

## CONCRETE SUPPORT IN TIMES OF NEED

*If you feel this is an emergency or you are in crisis, please call:*  
Yolo County 24hr toll-free Access Line: (888) 965-6647 or  
National Suicide Prevention Hotline: (800) 273-TALK (8255)

**“I need help finding resources like food, transportation, and/or housing.”**



If you need help accessing resources in Yolo County, call **2-1-1** or **(855) 866-1783** or visit [www.211yolocounty.com](http://www.211yolocounty.com). The following resources can be found with 2-1-1:

- Housing
- Food (Farmers Markets, Food Distribution, CalFresh Applications, etc.)
- Mental Health Services
- Healthcare
- Resources for Older Adults
- Legal Aid
- Employment and Taxes services
- Veteran Services
- Transportation
- Substance Abuse Supports
- Maternal Wellness

**“Where can I find child care and information about my child?”**



### National Parent Helpline

Provides parents and caregivers with emotional support and refers them to services if necessary.

**1-(855)-4A PARENT (1-(855)-427-2736) | [www.nationalparenthelpline.org/](http://www.nationalparenthelpline.org/)**



### Children's Home Society

Provides referrals to local childcare and provides assistance paying for childcare for income qualifying families.

**(530) 723-5225 | [www.chs-ca.org/](http://www.chs-ca.org/)**



### Yolo Crisis Nursery

A place of hope for desperate parents and vulnerable children in Yolo County. It provides a safe, temporary home for children up to age 5 during times of extreme family crisis. It also helps parents and guardians resolve immediate problems and gain family stability.

**(530) 758-6680 | [www.yolocrisisnursery.org/](http://www.yolocrisisnursery.org/)**

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### [www.healthychildren.org](http://www.healthychildren.org)

Includes information on healthy living, safety and prevention, family life, health news, tips and tools. Also has a section on Ages and Stages, which gives parents information on developmental stages from pregnancy to age 21.

[www.healthychildren.org](http://www.healthychildren.org) (available in English and Spanish)



### [www.purplecrying.info/](http://www.purplecrying.info/)

Describes the point in a baby's life when they cry more than any other time and equips caregivers with strategies to soothe the baby and cope with stress.

[www.purplecrying.info/](http://www.purplecrying.info/)

For more resources on child development, click on the Strengthening Parent and Child Interactions Resource List under the “Maternal Wellness” button on [www.211yolocounty.com/](http://www.211yolocounty.com/)

**“I’m looking for ways to keep my family safe.”**



### 1-800-222-1222 [www.aapcc.org/](http://www.aapcc.org/)

Offers free, confidential medical advice and poisoning information 24 hours a day, seven days a week.

1-(800)-222-1222 | [www.aapcc.org/](http://www.aapcc.org/)



### [www.safercar.gov/cpsApp/cps/index.htm](http://www.safercar.gov/cpsApp/cps/index.htm)

Find a child car seat inspection station near you. Certified technicians will inspect your child car seat, in most cases, free of charge - and show you how to correctly install and use it.

[www.safercar.gov/cpsApp/cps/index.htm](http://www.safercar.gov/cpsApp/cps/index.htm)



Child injuries are preventable

### [www.cdc.gov/safechild/](http://www.cdc.gov/safechild/)

Provides information on burn prevention, drowning prevention, poisoning prevention, fall prevention, and playground, road traffic, teen driver, bicycle, pedestrian, child passenger, sports and helmet safety.

[www.cdc.gov/safechild/](http://www.cdc.gov/safechild/)



### [www.safercar.gov/parents/index.htm](http://www.safercar.gov/parents/index.htm)

Provides information about keeping your children safe on the road (e.g., car seats, teen driving, seat belts, in and around the car).

[www.safercar.gov/parents/index.htm](http://www.safercar.gov/parents/index.htm)

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**“Where can I go if I’m concerned about bullying, child abuse and neglect, or domestic violence and sexual assault?”**

**Bullying**

**stopbullying.gov** [Stopbullying.gov](http://Stopbullying.gov)

Provides information about what bullying is and what it is not, the warning signs of bullying, and what steps to take for preventing and responding to bullying, including how to talk to children about bullying, prevention in schools and communities, and how to support children involved.

[www.stopbullying.gov/](http://www.stopbullying.gov/)

**Child Abuse and Neglect**



Founded in 1989 by Sara O'Meara and Yvonne Feldman  
PREVENTION and TREATMENT of CHILD ABUSE

[Childhelp National Child Abuse Hotline](http://Childhelp.org)

Available 24/7 and in 200 languages, the hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.

**1-800-4-A-CHILD (1-800-422-4453)** | [www.childhelp.org/hotline/](http://www.childhelp.org/hotline/)



[Yolo County Child Welfare Services](http://YoloCounty.org)

Call (530) 669-2345 or (888) 400-0022 if you suspect that a child is being abused or neglected.

[www.yolocounty.org/health-human-services/child-youth-family/child-welfare-services](http://www.yolocounty.org/health-human-services/child-youth-family/child-welfare-services)



[California Department of Education](http://CaliforniaDepartmentofEducation.org)

Learn more about the symptoms of abuse and neglect of children. For warning signs of abuse and neglect, visit:

[www.cde.ca.gov/ls/ss/ap/childabusereportingguide.asp](http://www.cde.ca.gov/ls/ss/ap/childabusereportingguide.asp)

**Child Sexual Abuse**



Providing hope, ending violence.

[Empower Yolo Crisis Line](http://Empoweryolo.org)

Provides crisis support for victims of domestic violence, sexual assault, and trafficking. Trained advocates are available 24/7 to provide crisis intervention, emotional support, advocacy, information and referrals.

**(530) 662-1133 / (916) 371-1907** | [empoweryolo.org/](http://empoweryolo.org/)

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### Stop It Now!<sup>®</sup> [Stop It Now!](#)

Works to prevent child sexual abuse from occurring. It provides information about sexual abuse, normal and concerning adult and child behaviors, tips on how to talk about sexual abuse, resources, and an email and phone helpline.

[www.stopitnow.org/](http://www.stopitnow.org/)

For warning signs of possible sexual abuse, visit: [www.stopitnow.org/ohc-content/tip-sheet-7](http://www.stopitnow.org/ohc-content/tip-sheet-7)

### [The Enough Abuse Campaign](#)

Provides information and resources to help stop child sexual abuse. The website includes prevention messages, conversation starters, red flags, what to do if you suspect sexual abuse, and actions individuals, including parents, can take to prevent child sexual abuse.

[www.enoughabuse.org/for-ind.html](http://www.enoughabuse.org/for-ind.html)

## Domestic Violence and Sexual Assault



### [Empower Yolo](#)

Provides free and confidential support to survivors of domestic violence, sexual assault, stalking, human trafficking, and child abuse. In addition to walk-in crisis support, emergency shelter, counseling and legal services, Empower Yolo also has a Crisis Line where trained advocates are available 24/7 to provide crisis intervention, emotional support, advocacy, information and referrals.

(530) 662-1133 / (916) 371-1907 | [empoweryolo.org/](http://empoweryolo.org/)



The nation's largest anti-sexual violence organization, RAINN has information on sexual assault, safe and prevention, after sexual assault, and public policy and action. It has a free, confidential hotline and also offers chatting on the website.

National Sexual Assault Hotline at 1-(800)-656-HOPE | [www.rainn.org/](http://www.rainn.org/)

**"I am concerned that someone I love, or myself, may be considering taking their life."**



### [Suicide Prevention and Crisis Services of Yolo County](#)

Provides a 24-hour **Yolo Suicide Prevention Hotline** where you can get confidential, anonymous telephone counseling and referral information by trained crisis volunteers. It also has an ASK Teen Crisis Line, School Safety Tip Lines, and a Survivors of Suicide Support Group.

Davis: (530) 756-5000; Woodland: (530) 666-7778; West Sacramento: (916) 372-6565

[www.suicidepreventionyolocounty.org/](http://www.suicidepreventionyolocounty.org/)

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### **National Suicide Prevention Lifeline**

Provides 24/7 skilled, trained counseling at a crisis center in your area (for Yolo County, the Suicide Prevention and Crisis Services of Yolo County). It also provides information about mental health (therapy, safety plan, coping, tragedies) and prevention (risk factors and warning signs).

Call **1-(800)-273-8255** (in 150 languages) or the Spanish Language line at **1-(888)-628-9454**.

You can chat with someone online: [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)



### **Society for the Prevention of Teen Suicide**

Provides information, including warning signs, for parents, educators, and teens on teen suicide prevention.

[www.sptsusa.org/](http://www.sptsusa.org/)

### **youth.GOV Youth Suicide Prevention**

Provides mental health information and key resources for people wanting to know more about suicide and suicide prevention.

[youth.gov/youth-topics/youth-suicide-prevention](http://youth.gov/youth-topics/youth-suicide-prevention)

**“I had a difficult childhood, and I want to know how that affects me today.”**



### **ACEs Connection**

A social network that accelerates the global movement toward recognizing the impact of adverse childhood experiences in shaping adult behavior and health, and reforming all communities and institutions -- from schools to prisons to hospitals and churches -- to help heal and develop resilience rather than to continue to traumatize already traumatized people.

[www.acesconnection.com/](http://www.acesconnection.com/)



### **Yolo Resilience Network**

A Yolo County group committed to educating people in Yolo County about ACEs, resilience, and trauma-informed and resilience-building practices.

[www.acesconnection.com/g/yolo-county-ca-aces/](http://www.acesconnection.com/g/yolo-county-ca-aces/)



### **The Centers for Disease Control and Prevention**

Provides information about the Adverse Childhood Experiences study and its implications.

[www.cdc.gov/violenceprevention/acestudy/index.html](http://www.cdc.gov/violenceprevention/acestudy/index.html)

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