

MENDOCINO COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

Mendocino County Behavioral Services Crisis Line

"If you are experiencing a mental health crisis and need help right away"

Bilingual Crisis Line: (855) 838-0404

Website:

<https://www.mendocinocounty.org/departments/behavioral-health-and-recovery-services/mental-health-services>

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 or your loved ones."

Crisis Line: (800) 273-8255

En Español: (888) 628-9454

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

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

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



Redwood Community Services - Crisis Response Services

"Provides crisis intervention services to all persons regardless of insurance. This includes emergency mental health, evaluation, assessments, interventions, aftercare and follow up services. Services are provided to children, youth, adults, and their families."

Location: 780 S. Dora Street,
Ukiah, CA 95482

Contact: (707) 467-9065

Fort Bragg: (707) 961-0308

Crisis Line: (855) 838-0404

Website:

<https://redwoodcommunityservices.org/crisis>

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



MENDOCINO 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

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

Last Verified On: 05/31/2024

Mendocino County Behavioral Health and Recovery Services – Ukiah Office

“Behavioral Health & Recovery Services (BHRS), Mental Health program cares for the people of Mendocino County whose lives are affected by mental illness”

Location: 1120 South Dora Street
Ukiah, CA 95482

Contact: (707) 472-2355

Website:

<https://www.mendocinocounty.org/departments/behavioral-health-and-recovery-services/mental-health-services>

Last Verified On: 05/31/2024

Mendocino County Behavioral Health and Recovery Services – Fort Bragg Office

“Behavioral Health & Recovery Services (BHRS), Mental Health program cares for the people of Mendocino County whose lives are affected by mental illness”

Location: 790-B South Franklin Street
Fort Bragg, CA 95437

Contact: (707) 961-2265

Website:

<https://www.mendocinocounty.org/departments/behavioral-health-and-recovery-services/mental-health-services>

Last Verified On: 05/31/2024



MENDOCINO COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH SUPPORT SERVICES

Redwood Community Services – Ukiah, Willits & Fort Bragg

“Specialized therapeutic and behavioral health services to youth, adults, and families across the lifespan.”

Location: 631 S. Orchard Avenue
Ukiah, CA 95482

Contact: (707) 467-2010

Website:

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

Last Verified On: 05/31/2024

Manzanita Services – Ukiah

“Wellness Center (“open door peer support”)”

Location: 564 S. Dora Street, Suite D,
Ukiah, CA 95482

Contact: (707) 463-0405

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

Last Verified On: 05/31/2024

Manzanita Services – Willits Office

“Care Management by appointment”

Location: 286 School Street
Willits, CA 95490

Contact: (707) 456-9020

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

Last Verified On: 05/31/2024

NAMI Mendocino County

“Support people in our community who are living with mental health challenges, have a friend or family member living with mental health issues, feel alone and isolated, and need information about mental illness, local services and support.”

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

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



MENDOCINO COUNTY MENTAL HEALTH RESOURCES

SENIOR PEER COUNSELING

Redwood Coast Senior Center

“Provide support dealing with these changes and enable you or someone you know to have a compassionate and listening ear to discuss the challenges brought on by aging.”

Location: 490 North Harold Street
Fort Bragg, CA 95437

Contact: (707) 964-0443

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

Last Verified On: 05/31/2024

Ukiah Senior Center

“Gives seniors an opportunity to talk with someone their own age who has experienced similar life changes and can understand their concerns. Some of the feelings that come out as we grow older may be anxiety, depression, isolation, loneliness, grief and loss. The trained counselor can provide support during these changes and help seniors set goals and develop plans to cope with life changes.”

Location: 499 Leslie Street
Ukiah, CA 95482

Contact: (707) 462-4343

Website:

<http://www.ukiahseniorcenter.org/services/senior-peer-counseling/>

Last Verified On: 05/31/2024