SONOMA 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 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: 05/01/2023

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: 05/01/2023

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: 05/01/2023

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: 05/01/2023

Need assistance? Have a new resource to add? Contact the Population Health Department at (855) 798-8764 or PopHealthOutreach@partnershiphp.org
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: 05/01/2023

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: 05/01/2023

Mental Health Support Services

Buckelew Programs – Family Service Coordination
“Offers families of those with mental illness education and referrals”
**Location:** 2300 Northpoint Parkway
Santa Rosa, CA 95407
**Contact:** (707) 571-8452
**Email:** kaities@buckelew.org
**Website:** https://buckelew.org/services/sonoma-county/family-services-coordination/
Last Verified On: 05/01/2023

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:** (707) 527-6655
**Warmline Call/Text (Bilingual):** (866) 960-6264
**Warmline Email:** warmline@namisoco.org
**Website:** https://namisonomacounty.org/
Last Verified On: 05/01/2023

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
**Website:** https://calparents.org/what-we-do/children-counseling-services/about-this-program.html
Last Verified On: 05/01/2023

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
**Website:** http://petalumapeople.org/counseling/
Last Verified On: 05/01/2023

Note: Some services may have changed due to COVID-19, please call to confirm hours and services available
MENTAL HEALTH SUPPORT SERVICES, Continued

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Location</th>
<th>Contact</th>
<th>Email</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>LifeWorks of Sonoma County</td>
<td>“Behavior management program for children and families who show severe, on-going, emotional or behavioral challenges.”</td>
<td>1260 North Dutton Avenue, Ste. 105 Santa Rosa, CA 95401</td>
<td>(707) 568-2300</td>
<td><a href="https://www.lifeworkssc.org/lbs">https://www.lifeworkssc.org/lbs</a></td>
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<td>Community Counseling – Side by Side</td>
<td>“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.”</td>
<td>1360 N. Dutton, Ste. C. Santa Rosa, CA 94501</td>
<td>(707) 569-0877</td>
<td><a href="mailto:CommCounselingSonomaNapa@sidebysideyouth.org">CommCounselingSonomaNapa@sidebysideyouth.org</a></td>
<td><a href="https://www.sidebysideyouth.org/programs/community-counseling/">https://www.sidebysideyouth.org/programs/community-counseling/</a></td>
<td>05/01/2023</td>
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<tr>
<td>Jewish Community Free Clinic – Free Counseling Services</td>
<td></td>
<td>50 Montgomery Drive, Santa Rosa, CA 95404</td>
<td>(707) 585-7780</td>
<td><a href="https://www.jewishfreeclinic.org/">https://www.jewishfreeclinic.org/</a></td>
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<td>SafeSpace</td>
<td>“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.”</td>
<td></td>
<td></td>
<td><a href="https://www.safespacestories.org/projects-7">https://www.safespacestories.org/projects-7</a></td>
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<td>West County Health Center – Counseling</td>
<td>“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.”</td>
<td></td>
<td>(707) 887-3376</td>
<td><a href="https://www.wchealth.org/service/mental-health-services/">https://www.wchealth.org/service/mental-health-services/</a></td>
<td><a href="https://www.wchealth.org/service/mental-health-services/">https://www.wchealth.org/service/mental-health-services/</a></td>
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WELLNESS CENTERS

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: 05/01/2023

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

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: 05/01/2023

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: 05/01/2023