

# MENDOCINO COUNTY YOUTH RESOURCES

## CRISIS HOTLINES

### National Runaway Safeline

“Get support. We are here to listen and here to help. We will listen to your story. We are available 24/7 for youth and families in crisis.”

**Contact:** (800) 786-2929

**Text:** 66008

**Website:** <https://www.1800runaway.org/youth-teens/>

Last Verified On: 10/09/2023



## COUNSELING RESOURCES

### Tapestry Family Services

“Provide programs and services that support and advance the health, well-being, and needs of children, youth, and families.”

**Location:** 290 East Gobbi Street  
Ukiah, CA 95482

**Contact:** (707) 463-3300

**Website:**

<https://www.facebook.com/TapestryFamilyServices/>

Last Verified On: 10/09/2023

### Redwood Community Services – Ukiah

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

**Location:** 631 South Orchard Avenue  
Ukiah, CA 95482

**Contact:** (707) 472-2922

**Website:**

<https://redwoodcommunityservices.org/location>

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Last Verified On: 10/09/2023

### Redwood Community Services – Fort Bragg

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

**Location:** 32670 Highway 20, Unit 2  
Fort Bragg, CA 95437

**Contact:** (707) 964-1136

**Website:**

<https://redwoodcommunityservices.org/location>

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Last Verified On: 10/09/2023

### Redwood Community Services – Willits

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

**Location:** 99 S. Humboldt Street  
Willits, CA 95490

**Contact:** (707) 459-9900

**Website:**

<https://redwoodcommunityservices.org/location>

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Last Verified On: 10/09/2023

# MENDOCINO COUNTY YOUTH RESOURCES

## EDUCATION & EMPLOYMENT

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### Career Point Mendocino

“Deciding whether to go to college, get specialized training, or find work is difficult for many young people. Employment and training services are available to eligible out of school youth between the ages of 14 to 24 who reside in Lake, Napa, Marin, or Mendocino counties.”

**Location:** 2550 North State Street Suite 3  
Ukiah, CA 95482

**Contact:** (707) 530-2326

**Website:**

<https://www.workforcealliancencorthbay.org/job-seekers/>

Last Verified On: 10/09/2023

### California Student Aid Commission

“If you are or were in foster care for at least one day, between the ages of 16 and 18 as a dependent or ward of the court and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college. You don’t have to pay this money back. You may also be able to use your grant to help pay for child care, transportation and rent while you’re in school. You can use your Chafee Grant at any eligible California college or university or career or technical school, as well as schools in other states.”

**Website:** <https://chafee.csac.ca.gov/>

Last Verified On: 10/09/2023

## DOMESTIC VIOLENCE & INTIMATE PARTNER VIOLENCE

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### Love is Respect

“Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.”

**Contact:** (866) 331-9474

**Text:** LOVEIS to 22522

**Website:** <https://www.loveisrespect.org/>

Last Verified On: 10/09/2023

## FOSTER CARE & KINSHIP SUPPORT SERVICES

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### Family Urgent Response System (FURS)

“FURS is a free 24/7/365 Hotline for current and former foster youth (up to age 21) and their caregivers with immediate, trauma-informed support when they need it. FURS assists to prevent placement disruptions, promotes healing as a family and is a safe, judgement free, and private space to talk about your worries and vent.”

**Call or Text Hotline:** (833) 939-3877

**Contact:** (916) 657-1858

**Website:**

<https://cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>

Last Verified On: 10/09/2023

# MENDOCINO COUNTY YOUTH RESOURCES

## MENTAL HEALTH SERVICES

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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: 10/09/2023

### Your Life Your Voice

“You don’t have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7.”

**Contact:** (800) 448-3000

**Text:** VOICE to 20121

**Website:**

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Last Verified On: 10/09/2023

## MENTAL HEALTH SUPPORT SERVICES

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### CalHOPE – Soluna

“Mental Health coaching and resources for teens and young adults ages 13-25.”

**Website:** <https://solunaapp.com/>

Last Verified On: 01/25/2024

### 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: 10/09/2023

### 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](https://open.spotify.com/show/49338MHg6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1)

Last Verified On: 10/09/2023

# MENDOCINO COUNTY YOUTH RESOURCES

## RECREATION & ACTIVITIES

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### **Golden Bear Annual Park Pass**

“Entitles the bearer and spouse or registered domestic partner entry to most California State Park operated units where vehicle day use fees are collected at no charge.”

**Location:** 1416 9th Street, Room 116,  
Sacramento, CA 95814

**Phone:** (707) 937-5804

**Website:**

[https://www.parks.ca.gov/?page\\_id=1049](https://www.parks.ca.gov/?page_id=1049)

Last Verified On: 10/09/2023

### **Free Annual Fishing License-Disabled**

“Available for a person who is blind, developmentally disabled, or mobility impaired. Your first Free Sport Fishing License must be obtained from the CDFW License and Revenue Branch.”

**Website:**

<https://wildlife.ca.gov/Licensing/Fishing#44521417-free--reduced-fee>

**Renewal:** Yearly at any license agent.

Last Verified On: 10/09/2023

## RECREATION & ACTIVITIES

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### Free Annual Fishing License-Native American

“Available for any American Indian or lineal descendant whose household income does not exceed federal poverty guidelines. The Free Sport Fishing License for Low Income Native Americans is only available at CDFW License Sales Offices.”

**Website:**

<https://wildlife.ca.gov/Licensing/Fishing>

Last Verified On: 10/09/2023

### Mendocino County Friday Night Live

“Builds partnerships for positive and healthy youth development which engage youth as active leaders and resources “

**Location:** 1120 South Dora Street  
Ukiah, CA 95482

**Contact:** (707) 472-2611

**Website:**

<https://www.mendocinocounty.org/government/health-and-human-services-agency/public-health/prevention-programs>

Last Verified On: 10/09/2023

## SUPPORT GROUPS

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### LGBTQ+ Support Groups - TransFamily Support Services

“Middle School Support Group, High School Support Group, Young Adult Support Group, Parent & Caregiver Support Group, Parents of Trans Little Support Group, and Gathering for Trans with Littles”

**Contact:** 858-304-0085

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

**Website:**

<https://transfamilysos.org/services/support-groups/>

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# MENDOCINO COUNTY YOUTH RESOURCES

## YOUTH RESOURCES

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### **Arbor Youth Resource Center**

“Education Support Classes, Housing Mentorship, Well-being, Employment Workshops and other services are offered through these centers for any youth ages 15-24.”

**Location:** 810 North State Street  
Ukiah, CA 95482

**Contact:** (707) 462-7267

**Website:** <https://www.facebook.com/rcsarbor/>

Last Verified On: 10/09/2023

### **Mendocino County Youth Project – Ukiah**

“Drop In Center, and Clothes Closet”

**Location:** 776 S. State Street, Suite 107  
Ukiah, CA 95482

**Contact:** (707) 463-4915

**Website:** <https://www.mcyp.org/>

Last Verified On: 10/09/2023

### **Mendocino County Youth Project-Willits**

“Teen Lounge and Clothes Closet”

**Location:** 299 North Main Street  
Willits, CA 95490

**Contact:** (707) 459-7700

**Website:** <https://www.mcyp.org/>

Last Verified On: 10/09/2023

### **Mendocino County Youth Project-Fort Bragg**

“Teen Lounge”

**Location:** 300 Dana St.  
Fort Bragg, CA 95437

**Contact:** (707) 961-2880

**Website:** <https://www.mcyp.org/>

Last Verified On: 10/09/2023