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.””

2-1-1 Yolo County
If you need help accessing resources in Yolo County, call 2-1-1 or (855) 866-1783 or visit 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/

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/

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/

If you have insurance, you can call the number on the back of your card to get help.

Revised on 7/3/17
CONCRETE SUPPORT IN TIMES OF NEED

American Academy of Pediatrics
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 (available in English and Spanish)

The Period of PURPLE Crying
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/

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/

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

Nationwide Poison Control Center
Offers free, confidential medical advice and poisoning information 24 hours a day, seven days a week.
1-(800)-222-1222 | www.aapcc.org/

Child Car Seat Inspection Station Locator
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

Injury Prevention & Control: Protect the Ones You Love—Child Injuries Are Preventable
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/

Parents Central from National Highway Traffic Safety Administration
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

If you have insurance, you can call the number on the back of your card to get help.
“Where can I go if I’m concerned about bullying, child abuse and neglect, or domestic violence and sexual assault?”

Bullying

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

[Childhelp National Child Abuse Hotline](http://www.childhelp.org/hotline/)
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://www.yolocounty.org/health-human-services/child-youth-family/child-welfare-services)
Call (530) 669-2345 or (888) 400-0022 if you suspect that a child is being abused or neglected.


[California Department of Education](http://www.cde.ca.gov/ls/ss/ap/childabuserreportingguide.asp)
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/childabuserreportingguide.asp](http://www.cde.ca.gov/ls/ss/ap/childabuserreportingguide.asp)

Child Sexual Abuse

[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/)

*If you have insurance, you can call the number on the back of your card to get help.*
CONCRETE SUPPORT IN TIMES OF NEED

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/

For warning signs of possible sexual abuse, visit: 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

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/

RAINN

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/

“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 as 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/

If you have insurance, you can call the number on the back of your card to get help.

Revised on 7/3/17
If you have insurance, you can call the number on the back of your card to get help.