

Are you a current or former foster youth?

Having problems at home?

Frustrated?

Need someone to talk to?

FURS is here to help with 24/7 phone and in-person support.

**Prevent** disruptions.  
**Preserve** relationships.  
**Promote** stability through supports and services.

# 24/7

# SUPPORT

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

Family Urgent Response System (FURS) includes a free 24/7/365 hotline for current or former foster youth (up to age 21) and caregivers to call and get immediate help and in-person support when needed for any issues, big or small.

- ▶ You will be connected to a trained counselor or peer who will listen to you.
- ▶ FURS is a judgment-free and safe space to talk about your worries and vent to trained professionals.
- ▶ 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, peer support and other resources.

**CHECK OUT: CAL-FURS.ORG**

