call and talk to someone. At TeLA we have an on-site counselor available to talk with students. There are also a number of resources within the community and nationally that can help you in your time of need.**



## Domestic Violence Resources:

### **SOME STATISTICS:**

- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence - almost triple the national average.
- Nearly 1.5 millions high school students nationwide experience physical abuse from a dating partner in a single year.
- One in three adolescents in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.
- One in 10 high school students has been purposefully hit, slapped, or physically hurt by a boyfriend or girlfriend.
- Half of youth who have been victims of both dating violence and rape attempt suicide, compared to 12.5% of non-abused girls, and 5.4% of non-abused boys.

SOURCE: [loveisrespect.org](http://loveisrespect.org)

### **Empower Tehama 24-Hour Crisis Line:**

530-528-0226

1-800-324-6473 (Toll Free)

**National Domestic Violence Hotline** at: 1-800-799-SAFE (7233) or TTY 1-800-787-3224