If you're in crisis, there are options available to help you cope. Everyone needs help sometimes, reach out and talk to someone NOW.

Substance Abuse & Mental Health Services
SAMHSA’s National Helpline:
(800) 662-HELP (4357)
https://findtreatment.samhsa.gov/

Inside Wiremen, Material Handler
(Active and Retired):
Beat It! (800) 828-3939
https://www.beatiteap.com/

City and County of San Francisco Employees:
(628) 652-4600
https://sfhss.org/eap

SFMTA Employees:
(800) 834-3773
https://www.claremonteap.com/

Sound and Communications:
(877) 225-2267
https://soundcommbenefits.com/health-welfare/benefits/optumhealth-mental-health/

Additional Resources:
24-Hour National Suicide & Crisis Hotline:
(800) 273-TALK (8255)
https://suicidepreventionlifeline.org/

National Sexual Assault Hotline:
(800) 656-HOPE (4673)
https://www.rainn.org/

National Domestic Violence Hotline:
(800) 799-7233
https://www.thehotline.org/

If you are having a psychiatric emergency, please call 911 or go to your nearest hospital emergency room.