

SONOMA COUNTY CRISIS RESOURCES

Available resources and services for those experiencing a crisis.
In the case of a life threatening emergency, call 911.

24-HOUR CRISIS SERVICES

Sonoma County Crisis Stabilization Unit

“Provides 24 hour-a-day, 7 day-a-week crisis intervention, assessment, medication, and up to 23 hours of supportive care for individuals in an acute mental health crisis.”

Location: 2225 Challenger Way
Santa Rosa, CA 95407

24-Hour Crisis Services: (707) 576-8181

Website:

<https://sonomacounty.ca.gov/Health/Behavioral-Health/Crisis-Services/>

Last Verified On: 02/07/2025

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: 02/07/2025

National Maternal Mental Health Hotline

“Free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy. We have English- and Spanish-speaking counselors.”

Call/text: 1 (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: 02/07/2025



North Bay Suicide Prevention 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: (855) 587-6373

Website:

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

Last Verified On: 02/07/2025

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: 02/07/2025

National Runaway Safeline

“Get support. We are here to listen and here to help. We will listen to your story. We are available 24/7 for youth and families in crisis.”

Contact: (800) 786-2929

Website: <https://www.1800runaway.org/youth-teens/>

Last Verified On: 02/07/2024



SONOMA COUNTY CRISIS RESOURCES

DOMESTIC VIOLENCE / ABUSE RESOURCES

The US National Domestic Violence Hotline

Hotline: (800) 799-7233

TTY Hotline: (800) 787-3224

Website: <https://www.thehotline.org/>

Last Verified On: 02/07/2025

Sonoma County Adult Protective Services (APS)

“Responds to reports of abuse, neglect, exploitation and self-neglect involving older adults age 65+ and disabled, dependent adults age 18+.”

Location: 3725 Westwind Blvd, First Floor
Santa Rosa, CA 95403

24/7 APS Hotline: (707) 565-5940

24/7 Toll Free APS Hotline: (800) 667-0404

Website:

<https://sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Adult-Protective-Services/>

Last Verified On: 02/07/2025

Sonoma County Family, Youth, and Children’s Services

“Reporting allows professionals with the Family, Youth and Children’s Division to investigate and help children to safety.”

Location: 1202 Apollo Way
Santa Rosa, CA 95407

24/7 Child Protection Hotline: (707) 565-4304

24/7 Toll Free Child Protection Hotline: (800) 870-7064

Contact: (707) 565-4300

Website:

<https://sonomacounty.ca.gov/Human-Services/Family-Youth-Children/Prevent-and-Report-Child-Abuse/>

Last Verified On: 02/07/2025

Sonoma County Men Evolving Non-Violently (MEN)

“One-of-a-kind program that offers several services to help men who have decided they want to change their abusive or unproductive behavior.”

24-Hour Hotline: (707) 528-2636

Website:

<http://www.sonomacountymen.org/home.html>

Last Verified On: 02/07/2025

Family Justice Center – Sonoma County

“Domestic Violence, Dating Violence, Sexual Assault, Child Abuse, Elder Abuse, Elder Financial Abuse, Stalking”

Location: 2755 Mendocino Ave, Suite 100
Santa Rosa, CA 95403

Contact: (707) 565-8255

Website: <https://www.fjcsc.org/>

Last Verified On: 02/07/2025

The Living Room Center

“Has three programs rooms to meet the needs of our participants. Each program room is staffed with qualified staff members and volunteers. Onsite intake is required to access full range of services.”

Location: 1207 Cleveland Avenue
Santa Rosa, CA 95401

Contact Drop-In Center: (707) 579-0142

Website:

<http://www.thelivingroomsc.org/programs.aspx>

Last Verified On: 02/07/2025



SONOMA COUNTY CRISIS RESOURCES

DOMESTIC VIOLENCE / ABUSE RESOURCES, Continued

YWCA – Domestic Violence Services

“Supports families affected by domestic violence by providing safe shelter, therapy, advocacy, and on-going support.”

Location: 2755 Mendocino Ave,
Santa Rosa, CA 95402

24/7 Domestic Violence Crisis Hotline: (707) 546-1234

Contact: (707) 546-9922

Website: <https://www.ywcasc.org/what-we-do/domestic-violence-services/>

Last Verified On: 02/07/2025

Love is Respect

“Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.”

Contact: (866) 331-9474

Text: LOVEIS to 22522

Website: <https://www.loveisrespect.org/>

Last Verified On: 02/07/2025

FOSTER CARE & KINSHIP SUPPORT SERVICES

Family Urgent Response System (FURS)

“FURS is a free 24/7/365 Hotline for current and former foster youth (up to age 21) and their caregivers with immediate, trauma-informed support when they need it. FURS assists to prevent placement disruptions, promotes healing as a family and is a safe, judgement free, and private space to talk about your worries and vent.”

Call or Text Hotline: (833) 939-3877

Contact: (916) 657-1858

Website:

<https://cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>

Last Verified On: 02/07/2025

SEXUAL ASSAULT RESOURCES

Verity

“Sonoma County’s Rape Crisis, Trauma, and Healing Center”

Location: 835 Piner Road, Suite D
Santa Rosa, CA 95403

24/7 Crisis Hotline: (707) 545-7273

Contact Office: (707) 545-7270

Website: <http://www.ourverity.org/>

Last Verified On: 02/07/2025

Male Survivor

“Committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.”

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

Last Verified On: 02/07/2025



SONOMA COUNTY CRISIS RESOURCES

SEXUAL ASSAULT RESOURCES, Continued

The Rape, Abuse & Incest National Network (RAINN)

“Largest anti-sexual violence organization. Carries out programs to prevent sexual violence, help survivors. And ensure that perpetrators are brought to justice.”

24/7 Help Hotline: (800) 656-HOPE (4673)

Website: <https://www.rainn.org/>

Last Verified On: 02/07/2025

National Sexual Violence Resource Center
“Leading nonprofit in providing information and tools to prevent and respond to sexual violence.”

Toll Free: (877) 739-3895

TTY: (717) 909-0715

Website: <https://www.nsvrc.org/>

Last Verified On: 02/07/2025

Helping Survivors

“Helping Survivors is an organization on a mission to help heal, educate, and empower people who have been impacted by sexual assault and abuse. We provide individuals with accurate, trustworthy and up-to-date information regarding their legal, financial, and healthcare options for individuals after experiencing sexual assault and abuse.”

National Sexual Assault Hotline: (800) 656-4673

Website: <https://helpingsurvivors.org/>

Last Verified On: 02/07/2025

PET ASSISTANCE

RedRover

“Preserving the human-animal bond by financial assistance, resources and support to low-income individuals and survivors of domestic violence and their pets, so families can escape abuse together and stay together.”

Contact: (916) 429-2457

Website: <https://redrover.org/relief/>

Last Verified On: 02/07/2025