

# 24/7

# SUPPORT

Are you a current or former foster youth? Having problems at home? Frustrated? Need someone to talk to? The 24/7 FURS hotline is here to help.

**CALL OR TEXT: 1-833-939-FURS | 1-833-939-3877**

Family Urgent Response System (FURS) is a free 24/7/365 hotline for current or former foster youth and your caregivers to call and get **immediate** help for any big or small issues you may be having.

- You will be connected to a trained counselor or peer who will listen to you.
- FURS is a **safe, judgement free**, and **private** space to talk about your worries and vent.
- If you want more support, a team can come directly to where you are to help you work on the problem and to create a plan to help stabilize your situation and keep you safe.
- The team will follow-up by helping connect you and your caregiver to local services and support.



## CHECK OUT: CAL-FURS.ORG

