

## 24 Hour Emergency Mental Health Hotlines/Emergency Numbers

### Local Mental Health Hotlines / Emergency Numbers:

North Bay Suicide Prevention Hotline	855-587-6373
Sonoma County Suspected Child Abuse Hotline	707-565-4304/800-870-7064
Sonoma County Emergency Mental Health Hotline	800-746-8181
Verity Sexual Assault Hotline	707-545-7273
YWCA Domestic Violence Services	707-546-1234
Crisis Stabilization Unit	800-576-8181
Social Advocates for Youth Crisis Center	800-544-3299

### State-wide/National Mental Health Hotlines / Emergency Numbers:

National Suicide Prevention Lifeline	800-273-8255
<u><a href="#">CalHOPE Connect</a></u>	(800) 273-8255 (Call)   Text 838255
NAMI (National Alliance on Mental Illness)	866-960-6264 (Call or Text)
National Helpline	800-662-4357
The Trevor Project (LGBTQ Youth)	866-488-7286
The TALKline	415-441-KIDS (4357)
California Youth Crisis Line	800-843-5200 (Call or Text)
Crisis Text Line	Text: "Hello" to 741-741
Anonymous reporting weapon threats at school	866-SPEAK-UP
Teen Line (Teens can talk to other teens who are trained to support peers through tough times)	310-855-4673 or Text: "Teen" to 839863 (6-9pm PST)

## **Crisis and Psychiatric Resources:**

### **Crisis Resources:**

**Crisis Stabilization Unit:** (707) 576-8181

2225 Challenger Way, Santa Rosa, CA 95407 (Open 24/7)

**Crisis Text Line:** 741741

**Napa Crisis Stabilization Services Program (Medi-Cal only):** (707) 227-3900. 2751 Napa Valley Corporate Dr, Napa, CA 94558

**North Bay Suicide Prevention Hotline:** 1 (855) 587-6373

**Trans Lifeline:** 1 (877) 565-8860

**Trevor Lifeline (LGBTQ):** 1 (800) 488-7386

### **Psychiatry Resources**

**MindPath Health:** <https://www.mindpath.com/>

**Sonoma Valley Community Health Center (Partnership/Medi-Cal):** (707) 939-6070

<https://svchc.org/clinicians-practitioners/>

**Siyan Clinic:** (707) 206-7268. 480 Tesconi Circle Suite B, Santa Rosa, CA 95401.

<https://siyanclinical.com/>

## Outpatient Support Programs:

**Charlie Health:** Virtual Intensive Outpatient Program. They take multiple insurances. Works with Anxiety, Depression, Trauma, and Substance Abuse treatment

<https://www.charliehealth.com/>

Admissions Team 24/7 at 1 (866) 219-5070.

**Kaiser Permanente Psychiatry:** Child and Adult IOP programs

Contact the front desk: (707) 571-3778

## Local Support Services:

**National Alliance on Mental Illness:** (707) 527-6655

- <https://namisonomacounty.org/>
- 182 Farmers Lane, Suite 202, Santa Rosa CA 95402
- Warmline: 1 (866) 960-6264

**Petaluma Peer Recovery Center:** (707) 565-1299

- 5350 Old Redwood Highway; Suite 600, Petaluma, CA
- <https://petalumaprp.wordpress.com/>

**Positive Images (LGBTQ+ support):** (707) 568-5830

- 200 Montgomery Dr. Suite. C, Santa Rosa, CA 95404
- <https://posimages.org/>

**YWCA (domestic violence services):** (707) 546-9922

- 811 Third Street, Santa Rosa, CA 95404
- 24/7 DV Crisis Hotline: (707) 546-1234
- <https://www.ywcasc.org/>

**Sonoma County TAY (transitional age youth support):** (707) 565-4850

- 2227 Capricorn Way, Suite 207, Santa Rosa, CA 95407
- Supports Youth ages 18-25 diagnosed with a serious and persistent mental illness and their families.
- <https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/behavioral-health/services/mental-health-services/adult-services/transition-age-youth-team>

## **Low- Fee therapy clinics:**

### **West County Community Services**

707-823-1640 x391 | [www.westcountyservices.org/counseling-services/](http://www.westcountyservices.org/counseling-services/)

Free Behavioral Health Services in West County include individual and group support through Peer Counseling, Crisis Counseling, School based Counseling for youth, and Senior Counseling Services.

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Behavioral Health Services include: Group and individual therapy, behavioral health for adults and children, Gender Affirming Behavioral Health Service for youth and adults.

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No-cost counseling services for children birth-18 including trauma treatment, mental health treatment, and family therapy.

### **Jewish Community Free Clinic**

707-585-7780 | [www.jewishfreeclinic.org](http://www.jewishfreeclinic.org)

Offers short-term solution focused therapy at no cost to all members of the community.

### **Buckelew Programs**

707-571-8452 | [www.buckelew.org/](http://www.buckelew.org/)

The Family Service Coordination team provides a Resource Clinic every Tuesday from 3-4:30 pm, and has several support groups for supporters of loved ones with mental, behavioral, or situational challenges.

### **Petaluma People Services**

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Counseling services offered for children, adolescents and families for a low sliding scale fee.

### **Life Works**

707-568-2300 x105 | [www.lifeworkssc.org](http://www.lifeworkssc.org)

Counseling services offered for children, adolescents, adults, couples and families for a sliding scale fee. They also offer services for families dealing with substance abuse, and behavioral or emotional challenges.

### **Santa Rosa Community Health**

707-303-3600 | [srhealth.org](http://srhealth.org)

Counseling services offered for individuals and families. They take Medi-Cal and many other health insurance companies, and also offer a sliding scale for those who are uninsured.

### **Sonoma County Indian Health Project**

707-521-4550 | [www.scihp.org/behavioral-health-services/](http://www.scihp.org/behavioral-health-services/)

Counseling services offered to Sonoma County American Indians, as well as non-Indians with Medi-Cal on a limited basis.

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866-960-6264 | [namisonomacounty.org/](http://namisonomacounty.org/)

Support Groups for those living with mental illness and their families/caregivers. Also information and resources for mental health.

## **Spanish/English Bilingual Mental Health Resources**

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Mental and Substance Use Disorder Services.

Accepts Medi-Cal

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Counseling resources, youth learning programs, mutual aid assistance for Latinx; youth and adult communities, immigrants and agricultural workers.

### **Centro La Luz**

707-938-5131 | [www.laluzcenter.org](http://www.laluzcenter.org)

Group and Individual Counseling Services, Financial Aid, rent assistance, food and other resources.

### **Verity**

707-545-7270 | [www.ourverity.org](http://www.ourverity.org)

Rape Crisis Intervention, Trauma Counseling, Individual and family Therapy, Support Groups. Services based on sliding scale.

## Food and Body Related Counseling in Sonoma County

**ANAD Eating Disorder Support Group of Petaluma:** 707-778-7849

**Social Media Victims Law Center (SMVLC):** “ We are an organization that is focusing on the damaging effects social media can have on some of our lives. Studies have shown that social media can lead to negative a negative body image. It's something that is hard to avoid these days. This can clearly lead to eating disorders and other issues. That's why we wanted to make a guide around the connection between social media and body image issues. “

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Website: [socialmediavictims.org/mental-health/body-image/](https://socialmediavictims.org/mental-health/body-image/)

Info: [socialmediavictims.org/understanding-social-media-body-image/](https://socialmediavictims.org/understanding-social-media-body-image/)

Lawsuit support related to body image: [socialmediavictims.org/meta-lawsuit/](https://socialmediavictims.org/meta-lawsuit/)

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**Basic contacts:**

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Alcohol and Drug Abuse Helpline	800-729-6686
Alcohol Treatment Referral Hotline	800-252-6465
Families Anonymous	800-736-9805
Local drug rehab centers	<a href="http://Rehab.com">Rehab.com</a>
Local Narcotics Anonymous meetings	<a href="http://Narcotics.com">Narcotics.com</a>
National Council on Alcoholism and Drug Dependence Hopeline	800-622-2255
Poison Control	800-222-1222
National Institute on Drug Abuse Hotline	800-662-4357
Cocaine Anonymous	800-347-8998

National Helpline for Substance Abuse

800-262-2463

[Detox/Withdrawal management programs:](#)

**Orenda Detox Program** in Santa Rosa is opening soon

**Buckelew Helen Vine:** (415) 492-0818

291 Smith Ranch Rd, San Rafael, CA 94903. <https://buckelew.org/services/sonoma-county/>

**Athena House:** (707) 335-0702

(formerly located at the Stone House) is a woman and non-binary individual-only licensed and certified residential treatment program in Sonoma County that provides welcoming, recovery-oriented services to individuals with substance abuse issues.

[Additional Addiction Supports:](#)

**Drug Free Babies:** (707) 565-7464

2255 Challenger Way, Suite 107, Santa Rosa, CA 95407. A collaborative case management program for pregnant and delivering women, designed to reduce the negative impact of prenatal tobacco, alcohol and other drug exposure.

**DAAC:** 707-544-3295

2403 Professional Drive, Santa Rosa, CA 95403

info@cpdaac.org <https://www.cpdaac.org/>

Co-ed outpatient treatment for adults and adolescents; narcotic replacement therapy; perinatal day treatment; long-term and short-term co-ed residential treatment, **detoxification services**.

**Santa Rosa Treatment Program:** 707-576-0818

[info@srtp.net](mailto:info@srtp.net) 625 steele lane, santa rosa, ca, 95403

Narcotic Replacement Therapy (such as methadone), 180 day detoxification program.

<https://www.srtp.net/>

**Women's Recovery Services:** 707.527.0412

[wrs@womensrecoveryervices.org](mailto:wrs@womensrecoveryervices.org). The Women's Recovery Services offers safe transitional housing for women and their children in three locations in Santa Rosa.

### **Addiction Related Meetings:**

**Interlink Self Help Center:** meetings, staff support.

<https://interlinkselfhelpcenter.org/mental-health-and-addiction-support.html>

**LifeRing Meetings:** Provides location for all meetings at anytime based on your zip code

<https://lifering.org/f2f-meetings/>

**Sonoma County AA meetings:** <https://sonomacountyaa.org/meetings/>

**Sonoma County NA meetings:** <https://www.sonomacountyna.org/meetings>

**Wellbriety/Talking Circle meetings:** <https://www.scihp.org/behavioral-health-services/>

Provider Directory through County of Sonoma for Substance Abuse Treatment Services:

Direct link:

[https://sonomacounty.ca.gov/Main%20County%20Site/Health%20and%20Human%20Services/Health%20Services/Documents/Behavioral%20Health/Contractor%20Resources/Medi-cal%20Informing%20Materials/SUD Provider Directory.pdf](https://sonomacounty.ca.gov/Main%20County%20Site/Health%20and%20Human%20Services/Health%20Services/Documents/Behavioral%20Health/Contractor%20Resources/Medi-cal%20Informing%20Materials/SUD%20Provider%20Directory.pdf)

Website:

<https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/behavioral-health/services/substance-use-disorder-services/adult-sud-treatment>

**Shelter, Food, Medical, Mental Health, Disaster Resources**

**United Way Local Assistance:** Call 211 or Text your zip code to 898211

<http://211sonoma.org>

Comprehensive local service for information regarding housing, food, transportation, mental health, medical care, legal assistance, job assistance and more. Information in English/Spanish and 150 other languages.

**SAMHSA Disaster Distress Helpline:** 800-985-5990 (Call or Text)

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Crisis counseling, support and referrals for people experiencing distress due to a natural or human caused disaster, pandemic, or community unrest/violence. Press 2 for Spanish when calling, interpretation in 100 different languages available as well.

### **Emergency Shelters / Drop-ins and Teen Centers**

Abraxis Transition Program (Mon-Fri, noon-8pm)	707-568-4415
The Coffee House Teen Shelter:	707-546-3432
VOICES Sonoma	707-579-4327
CHOPS	707-579-4327
Valley of the Moon	707-939-1452

### **Grief Support:**

**Grief and Loss Support for families following loss**

**Memorial Hospice and Hospice of Petaluma:**

- [439 College Ave, Santa Rosa, CA 95401](https://www.memorialhospice.com/)
- 707-568-1094
- Run free monthly drop-in grief groups. they also do closed child loss groups from folks who do a full intake with them.

**Victim Helpline:**

- Provides emotional support to victims and family members of DUI crashes. Also accompanies and guides ...
- [www.madd.org](http://www.madd.org)
- Phone: 877-623-3435

**First Candle:**

- Offers a grief support hotline where grief counselors are available to help individuals through the ...
- [www.firstcandle.org](http://www.firstcandle.org)
- Phone: 800-221-7437

**County of Sonoma Department of Health:**

- Provides grief and bereavement support following the sudden loss of a fetus, infant, or child. Publi ...
- [www.sonoma-county.org](http://www.sonoma-county.org)
- Phone: 707-565-4494

**Hospice by the bay:**

- Provides grief-related support to those who are anticipating or coping with the loss of a loved one. ...
- [www.bythebayhealth.org](http://www.bythebayhealth.org)
- Phone: 707-931-7299

**California Department of Health:**

- Provides bereavements support for families that have been affected by Sudden Infant Death Syndrome ( ...
- <https://www.cdph.ca.gov/>
- Phone: 866-241-0395

**Local Phone Numbers:**

Hospice of Petaluma:

- (707) 778-6242

Memorial Hospice (Santa Rosa):

- (707) 568-1094

North County Hospice (Healdsburg):

- (707) 431-1135

Sutter Bereavement and Grief Support:

- (707) 535-5700 - English Only

Kaiser Bereavement Support:

- (707) 393-3636

## **Additional Supports:**

### **Grief.com**

- is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.

### **First Candle**

- **24-hour grief line.** Grief counseling any time day or night for a family member in need. They offer one-on-one support and access to materials and local support services. **Call 1-800-221-7437** English and Spanish speakers available.

### **The Compassionate Friends**

- Family support after the death of a child of any age. Online support groups and private Facebook groups. **Call 1-877-969-0010** English and Spanish speakers available. The Marin County Chapter offers in person meetings on the 3rd Monday of the month from 7:30 – 9:00pm at the Hillside Church at Lucas Valley. (2000 Las Gallinas Ave, San Rafael CA 94903) Email: [tcfmarin@gmail.com](mailto:tcfmarin@gmail.com); website: <http://www.tcfmarin.org>; Phone: (415) 457-3123.

### **MISS Foundation**

- Monthly free support groups, Hope Mentors, and family support information and resource packets.

### **Now I lay Me Down to Sleep**

- Professional, volunteer photography for parents suffering the loss of a baby. Local coordinator [tifani.beecher@gmail.com](mailto:tifani.beecher@gmail.com)

### **March of Dimes**

- Miscarriage, loss, and grief- Making a place in your heart and mind for the memories of your baby.

### **Mothers' Milk Bank**

- Breastmilk donation following loss.

### **Grief Share**

- Free local grief recovery program includes video seminar, personal study, and reflection and support group discussion.

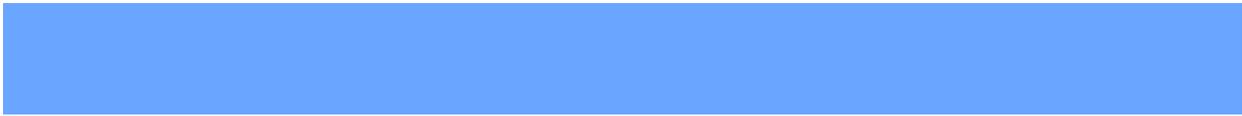
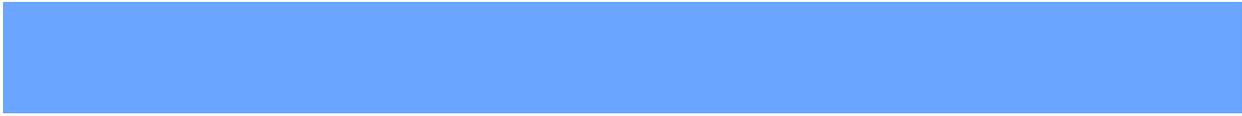
## Miscellaneous:

### Education

**Department of Rehabilitation:** Supports individuals in college with mental health diagnosis. Individuals can apply on the website to receive financial compensation for college.

<https://www.dor.ca.gov/Home/Services>





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Alcohol Treatment Referral Hotline	800-252-6465
Families Anonymous	800-736-9805
Local drug rehab centers	<a href="http://Rehab.com">Rehab.com</a>
Local Narcotics Anonymous meetings	<a href="http://Narcotics.com">Narcotics.com</a>
National Council on Alcoholism and Drug Dependence Hopeline	800-622-2255
Poison Control	800-222-1222
National Institute on Drug Abuse Hotline	800-662-4357
Cocaine Anonymous	800-347-8998

National Helpline for Substance Abuse

800-262-2463

[Detox/Withdrawal management programs:](#)

**Orenda Detox Program** in Santa Rosa is opening soon

**Buckelew Helen Vine:** (415) 492-0818

291 Smith Ranch Rd, San Rafael, CA 94903. <https://buckelew.org/services/sonoma-county/>

**Athena House:** (707) 335-0702

(formerly located at the Stone House) is a woman and non-binary individual-only licensed and certified residential treatment program in Sonoma County that provides welcoming, recovery-oriented services to individuals with substance abuse issues.

[Additional Addiction Supports:](#)

**Drug Free Babies:** (707) 565-7464

2255 Challenger Way, Suite 107, Santa Rosa, CA 95407. A collaborative case management program for pregnant and delivering women, designed to reduce the negative impact of prenatal tobacco, alcohol and other drug exposure.

**DAAC:** 707-544-3295

2403 Professional Drive, Santa Rosa, CA 95403

info@cpdaac.org <https://www.cpdaac.org/>

Co-ed outpatient treatment for adults and adolescents; narcotic replacement therapy; perinatal day treatment; long-term and short-term co-ed residential treatment, **detoxification services**.

**Santa Rosa Treatment Program:** 707-576-0818

[info@srtp.net](mailto:info@srtp.net) 625 steele lane, santa rosa, ca, 95403

Narcotic Replacement Therapy (such as methadone), 180 day detoxification program.

<https://www.srtp.net/>

**Women's Recovery Services:** 707.527.0412

[wrs@womensrecoveryervices.org](mailto:wrs@womensrecoveryervices.org). The Women's Recovery Services offers safe transitional housing for women and their children in three locations in Santa Rosa.

### **Addiction Related Meetings:**

**Interlink Self Help Center:** meetings, staff support.

<https://interlinkselfhelpcenter.org/mental-health-and-addiction-support.html>

**LifeRing Meetings:** Provides location for all meetings at anytime based on your zip code

<https://lifering.org/f2f-meetings/>

**Sonoma County AA meetings:** <https://sonomacountyaa.org/meetings/>

**Sonoma County NA meetings:** <https://www.sonomacountyna.org/meetings>

**Wellbriety/Talking Circle meetings:** <https://www.scihp.org/behavioral-health-services/>

Provider Directory through County of Sonoma for Substance Abuse Treatment Services:

Direct link:

[https://sonomacounty.ca.gov/Main%20County%20Site/Health%20and%20Human%20Services/Health%20Services/Documents/Behavioral%20Health/Contractor%20Resources/Medi-cal%20Informing%20Materials/SUD Provider Directory.pdf](https://sonomacounty.ca.gov/Main%20County%20Site/Health%20and%20Human%20Services/Health%20Services/Documents/Behavioral%20Health/Contractor%20Resources/Medi-cal%20Informing%20Materials/SUD%20Provider%20Directory.pdf)

Website:

<https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/behavioral-health/services/substance-use-disorder-services/adult-sud-treatment>

**Shelter, Food, Medical, Mental Health, Disaster Resources**

**United Way Local Assistance:** Call 211 or Text your zip code to 898211

<http://211sonoma.org>

Comprehensive local service for information regarding housing, food, transportation, mental health, medical care, legal assistance, job assistance and more. Information in English/Spanish and 150 other languages.

**SAMHSA Disaster Distress Helpline:** 800-985-5990 (Call or Text)

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Crisis counseling, support and referrals for people experiencing distress due to a natural or human caused disaster, pandemic, or community unrest/violence. Press 2 for Spanish when calling, interpretation in 100 different languages available as well.

### **Emergency Shelters / Drop-ins and Teen Centers**

Abraxis Transition Program (Mon-Fri, noon-8pm)	707-568-4415
The Coffee House Teen Shelter:	707-546-3432
VOICES Sonoma	707-579-4327
CHOPS	707-579-4327
Valley of the Moon	707-939-1452

### **Grief Support:**

**Grief and Loss Support for families following loss**

**Memorial Hospice and Hospice of Petaluma:**

- [439 College Ave, Santa Rosa, CA 95401](https://www.memorialhospice.com/)
- 707-568-1094
- Run free monthly drop-in grief groups. they also do closed child loss groups from folks who do a full intake with them.

**Victim Helpline:**

- Provides emotional support to victims and family members of DUI crashes. Also accompanies and guides ...
- [www.madd.org](http://www.madd.org)
- Phone: 877-623-3435

**First Candle:**

- Offers a grief support hotline where grief counselors are available to help individuals through the ...
- [www.firstcandle.org](http://www.firstcandle.org)
- Phone: 800-221-7437

**County of Sonoma Department of Health:**

- Provides grief and bereavement support following the sudden loss of a fetus, infant, or child. Publi ...
- [www.sonoma-county.org](http://www.sonoma-county.org)
- Phone: 707-565-4494

**Hospice by the bay:**

- Provides grief-related support to those who are anticipating or coping with the loss of a loved one. ...
- [www.bythebayhealth.org](http://www.bythebayhealth.org)
- Phone: 707-931-7299

**California Department of Health:**

- Provides bereavements support for families that have been affected by Sudden Infant Death Syndrome ( ...
- <https://www.cdph.ca.gov/>
- Phone: 866-241-0395

**Local Phone Numbers:**

Hospice of Petaluma:

- (707) 778-6242

Memorial Hospice (Santa Rosa):

- (707) 568-1094

North County Hospice (Healdsburg):

- (707) 431-1135

Sutter Bereavement and Grief Support:

- (707) 535-5700 - English Only

Kaiser Bereavement Support:

- (707) 393-3636

## **Additional Supports:**

### **Grief.com**

- is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.

### **First Candle**

- **24-hour grief line.** Grief counseling any time day or night for a family member in need. They offer one-on-one support and access to materials and local support services. **Call 1-800-221-7437** English and Spanish speakers available.

### **The Compassionate Friends**

- Family support after the death of a child of any age. Online support groups and private Facebook groups. **Call 1-877-969-0010** English and Spanish speakers available. The Marin County Chapter offers in person meetings on the 3rd Monday of the month from 7:30 – 9:00pm at the Hillside Church at Lucas Valley. (2000 Las Gallinas Ave, San Rafael CA 94903) Email: [tcfmarin@gmail.com](mailto:tcfmarin@gmail.com); website: <http://www.tcfmarin.org>; Phone: (415) 457-3123.

### **MISS Foundation**

- Monthly free support groups, Hope Mentors, and family support information and resource packets.

### **Now I lay Me Down to Sleep**

- Professional, volunteer photography for parents suffering the loss of a baby. Local coordinator [tifani.beecher@gmail.com](mailto:tifani.beecher@gmail.com)

### **March of Dimes**

- Miscarriage, loss, and grief- Making a place in your heart and mind for the memories of your baby.

### **Mothers' Milk Bank**

- Breastmilk donation following loss.

### **Grief Share**

- Free local grief recovery program includes video seminar, personal study, and reflection and support group discussion.

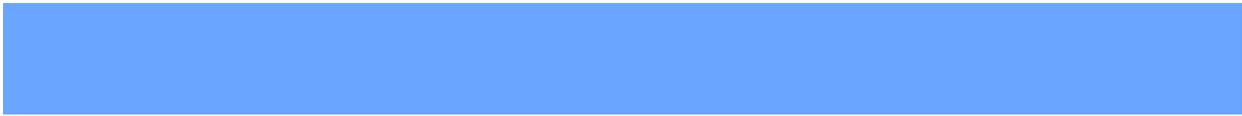
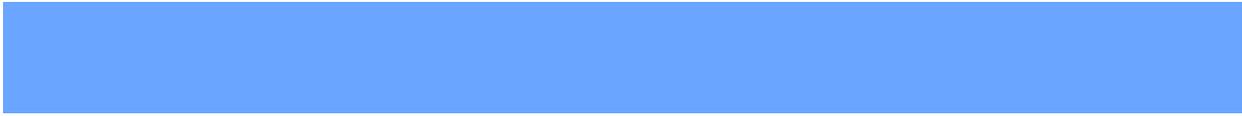
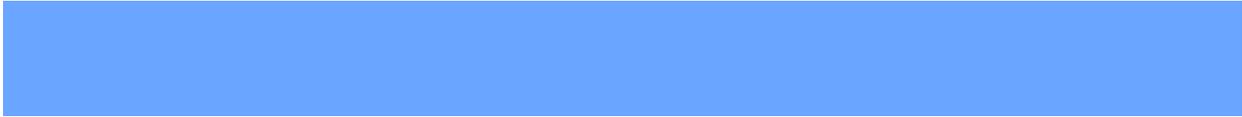
## Miscellaneous:

### Education

**Department of Rehabilitation:** Supports individuals in college with mental health diagnosis. Individuals can apply on the website to receive financial compensation for college.

<https://www.dor.ca.gov/Home/Services>





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