



# LASSEN COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS SERVICES

### Lassen County Crisis

"We provide 24-hour services to help you resolve crisis mental health situations. If you feel that you are in a mental health crisis, please contact us"

**Location:** 555 Hospital Lane  
Susanville, CA 96130

**24-Hour Crisis Services:** (888) 530-8688

**Contact:** (530) 251-8108

**Website:**

<http://www.lassencounty.org/node/142>

Last Verified On: 05/31/2024

### National Suicide Prevention Lifeline

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

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

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

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



### 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/>

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



# LASSEN COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH PROGRAMS

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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

### Lassen County Behavioral Health Division

“Provide prompt evaluation and care of persons with acute disabling symptoms, especially those considered to be dangerous to self or others.”

**Location:** 555 Hospital Lane  
Susanville, CA 96130

**Contact:** (7530) 251-8108

**Website:**

<http://www.lassencounty.org/dept/behavioral-health/behavioral-health>

Last Verified On: 05/31/2024

## MENTAL HEALTH SUPPORT SERVICES

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### 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

### 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: 05/31/2024

### Postpartum Support International:

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

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

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/49338MHg6LAE nBaOq1RSSC?si=b97a00f41db94211&nd=1>

Last Verified On: 05/31/2024