

Mental Health Resources for Sonoma County Youth

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
- 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)

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-in 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

West County Free or Low Cost Counseling Services

West County Community Services

707-823-1640 x391 | <https://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.

Forestville Teen Clinic

707-887-0427 | <https://www.wchealth.org/service/mental-health-services/>

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

Sonoma County Free or Low Cost Counseling Services

Child Parent Institute

707-585-6108 | <http://calparents.org>

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

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

SAY (Social Advocates for Youth)

707-544-3299 x237 | www.saysc.org

Counseling services for children, adolescents or families who have Medi-Cal.

Bucklew Programs

707-571-8452 | <https://www.bucklew.org/>

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

Petaluma People Services

707-765-8488 | <http://petalumapeople.org/counseling/>

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

Life Works

707-568-2300 x105 | <https://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 | <https://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 | <https://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.

NAMI Sonoma County

866-960-6264 | <https://namisonomacounty.org/>

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

Sonoma County Psychotherapy Group Practices

Sonoma Family Therapy

707-483-9061 | <https://www.sonomafamilyinc.com/>

Sliding scale offered for pre-licensed staff therapists, “superbill” option to submit to insurance companies for all other therapists.

PsychStrategies

707-303-3243 | <https://psychstrategies.com/>

Therapists accept most major health insurance plans, but do not take Medi-Cal.

Sonoma County Grief Counseling

Sutter Care at Home Bereavement & Grief Support

707-535-5780 | www.sutterhealth.org/services/home-health-hospice/grief-support-santa-rosa

Free counseling, community education and school-based groups. All ages.

St. Joseph Health Hospice Grief Services

Memorial Hospice Santa Rosa 707-568-1094; Hospice of Petaluma 707-778-6242; North County Hospice 707-431-1135 | <http://www.sonomacountyhospice.org/about-grief-services.html>

Free counseling, community education and school support. All ages.

Social Advocates for Youth School-based Grief Services

707-544-3299 x234 | www.saysc.org/programs/say-grief-services

Free school-based support groups and workshops for youth.

Spanish/English Bilingual Mental Health Resources

Departamento de Salud Conductual del Condado de Sonoma

707-565-6900 | <https://sonomacounty.ca.gov/Health/Behavioral-Health/>

Mental and Substance Use Disorder Services.

Accepts Medi-Cal

Humanidad-Therapy and Education Services

707-525-1515 | <http://srosahtes.org>

Non-profit multicultural community mental health agency offering low-fee mental health services in Sonoma County

Social Advocates for Youth (SAY)

707-528-7500 | <https://www.saysc.org>

Individual and Family Therapy, Functional Family Therapy and SAY Grief Services.

Accepts medi-Cal in addition to free services and workshops.

Petaluma People Services Center

707-765-8488 | www.petalumapeople.org

Counseling services offered for children, adolescents, elderly and families in Sonoma County. Low sliding scale fee.

Latino Service Providers

707-837-9577 | <https://latinoserviceproviders.org>

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

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

Verity

707-545-7270 | <https://www.ourverity.org>

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

COVID-19 / Shelter-in-Place Sonoma County and National Information and Resources

211 Sonoma County Local and National resource information and referrals

Local: <https://211sonoma.org/>

National: <http://211.org/services/covid19>

Dial 211 or 800- 325-9604 ; Text your zip code to 898211 for all resources, or Text “Covid19” to 211211 for Coronavirus information.

World Health Organization (WHO)

General Information: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

How to Protect Yourself:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

California Department of Public Health: COVID 19:

<https://www.cdph.ca.gov/Programs/OPA/Pages/New-Release-2020.aspx>

SoCo Emergency:

Covid-19 Information: <https://socoemergency.org/emergency/novel-coronavirus/>

Emergency Preparedness: <https://socoemergency.org/home/prepare/>

National Center for Transgender Equality, The Coronavirus (COVID-19) Guide:
<https://transequality.org/covid19>

Food and Body Related Counseling in Sonoma County

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

Alcohol and Substance Abuse Resources

- Sonoma County Al-Anon/Alateen 707-575-6750 <https://sonapal-anon.org/>
- Alcohol and Drug Abuse Helpline 800-729-6686
- Alcohol Treatment Referral Hotline 800-252-6465
- Families Anonymous 800-736-9805
- 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