



# SUTTER COUNTY SUBSTANCE USE RESOURCES

## SUTTER COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

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### Sutter County HHSA - Maternal Child Adolescent Health

"Maternal, Child and Adolescent Health (MCAH) provides services that promote the health and well-being of women of childbearing age, infants, children and adolescents, particularly those who are at increased risk of adverse health outcomes."

**Location:** 1445 Veterans Memorial Cir, Yuba City, CA 95993

**Contact:** (530) 822-7327

**Website:**

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/public-health/maternal-child-adolescent-health>

Last Verified On: 02/01/2025



## ANONYMOUS SUPPORT SERVICES

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### Northern California Fellowship of Alcoholics Anonymous

**24-Hour Hotline:** (530) 225-8955

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

Last Verified on: 02/01/2025

### Al-Anon District 4 Northern California District 4 Contact:

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

Last Verified On: 02/01/2025

### River Cities Area Narcotics Anonymous

**Website:** <https://sites.google.com/rivercities-na.org/home>

Last Verified On: 02/01/2025

## ALCOHOL SUPPORT

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### Alcohol Rehab Help

"If you or a loved one is struggling with alcohol addiction, you can rely on us to guide you to the best rehabilitation and treatment resources."

**24/7 Helpline:** (928) 436-6654

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

Last Verified On: 02/01/2025



# SUTTER COUNTY SUBSTANCE USE RESOURCES

## PERINATAL SUBSTANCE USE RESOURCES

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### **Sutter County – First Steps Treatment Program**

“The First Steps Perinatal Program provides SUD outpatient and intensive outpatient treatment services to pregnant or parenting women struggling with a Substance Use Disorder. The program provides a supportive, women only, environment, evidence-based treatment, individual and group counseling, parenting, and life skills.”

**Location:** 1965 Live Oak Blvd.

Yuba City, CA 95991

**Contact:** (530) 822-7200 ext. 1922

**Website:**

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/adult-services-branch/adult-substance-use-disorder-services-suds/first-steps-perinatal-treatment-program>

Last Verified On: 02/01/2025

### **MotherToBaby**

“We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. Our no-cost information service is available to mothers, health professionals, and the general public via chat, text, phone, and email in both English and Spanish.”

**Contact:** (866) 626-6847

**Website:** <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 02/01/2025

## QUIT SMOKING ASSISTANCE

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### **Kick It California**

“We’re a free program that helps Californians quit tobacco and nicotine with the help of proven, science-based strategies. Take the first step toward quitting.”

**Call and Chat Counseling:**

**English:** 1-800-300-8086

**Español:** 1-800-600-8191

**Chinese:** 1-800-838-8917

**Korean:** 1-800-556-5564

**Vietnamese:** 1-800-778-8440

**Quit Pouches:**

<https://www.kickitca.org/pouches>

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

Last Verified On: 02/01/2025

### **Alexa Skills Stop Vaping Coach**

“With the Stop Vaping Coach skill, get quit vaping tips or sign up to speak with a quit coach.”

**Website:**

[https://www.amazon.com/dp/B07YBTN1GY/ref=sr\\_1\\_1?keywords=stop%20vaping%20coach&qid=1569431942&s=gateway&sr=8-1&fbclid=IwAR0Bqqyt0UWfJ7MYVSYHQ2NMAbvvhO0UMkCbv7dP7vHPj9fEZwliaP-SEZI](https://www.amazon.com/dp/B07YBTN1GY/ref=sr_1_1?keywords=stop%20vaping%20coach&qid=1569431942&s=gateway&sr=8-1&fbclid=IwAR0Bqqyt0UWfJ7MYVSYHQ2NMAbvvhO0UMkCbv7dP7vHPj9fEZwliaP-SEZI)

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# SUTTER COUNTY SUBSTANCE USE RESOURCES

## SUPPORT SERVICES

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### **Colusa County Recovery**

“Virtual Recovery: Anytime, Anywhere.

Welcome to Colusa County Recovery, your virtual companion and online resource. We are your launchpad to hope, shared experiences, mutual empowerment, and essential recovery tools – all from the comfort and privacy of your own space.”

**Text/Call:** (530) 845-2364

**Email:** [colusacountyrecovery@gmail.com](mailto:colusacountyrecovery@gmail.com)

**Website:**

<https://www.colusacountyrecovery.com/>

Last Verified On: 02/01/2025