



# SUTTER COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS SERVICES

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### **Sutter Yuba Behavioral Health – 24 Hour Crisis Line**

“Serves adults and children of all ages within both Sutter and Yuba Counties.”

**Location:** 1965 Live Oak Blvd

Yuba City, CA

**24-Hour Crisis Line:** (888) 923-3800

**Website:**

<https://www.suttercounty.org/government/county-departments/health-and-human-services/acute-psychiatric-services/psychiatric-emergency-services-also-known-as-crisis>

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

## CRISIS HOTLINES

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### **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.

Professionally trained staff and volunteer counselors provide crisis intervention counseling and resource referrals to service providers in the caller’s local community.

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

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

**Website:** <https://nvcss.org/programs/northern-valley-talk-line/>

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



# SUTTER 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

### 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.

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/PATERNAL 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

### 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 5:00 p.m.”

**Call-In Number:** 1-800-944-4773

**Text in English:** 800-944-4773

**Text en Español:** 971-203-7773

**Website:** <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 05/31/2024

### Postpartum Support International:

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

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

Last Verified On: 05/31/2024