

# SONOMA COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS RESOURCES

### Sonoma County Crisis Stabilization Unit

“Provides 24 hour-a-day, 7 days-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

**Contact:** (707) 576-8181

**Website:**

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

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

### Sonoma County – 24 Hour Access Line

“Our Access Team is the first contact for requesting mental health services.”

**Contact:** (707) 565-6900

**Website:**

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

Last Verified On: 05/31/2024

## MENTAL HEALTH PROGRAMS

### Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

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

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

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

### Sonoma County Behavioral Health Division

“Mental health and substance abuse programs and services for individuals and their families.”

**Location:** 2227 Capricorn Way, Suite 207  
Santa Rosa, CA 95407

**Website:**

<http://sonomacounty.ca.gov/Health/Behavioral-Health/>

Last Verified On: 05/31/2024



# SONOMA COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH SUPPORT SERVICES

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### **Buckelew Programs – Family Service Coordination**

“Offers support, education, and resources to families & allies with loved ones experiencing mental health/substance use-related challenges”

**Location:** 2235 Mercury Way, Suite 107, Santa Rosa, CA 95407

**Contact:** (707) 571-8452

**Email:** [FSC@Buckelew.org](mailto:FSC@Buckelew.org)

**Website:**

<https://buckelew.org/services/sonoma-county/family-services-coordination/>

Last Verified On: 03/19/2025

### **Community Counseling – Side by Side**

“From short term, intensive crisis intervention to longer term case management support, Community Counseling clinical services are individualized and include home, classroom, and community-based support.”

**Location:** 1360 N. Dutton, Ste. C. Santa Rosa, CA 94501

**Contact:** (707) 569-0877

**Email:**

[CommCounselingSonomaNapa@sidebysideyouth.org](mailto:CommCounselingSonomaNapa@sidebysideyouth.org)

**Website:**

<https://www.sidebysideyouth.org/programs/community-counseling/>

Last Verified On: 05/31/2024

### **LifeWorks of Sonoma County**

“Behavior management program for children and families who show severe, on-going, emotional or behavioral challenges.”

**Location:** 1260 North Dutton Avenue, Ste. 105 Santa Rosa, CA 95401

**Contact:** (707) 568-2300

**Website:** <https://www.lifeworkssc.org/lbs>

Last Verified On: 05/31/2024

### **NAMI Sonoma County**

“Provides educational programs and support groups for families, friends, and persons living with mental illness.”

**Location:** 182 Farmers Lane, Suite 202 Santa Rosa, CA 95405

**Contact:** (866) 960-6264

**Email:** [info@namisoco.org](mailto:info@namisoco.org)

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

Last Verified On: 03/07/2025

### **Petaluma People Services Center**

“Offers a supportive environment to help you navigate life’s challenges and grow personally. We work with a wide range of concerns including: anxiety, depression, stress, relationship issues, drug and alcohol use, parenting difficulties, school issues, recovery from trauma, grief and loss, and life transitions”

**Location:** 1500A Petaluma Boulevard South Petaluma, CA 94952

**Contact:** (707) 765-8488

**Email:** [admin@petalumapeople.org](mailto:admin@petalumapeople.org)

**Website:**

<http://petalumapeople.org/counseling/>

Last Verified On: 05/31/2024



# SONOMA COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH SUPPORT SERVICES, Continued

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### **Child Parent Institute – Children & Family Counseling Clinic**

“Trauma Treatment, Mental Health Treatment, Family Therapy. No-cost counseling services for children birth-18.”

**Location:** 3650 Standish Avenue  
Santa Rosa, CA 95407

**Contact:** (707) 585-6108

Email: [cpi@calparents.org](mailto:cpi@calparents.org)

**Website:** <https://calparents.org/what-we-do/children-counseling-services/about-this-program.html>

Last Verified On: 05/31/2024

### **Jewish Community Free Clinic – Free Counseling Services**

**Location:** 50 Montgomery Drive,  
Santa Rosa, CA 95404

**Contact:** (707) 585-7780

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

Last Verified On: 05/31/2024

### **West County Health Center – Counseling**

“Offer Behavioral Health care including crisis counseling and brief therapy for specific behavioral issues. Services are available to all patients of WCHC including adults, adolescents and children.”

**Call to schedule:** (707) 887-3376

**Website:**

<https://www.wchealth.org/service/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

### **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/49338MHq6LAE\\_nBaOq1RSSC?si=b97a00f41db94211&nd=1](https://open.spotify.com/show/49338MHq6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1)

Last Verified On: 05/31/2024



# SONOMA COUNTY MENTAL HEALTH RESOURCES

## MATERNAL MENTAL HEALTH RESOURCES

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### Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

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

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

Last Verified On: 05/31/2024

### 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: 09/20/2024

### Paternal Postpartum Depression Guide

**Website:** <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 05/31/2024

## WELLNESS CENTERS

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### The Wellness and Advocacy Center

“Peer-operated programs enable member to recognized and accept their inherent value, purpose and independence by encouraging them to make choices with self-determination, self-responsibility, peer-support, and peer advocacy”.

**Location:** 2245 Challenger Way # 104  
Santa Rosa, CA. 95407

**Contact:** (707) 565-7800

**Website:**

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

Last Verified On: 05/31/2024

### Interlink Self-Help Center

“Provide a safe environment in which those of us facing our mental health challenges can improve our quality of life through self-help, mutual support and empowerment.”

**Location:** 1033 Fourth Street,  
Santa Rosa, CA 95404

**Contact:** (707) 546-4481

**Website:**

<https://interlinkselfhelpcenter.org/index.html>

Last Verified On: 05/31/2024

### Russian River Empowerment Center

“Serves the Lower Russian River as a safe place for people chronically challenged by behavioral health issues to work on their recovery.”

**Contact:** (707) 823-1640 Ext. 207

**Website:**

<http://russianriverempowermentcenter.org/>

Last Verified On: 05/01/2023

### Petaluma Peer Recovery Center

“Peer run, mental health, self-help recovery, drop in center.”

**Location:** 5350 Old Redwood Hwy N, Ste. 600  
Petaluma, CA 94954

**Contact:** (707) 565-1299

**Website:** <https://petalumaprp.wordpress.com/>

Last Verified On: 05/31/2024