



# SHASTA COUNTY MENTAL HEALTH RESOURCES

**Note: Some services may have changed due to COVID-19,  
Please call to confirm hours and services available**

## 24-HOUR CRISIS SERVICES

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### Hill Country Mobile Crisis Outreach Team

**Location:** 1401 Gold St.

Redding, CA 96001

**General Information:** (530) 238-7134

**Urgent Response:** (530) 238-7133

**Website:**

[https://www.co.shasta.ca.us/index/hhsa\\_index/mental\\_wellness/crisis\\_mh/c.a.r.e.-center/mobile-crisis-outreach-team](https://www.co.shasta.ca.us/index/hhsa_index/mental_wellness/crisis_mh/c.a.r.e.-center/mobile-crisis-outreach-team)

Last Verified On: 05/17/2020

### Shasta County Crisis Mental Health

“Crisis Residential and Recover Center, Suicide Prevention and more.”

**Location:** 2615 Breslauer Way, Building 5  
Redding, CA 96001

**24-Hour Crisis Services:** (530) 225-5252

**24-Hour Crisis Services:** (888) 385-5201

**Contact:** (530) 244-2222

**Website:**

[https://www.co.shasta.ca.us/index/hhsa/mental\\_wellness/crisis\\_mh.aspx](https://www.co.shasta.ca.us/index/hhsa/mental_wellness/crisis_mh.aspx)

Last Verified On: 05/17/2020

## CRISIS HOTLINES

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### CA Youth Crisis Line (CYCL)

“The California Youth Crisis Line operates 24/7 as the statewide emergency response system for youth (ages 12-24) and families in crisis.

Professionally trained staff and volunteer counselors provide crisis intervention counseling and resource referrals to service providers in the caller’s local community.

Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgement. We do not provide advice. We listen with compassion.”

**Contact:** (800) 843-5200

**Website:** <https://calyouth.org/cycl/>

Last Verified: 01/08/2021

### 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: 12/14/2020

### National Suicide Prevention Lifeline

“Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones”

**Emergency Hotline: 9-8-8**

**Contact:** (800) 273-8255

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

Last Verified On: 01/28/2021



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## CRISIS HOTLINES, Continued

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### Trevor Lifeline

“Website, chat, & text crisis support, specializing in LGBTQ youth suicide prevention.”

**Contact:** (866) 488-7386

**Text:** START to 678678

**Website:** <https://www.thetrevorproject.org/get-help-now/>

Last Verified On: 05/08/2020

### Your Life Your Voice

“You don’t have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7.”

**Contact:** (800) 448-3000

**Text:** VOICE to 20121

**Website:**

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Last Verified On: 12/11/2020

## MATERNAL MENTAL HEALTH SUPPORT SERVICES

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### Mind Body Pregnancy

“Mind Body Pregnancy covers all topics related to emotional health during the reproductive period of a woman’s life. This includes your mood, your anxiety, mental illness, hormones, treatments, and many others.”

**Website:** <http://mindbodypregnancy.com/>

Last Verified on: 01/28/2021

### Perinatal Alcohol and Drug Program

“The Perinatal Program is for women who are pregnant or have recently given birth and have a substance abuse problem. Services include day treatment; individual and group counseling; parenting skills development; and case management. An on-site child care co-op and transportation are available. Babies under the age of 4 months can remain with their mothers during treatment.”

**Location:** 1506 Market Street  
Redding, CA 96001

**Contact:** (530) 245-6411

**Website:**

<https://www.co.shasta.ca.us/index/hhsa/alcohol-tobacco-drugs/perinatal-program>

Last Verified On: 05/05/2020

### Postpartum Support International:

**Contact:** (800) 944-4773

**Website:** <http://www.postpartum.net/>

Last Verified On: 05/05/2020

### Postpartum Support International- DADS Chat with an Expert

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

**Call-In Number:** 1-800-944-8766, code 73162#

**Website:** <https://www.postpartum.net/get-help/resources-for-fathers/chat-with-an-expert-for-dads/>

Last Verified On: 07/01/2020

### Women’s Connect to Wellness & Recovery

“Program that is aimed at reducing the number of babies being exposed to substances during pregnancies.”

**Contact:** (530) 229-8431

**Website:** <https://womensconnectshasta.com/>

Last Verified On: 05/05/2020



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## MENTAL HEALTH PROGRAMS

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### Beacon Health Options

“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.beaconhealthoptions.com/>

Last Verified On: 05/17/2020

### Shasta County Children’s Mental Health

“Provides outpatient counseling, assessment and evaluation, medication, social rehabilitation and urgent care/crisis services for youth with emotional and mental health needs.”

**Location:** 1560 Market Street,  
Redding, CA 96001

**Contact:** (530) 225-5200

**Website:**

[https://www.co.shasta.ca.us/index/hhsa/mental\\_wellness/childrens-mental-health](https://www.co.shasta.ca.us/index/hhsa/mental_wellness/childrens-mental-health)

Last Verified On: 05/17/2020

### Shasta County Adult Mental Health

“Provides outpatients counseling, assessment and evaluation, case management, medication, social rehabilitation, and urgent care/crisis services for adults who struggle with persistent and severe mental illness.”

**Location:** 2640 Breslauer Way,  
Redding, CA 96001

**24-Hour Crisis Services:** (530) 225-5252

**24-Hour Crisis Services:** (888) 385-5201

**Contact:** (530) 225-5200

**Website:**

[https://www.co.shasta.ca.us/index/hhsa/mental\\_wellness.aspx](https://www.co.shasta.ca.us/index/hhsa/mental_wellness.aspx)

Last Verified On: 05/17/2020

## MENTAL HEALTH SUPPORT SERVICES

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### Male Survivor

“Facilitate dialogue among survivors, as well as between survivors and professional therapists, on our online forums and at in-person events.”

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

Last Verified On: 01/08/2021

### Northern Valley Catholic Social Services

“Offer services aimed at improving overall well-being for community members through a variety of programs.”

**Contact:** (530) 241-0552

**Toll Free:** (800) 846-1451

**Website:** <https://nvcss.org/portfolio-items/mental-health-services-wellness/>

Last Verified On: 05/17/2020

### The Safe Place

“A Minority Mental Health app that educates and raises more awareness on Mental Illness in the Black Community.”

**Website:** <https://blackgirlnerds.com/minority-mental-health-app-the-safe-place/>

Last Verified On: 05/21/2020



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## MENTAL HEALTH SUPPORT SERVICES

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### **Shasta County Health & Human Service – “Captain Awesome”**

“Get the tools you need for your best mental health. Take care of your equipment, especially your brain...Sadness is something we all experience. It’s a normal reaction to difficult times in life...Maintaining good mental health also means getting a pro to help you out when you need it... See website for a list of local resources and information.”

**Website:** <https://www.co.shasta.ca.us/captain-awesome>

Last Verified On: 10/26/2020

## WELLNESS CENTERS

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### **Olberg Wellness Center**

“Provides a member directed wellness program that fosters recovery and resiliency. These services include peer support, socialization activities, as well as wellness and recovery activities.”

**Location:** 2757 Churn Creek Road, Ste. D,  
Redding, CA 96002

**Contact:** (530) 247-3321

**Website:** <https://nvcss.org/programs/olberg-wellness-center/>

Last Verified On: 05/14/2020