

# MENDOCINO COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS SERVICES

### Mendocino County Behavioral Services Crisis Line

"If you are experiencing a mental health crisis and need help right away"

**Bilingual Crisis Line:** (855) 838-0404

**Website:**

<https://www.mendocinocounty.org/departments/behavioral-health-and-recovery-services/mental-health-services>

Last Verified On: 05/31/2024

### National Suicide Prevention Lifeline

"Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones."

**Crisis Line:** (800) 273-8255

**En Español:** (888) 628-9454

**Website:** <https://suicidepreventionlifeline.org/>

Last Verified On: 05/31/2024

### North Bay Suicide Prevention - 24 Hour Hotline

"24/7 free and confidential crisis support for callers having thoughts of suicide, as well as friends and family worried about loved ones."

**Contact:** 9-8-8

**Website:**

<https://buckelew.org/services/suicide-prevention/>

Last Verified On: 05/31/2024

### Strength After

"If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7. Our mission is to provide a hub to share stories of hope and recovery encompassing all types of natural and human-caused disaster. Strength After...highlights the resilience of individuals and communities while providing a resource for other survivors and responders."

**Contact:** (800) 985-5990

**Website:** <https://strengthafterdisaster.org/>

Last Verified On: 05/31/2024



### Redwood Community Services - Crisis Response Services

"Provides crisis intervention services to all persons regardless of insurance. This includes emergency mental health, evaluation, assessments, interventions, aftercare and follow up services. Services are provided to children, youth, adults, and their families."

**Location:** 780 S. Dora Street,  
Ukiah, CA 95482

**Contact:** (707) 467-9065

**Fort Bragg:** (707) 961-0308

**Crisis Line:** (855) 838-0404

**Website:**

<https://redwoodcommunityservices.org/crisis>

Last Verified On: 05/31/2024



# MENDOCINO COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS SERVICES, Continued

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### **National Maternal Mental Health Hotline**

“A free and confidential service offering 24/7 support via call or text to new and expecting moms and their loved ones. The Hotline’s trained counselors help thousands of women and their families needing emotional support during or after pregnancy. The Hotline is available in English and Spanish and offers interpreters in more than 60 languages.”

**Call/text:** (833) TLC-MAMA (833-852-6262)

**Website:** <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262>

Last Verified On: 05/01/2025

## MENTAL HEALTH PROGRAMS

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### **Carelon Behavioral Health (formerly Beacon)**

“Beacon’s system is built on a strong support structure of doctors, nurses, advocates, and mentors fulfilling members’ behavioral, physical, and social health needs.”

**Contact:** (855) 765-9703

**Website:** <https://www.carelon.com>

Last Verified On: 05/31/2024

### **Mendocino County Behavioral Health and Recovery Services – Fort Bragg Office**

“Behavioral Health & Recovery Services (BHRS), Mental Health program cares for the people of Mendocino County whose lives are affected by mental illness”

**Location:** 790-B South Franklin Street  
Fort Bragg, CA 95437

**Contact:** (707) 961-2265

**Website:**

<https://www.mendocinocounty.org/departments/behavioral-health-and-recovery-services/mental-health-services>

Last Verified On: 05/31/2024

### **Mendocino County Behavioral Health and Recovery Services – Ukiah Office**

“Behavioral Health & Recovery Services (BHRS), Mental Health program cares for the people of Mendocino County whose lives are affected by mental illness”

**Location:** 1120 South Dora Street  
Ukiah, CA 95482

**Contact:** (707) 472-2355

**Website:**

<https://www.mendocinocounty.org/departments/behavioral-health-and-recovery-services/mental-health-services>

Last Verified On: 05/31/2024

### **CalHOPE – BrightLife Kids**

“Mental Health coaching and resources for parents with kids ages 0-12.”

**Website:**

[https://www.hellobrightline.com/brightlifekids/?utm\\_medium=referral&utm\\_source=calhopewebsite](https://www.hellobrightline.com/brightlifekids/?utm_medium=referral&utm_source=calhopewebsite)

Last Verified On: 05/31/2024

# MENDOCINO COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH SUPPORT SERVICES

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### **Redwood Community Services – Ukiah, Willits & Fort Bragg**

“Specialized therapeutic and behavioral health services to youth, adults, and families across the lifespan.”

**Location:** 631 S. Orchard Avenue  
Ukiah, CA 95482

**Contact:** (707) 467-2010

**Website:**

<https://www.redwoodcommunityservices.org/>

Last Verified On: 05/31/2024

### **Manzanita Services – Ukiah**

“Wellness Center (“open door peer support”)”

**Location:** 564 S. Dora Street, Suite D,  
Ukiah, CA 95482

**Contact:** (707) 463-0405

**Website:** <https://www.manzanitaservices.org/>

Last Verified On: 05/31/2024

### **Manzanita Services – Willits Office**

“Care Management by appointment”

**Location:** 286 School Street  
Willits, CA 95490

**Contact:** (707) 456-9020

**Website:** <https://www.manzanitaservices.org/>

Last Verified On: 05/31/2024

### **NAMI Mendocino County**

“Support people in our community who are living with mental health challenges, have a friend or family member living with mental health issues, feel alone and isolated, and need information about mental illness, local services and support.”

**Website:** <http://www.namimendocino.org/>

Last Verified On: 05/31/2024

### **SafeSpace**

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities. We create and implement initiatives to change the conversation around mental health by educating and encouraging our peers to speak up, support others, and seek help when needed.”

**Website:** <https://safespace.org/>

Last Verified On: 05/31/2024

### **SafeSpace Stories – Podcast**

“Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource.”

**Website:**

<https://www.safespacestories.org/projects-7>

**Apple Podcast:**

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

**Spotify:**

[https://open.spotify.com/show/49338MHg6LAE\\_nBaOq1RSSC?si=b97a00f41db94211&nd=1](https://open.spotify.com/show/49338MHg6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1)

Last Verified On: 05/31/2024



# MENDOCINO COUNTY MENTAL HEALTH RESOURCES

## SENIOR PEER COUNSELING

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### Redwood Coast Senior Center

“Provide support dealing with these changes and enable you or someone you know to have a compassionate and listening ear to discuss the challenges brought on by aging.”

**Location:** 490 North Harold Street  
Fort Bragg, CA 95437

**Contact:** (707) 964-0443

**Website:** <https://www.rcscenter.org/>

Last Verified On: 05/31/2024

### Ukiah Senior Center

“Gives seniors an opportunity to talk with someone their own age who has experienced similar life changes and can understand their concerns. Some of the feelings that come out as we grow older may be anxiety, depression, isolation, loneliness, grief and loss. The trained counselor can provide support during these changes and help seniors set goals and develop plans to cope with life changes.”

**Location:** 499 Leslie Street  
Ukiah, CA 95482

**Contact:** (707) 462-4343

**Website:**

<http://www.ukiahseniorcenter.org/services/senior-peer-counseling/>

Last Verified On: 05/31/2024