

# HUMBOLDT COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS STABILIZATION UNIT

### Humboldt County Crisis Stabilization Unit

“This outpatient program provides crisis intervention and stabilization services to individuals in need of immediate and emergency services.”

**Location:** 720 Wood Street  
Eureka, CA 95501

**24-Hour Crisis Line:** (707) 445-7715

**Toll Free Line:** (888) 849-5728

**Website:** <https://humboldt.gov/450/Crisis-Stabilization-Unit>

Last Verified On: 05/31/2024



### Crisis Line Text Messaging

“Serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text messages.”

**Text:** “HOME” to 741741

**Website:** <https://www.crisistextline.org/how-it-works/>

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



# HUMBOLDT COUNTY MENTAL HEALTH RESOURCES

## 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

### 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

### Humboldt County Behavioral Health Division

“If you are experiencing a psychiatric emergency, help is available through our 24-hour crisis line. Services include outpatient care, medication support, Crisis Stabilization Unit, and Sempervirens Psychiatric Health Facility.”

**Location:** 720 Wood Street  
Eureka, CA 95501

**24-Hour Crisis Line:** (707) 445-7715

**Toll Free Crisis Line:** (888) 849-5728

**Website:** <https://humboldt.gov/1760/24-hour-Crisis-Services>

Last Verified On: 05/31/2024

### Behavioral Health Adult Outpatient Services

“Services include: Screening, Assessment, Referral, Individual and collateral counseling, Group counseling.”

**Location:** 720 Wood Street,  
Eureka, CA 95501

**Contact:** (707) 268-2900

**24-Hour Crisis Line:** (707) 445-7715

**Website:** <https://humboldt.gov/1739/Adult-Outpatient-Services>

Last Verified On: 05/31/2024

### Changing the Tides Mental and Behavioral Health Services

“Provides a range of outpatient behavioral health services to children and youth birth through age 20 who have full scope Medi-Cal insurance.”

**Location:** 2259 Myrtle Avenue,  
Eureka, CA 95501

**Referrals:** (707) 268-2800

**Office:** (707) 444-8293

**Website:** <https://changingtidesfs.org/mental-health>

Last Verified On: 05/31/2024



# HUMBOLDT COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH PROGRAMS, Continued

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### Children's Behavioral Health Services

"Provides assessment, therapy, case management, psychological services and medication services."

**Location:** 2440 6<sup>th</sup> Street,  
Eureka, CA 955

**Contact:** (707) 268-2800

**Website:**

<https://humboldt.gov.org/1601/Childrens-Behavioral-Health-Services>

Last Verified On: 05/31/2024

### Hoopa Valley Tribe – Behavioral Health Services

"Services include counseling for children, adolescents, adults, couples and families, assessment screenings, parenting skill sessions, crisis intervention, trauma, and grief counseling, critical incident stress debriefing and training for emergency services personnel."

**Location:** 535 Airport Road,  
Hoopa, CA 95546

**Contact:** (530) 625-4261 Ext. 450

**Website:** <https://kimaw.org/our-services/>

Last Verified On: 05/31/2024

### Humboldt Family Service Center

"Variety of programs including substance abuse, gambling addiction, family violence and counseling services for both adults and children"

**Location:** 1802 California Street,  
Eureka, CA 95501

**Contact:** (707) 443-7358

**Website:**

<https://www.humboldtfamily.org/contact-us>

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."

**Location:** 708 Oak Grove Ave Menlo Park,  
CA 94025

**Contact:** (650)714-4417

**Email:** [Info@safespace.org](mailto:Info@safespace.org)

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

Last Verified On: 05/31/2024



# HUMBOLDT COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH SUPPORT SERVICES

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### Remi Vista, Inc. – Eureka, Walnut Drive Office

“Counseling, Children’s Specialty Mental Health Services, Intensive Home Based Services Therapeutic Behavioral Services, Supported Living Services, Social/Emotional Support Services, Wraparound (W.R.A.P.),”

**Location:** 3960 Walnut Dr.  
Eureka, CA 95503

**Contact:** (707) 268-8722

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

Last Verified On: 05/31/2024

### Bear River Band of Rohnerville Rancheria Social Services

**Eligibility:** AI/AN

**Location:** 266 Keisner Rd,  
Loleta, CA 95551

**Contact:** (707)733-1900

**Website:**

<https://www.bearriverrancheria.org/department?s?lightbox=datatem-kuoac8n61>

Last Updated On 05/31/2024

### Yurok Health and Human Services

“The Yurok Social Services Department is committed to providing culturally appropriate, quality services.”

**Eligibility :** AI/AN

**Location:** 3400 Erie St.,  
Eureka, CA 95501

**Contact:** (707)444-0433

**Website:** <https://www.yuroktribe.org/health-and-human-services>

Last Verified On 05/31/2024

### Trinidad Rancheria Social Services

**Eligibility:** AI/AN

**Location:** 109 Ma-We-Mor View Ln.  
Trinidad, CA 95570

**Contact:** (707)825-2718

**Website:** <https://trinidad-rancheria.org/social-services-department/>

Last Verified On 05/31/2024

## WELLNESS CENTERS

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### Community Health & Wellness Garden

The garden has been an educational space for HSU classes and other community organization as well as a fun place to learn, socialize, and gain experience

For individual volunteers.

**Location:** 1275 8 street  
Arcata, CA 95521

**Contact:** (707) 465-1988

**Website:**

<https://opendoorhealth.com/services/community-wellness-gardens/>

Last Verified On: 05/31/2024

### Willow Creek Community Health and Wellness Garden

Willow Creek Community Health Center is a community garden of raised Bed for veggies, fruit trees, and flowers. This garden has been a great place for staff and patients to rest, learn and harvest fresh food.

**Location:** 38883 Hwy 299  
Willow Creek, CA. 95573

**Contact:** (530) 629-3111

**Website:**

<https://opendoorhealth.com/locations/willow-creek-community-health-center/>

Last Verified On: 05/31/2024



# HUMBOLDT COUNTY MENTAL HEALTH RESOURCES

## RECOVERY MEETINGS

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### **SMART Recovery Meetings**

SMART Recovery's 4-Point Program is the organization's flagship secular program serving those with an addictive behavior, including both substance and activity/process addictions. Trained volunteer facilitators lead effective mutual support group discussions on these topics: Building and maintaining motivation coping with urges and cravings Managing thoughts, feelings, and behaviors living a balanced life. Meetings every Monday 5:45-7:15pm Adorni Center Eureka CA Please reference and/or visit website for schedule of other meetings and locations:

**Location:** 1011 Waterfront Dr.  
Eureka, CA 95501

**Contract:** (707) 267-7668

**Email:** egoebb@gmail.com

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

Last Verified On: 08/22/2024