

# TRINITY COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS SERVICES

### Trinity County Behavioral Health Services

“Individual and group Counseling, Case management and Medication Services, Adolescent Mental Health/Substance Abuse Treatment”

**Location:** 1450 Main Street  
Weaverville, CA 96093

**24-Hour Crisis Line:** (530) 623-5708

**24-Hour Toll Free:** (888) 624-5820

**Website:**

<https://www.trinitycounty.org/Behavioral-Health>

Last Verified On: 05/30/2024



### 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-](https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the)

[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

## WELLNESS CENTERS

### Milestones Wellness Center

“Drop-in center for community members who self-identify with a mental health diagnosis. Our mission is to provide support and acceptance, enhance belonging, social inclusion, and quality of life in a clean, sober, and safe environment.”

**Main Office Phone:** (530) 623-1362

**Satellite Office Phone:** (530) 628-4111

**Website:**

<https://www.trinitycounty.org/Milestones-Wellness-Center>

Last Verified On: 05/01/2023



# TRINITY COUNTY MENTAL HEALTH RESOURCES

## 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. 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: 05/30/2024

### 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: 05/30/2024

### 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: 05/30/2024

### 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: 05/30/2024

## 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: 05/01/2023

### Postpartum Support International:

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

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

Last Verified On: 05/01/2023

### 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/chat-with-an-expert-for-dads/>

Last Verified On: 05/01/2023



# TRINITY 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: 05/01/2023

## MENTAL HEALTH SUPPORT SERVICES

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### Human Response Network

“Domestic Violence and Sexual Assault Advocates”

**Location:** 111 Mountain View Street  
Weaverville, CA 96093

**Non-Crisis:** (530) 623-2024

**Crisis Hotline:** (530) 623-4357

**Toll Free:** (800) 358-5251

**Website:**

<http://www.humanresponsenetwork.org/>

Last Verified On: 05/30/2024

### 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: 05/30/2024

### 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: 05/30/2024

### SafeSpace

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities.”

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

Last Verified On: 05/30/2024

### 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/>

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### 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: 05/30/2024

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

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