**DIGITAL PEER RESOURCES**

Marin Suicide Hotline 415-499-1100  Mobile Crisis 415-473-6392  
Crisis Text Line Text HELP 741741  
WARMLINE (415) 459-6300  M-F 9 am-12 am  
Spanish (415) 457-4026  M-F 9 am-6 pm  
Older Adult Friendship Line 1-888-670-1360 24/7  
ACCESS  1-888-818-1115

Trevor Project (LGBTQ Crisis Support)  www.trevorproject.org  
Empowerment Clubhouse  admin@empowermentclubhouse.org  
Youth Support Group  Tuesdays, 2 PM  mparker@marincounty.org  
Family Support Group  Thursdays, 7 PM  mrea@marincounty.org

**MHASF Groups**  
lisa-sun@mentalhealthsf.org  
MHASF Groups include support for people of color, ways to manage depression and/or anxiety and collecting behaviors  MHASF also offers weekly coffee talks with staff. Email or click link above for more info!

**BHRS Community Events**  
BHRSPreventionAndOutreach@marincounty.org  
BHRS provides many community events throughout the year, including awareness events, training opportunities, parenting support, and townhalls. Click link above for updated list of events.

**CAM Groups**  
MHGroups@camarin.org  
Community Action Marin provides support groups throughout the week with groups on mindfulness, support for women and daily skill management. Click link or call 415-457-4554

**Older Adults in need of food service delivered?**  
Call Meals on Wheels @ 415-457-4636