

MARIN COUNTY MENTAL HEALTH RESOURCES

24-HOUR MENTAL HEALTH CRISIS SERVICES

Marin County Crisis Stabilization Unit

“Provides services to Marin County residents and visitors experiencing a mental health crisis, such as suicidal depression or psychotic behavior.”

Location: 250 Bon Air Road,
Greenbrae, CA 94904

Contact: (415) 473-6666 x24

Website: <https://www.marinhhs.org/crisis-stabilization-unit-csu>

Last Verified On: 05/31/2024

Mobile Crisis Response Team (MCRT)

“Provides an alternative to law enforcement for an individual experiencing a behavioral health crisis in the community.”

Hours: Monday – Friday from 8 a.m. – 9 p.m.
and Saturdays from 1 p.m. – 9 p.m.

Contact: (415) 473-6392

Email: MCRTMail@marincounty.org

Website: <https://www.marinhhs.org/mobile-crisis-team>

Last Verified On: 05/31/2024

Marin County Crisis Text Line

“Offers free, 24/7, confidential crisis counseling via text and is a great place to turn when experiencing anxiety, depression, substance use, suicidal ideation, or anything in between. While available to any age, Crisis Text Line predominantly attracts those most comfortable texting for support, teens age 17 and under.

Text: “MARIN” to 741741

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

Last Verified On: 05/31/2024

National Suicide Prevention Lifeline

“Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you and your loved ones.”

Crisis Line: 9-8-8

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

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-](https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262)

[hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262](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

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



MARIN COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH PROGRAMS

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

TTY/TDD: (800) 735-2929

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

Last Verified On: 05/31/2024

Marin County Behavioral Health and Recovery Services

“Offers prevention and early intervention, suicide prevention and crisis services to all residents of Marin County.”

Access Line: (888) 818-1115

Website: <https://www.marinhhs.org/behavioral-health-recovery-services>

Last Verified On: 05/31/2024

MENTAL HEALTH SUPPORT SERVICES

Spanish Mental Health Support Group/ Grupo Espanol de Apoyo para la Salud Mental

“A safe space to share, listen, and heal. This group is for Spanish speakers. Every Saturday 2pm to 3pm. Un espacio seguro para compartir, escuchar y sanar. Estr grupo es para hispano hablantes. Cada Sabado 2pm to 3pm.”

Location: 3270 Kerner Blvd. Suite C San Rafael, CA

Contact: (415) 457-4554

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

Last Verified On: 05/31/2024

Center for Domestic Peace

“Free 24hour hotline for women who have experienced domestic violence:

Access line English: 415-924-6616

Spanish: 415-924-3456

Men’s: 415-924-1070

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

Last Verified On: 05/31/2024

Community Action Marin

“Provide a variety of services free of charge to those with a mental illness as well as their family members and friends.”

Location: 555 Northgate Drive
San Rafael, CA 94903

Contact: (415) 526-7500

Website: <https://camarin.org/mentalhealth/>

Last Verified On: 05/31/2024

Center Point – Multi-Service Center

“Provide comprehensive social, educational, vocational, medical, psychological, and housing and rehabilitation services to combat social problems such as substance abuse, poverty, unemployment and homelessness.”

Location: 1601 Second Street
San Rafael, CA 94901

Contact: (415) 526-7810

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

Last Verified On: 05/31/2024

Buckelew Programs

“Promote recovery, resilience, and providing behavioral health and support services”

Location: 555 Northgate Drive, Suite 100
San Rafael, CA 94903

Contact: (415) 457-6964

Email: info@buckelew.org

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

Last Verified On: 05/01/2023

NAMI of Marin County

“Family-to-Family Education, Family Support Groups, Helpline, Educational Lectures, Advocacy”

Location: 555 Northgate Drive, Suite 101
San Rafael, CA 94903

Helpline: (415) 444-0480

Website: <http://namimarin.org/>

Last Verified On: 05/31/2024



MARIN COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH SUPPORT SERVICES, Continued

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

Last Verified On: 05/31/2024

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: 300 Sunny Hills Drive, Bldg #5
San Anselmo, CA 94960

Contact: (415) 457-3200

Email:

CommCounselingMarin@sidebysideyouth.org

Website:

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

Last Verified On: 05/31/2024

Huckleberry Youth Programs

“Provide health education workshops in schools as well as, counseling, support groups, and case management services; and delivery of on-site services in a teen friendly environment.”

Location: 361 Third Street, Suite G
San Rafael, CA 94901

Contact: (415) 258-4944

24-Hour Teen Hotline: (415) 621-2929

TTY: (800) 735-2929

Website:

<https://www.huckleberryyouth.org/marin-health-care-health-education/>

Last Verified On: 05/31/2024

North Marin Community Services – Individual and Family Therapy

“Offer affordable and confidential mental health counseling to help teens overcome personal challenges. Substance abuse brief counseling also offered.”

Location: 680 Wilson Ave
Novato, CA 94949

Contact: (415) 892-1643 ext. 239

Website:

<https://www.northmarincs.org/wellness/counseling-and-therapy/>

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



MARIN COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH SUPPORT SERVICES, Continued

The Spahr Center (LGBTQIA+)

“Youth Programs/Services, Senior Groups, Parent Support Group, Mental Health Counseling, Information, Education, Training, and Community Resources”

Location: 150 Nellen Avenue, Suite 100
Corte Madera, CA 94925

Contact: (415) 457-2487

Email: info@thespahrcenter.org

Website: <http://thespahrcenter.org>

Last Verified On: 05/31/2024

Marin Outreach and Prevention Team

“You are not alone. The world we live in presents all kinds of challenges at every season of life. It can be very hard, but help is available.”

Website: <https://bherspvention.org/resources-support>

Last Verified On: 05/31/2024

MATERNAL MENTAL HEALTH RESOURCES

Marin County Maternal, Child, and Adolescent Health

“Develops prevention and early intervention strategies to promote the health of women, infants, and children, and adolescents in Marin County.”

Contact: (415) 473-4340

Website: <https://www.marinhhs.org/maternal-child-adolescent-health>

Last Verified On: 05/31/2024

WELLNESS CENTERS

Marin Health and Wellness Campus

“Brings a spectrum of services and clinics together in one inviting place. It is a result of local individuals, organizations, businesses, and government pulling together in the spirit of cooperation and neighborhood revitalization.”

Location: 3240 Kerner Blvd
San Rafael, CA. 94901

Contact: (415) 473-4300

Website: <https://www.marinhhs.org/marin-health-wellness-campus>

Last Verified On: 05/31/2024

Matrix Parent Network and Resource Center

“A parent Training and Information Center, designated by the U.S. department of special education; A Family Resource Center, as part of California Early Start for families of children birth a age three; A family empowerment center through the California Department of Education. Empowers families of children with special need to understand and access the system that serve them. Serves families of children birth through age 26 in Marin, Napa, Solano, and Sonoma Counties”

Contact: 1-800-578-2592

Website: www.matrixparents.org

Last Verified On: 05/31/2024