

# SISKIYOU COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS SERVICES

### Siskiyou North County Office

“Crisis intervention services are available 24 hours a day, 7 days a week by calling.”

**Location:** 2060 Campus Drive  
Yreka, CA 96097

**24-Hour Crisis Line:** (800) 842-8979

**Contact:** (530) 841-4100

**Website:**

<https://www.co.siskiyou.ca.us/behavioralhealth/page/crisis-services>

Last Verified On: 05/31/2024

### Siskiyou South County Office

“Crisis intervention services are available 24 hours a day, 7 days a week by calling.”

**Location:** 1107 Ream Avenue  
Mt. Shasta, CA 96067

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-](https://mchb.hrsa.gov/national-maternal-mental-health-)

[maternal-mental-health-  
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

## CRISIS HOTLINES

### CA Youth Crisis Line (CYCL)

“The California Youth Crisis Line operates 24/7 as the statewide emergency response system for youth (ages 12-24) and families in crisis.

Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgement. We do not provide advice. We listen with compassion.”

**Contact:** (800) 843-5200

**Website:** <https://calyouth.org/cycl/>

Last Verified: 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”

**Emergency Hotline: 9-8-8**

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

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

Last Verified On: 05/31/2024



# SISKIYOU COUNTY MENTAL HEALTH RESOURCES

## CRISIS HOTLINES, Continued

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### 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-now/>

Last Verified On: 05/31/2024

### 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: 05/31/2024

## MATERNAL MENTAL HEALTH SUPPORT SERVICES

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### 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

### PALS – Pregnancy After Infant Loss Online Support Groups

“Pregnancy After Loss Support moderates 14 online support groups on Facebook. These group encourage peer-to-peer support during the stages after pregnancy loss.”

**Website:**

<https://pregnancyafterlosssupport.org/get-support/pals-private-groups/>

Last Verified On: 05/31/2024



# SISKIYOU COUNTY MENTAL HEALTH RESOURCES

## MATERNAL MENTAL HEALTH SUPPORT SERVICES, Continued

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### Paternal Postpartum Depression Guide

**Website:** <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 05/31/2024

### Postpartum Support International:

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

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

Last Verified On: 05/31/2024

### Postpartum Support International- DADS Chat with an Expert

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

**Date/Time:** First Monday of each month at 5 p.m.

**Call-In Number:** 1-800-944-8766, code 73162#

**Website:** <https://www.postpartum.net/get-help/resources-for-fathers/chat-with-an-expert-for-dads/>

Last Verified On: 05/31/2024

## 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

### Behavioral Health Division North County Office

“Provides a broad range of mental health and substance use disorder treatments.”

**Location:** 2060 Campus Drive

Yreka, CA 96097

**24-Hour Crisis Line:** (800) 842-8979

**Contact:** (530) 841-4100

**Website:**

<https://www.co.siskiyou.ca.us/behavioralhealth>

Last Verified On: 05/31/2024

### Behavioral Health Division South County Office

“Provides a broad range of mental health and substance use disorder treatments.”

**Location:** 1107 Ream Avenue

Mt. Shasta, CA 96067

**24-Hour Crisis Line:** (800) 842-8979

**Contact:** (530) 918-7200

**Website:**

<https://www.co.siskiyou.ca.us/behavioralhealth>

Last Verified On: 05/31/2024



# SISKIYOU COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH SUPPORT SERVICES

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### Male Survivor

“Facilitate dialogue among survivors, as well as between survivors and professional therapists, on our online forums and at in-person events.”

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

Last Verified On: 05/31/2024

### The Safe Place

“A Minority Mental Health app that educates and raises more awareness on Mental Illness in the Black Community.”

**Website:** <https://blackgirlnerds.com/minority-mental-health-app-the-safe-place/>

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

### Institute on Aging –

#### Senior Intervention hotline

“The Friendship Line” non-emergency support calls

**Contact:** 1-800-971-0016

**Website:** <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

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



# SISKIYOU COUNTY MENTAL HEALTH RESOURCES

## WELLNESS CENTERS

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### **Six Stones Wellness Center**

“Provides a member directed wellness program that fosters recovery and resiliency to those living with mental illness. Six Stones is a stigma free environment offering activities, groups, and social support opportunities...All services are free and open to members of the public 18 and over.”

**Location:** 525 North Main Street  
Yreka, CA. 96097

**Contact:** (530) 841-0810

**Website:** <https://nvcss.org/programs/six-stones-wellness-center/>

Last Verified On: 05/31/2024