

# YOLO COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR ACCESS & CRISIS LINES

### Yolo County 24-Hour Crisis Line

“Confidential telephone counseling and referral information is provided any time of day or night by trained crisis volunteers. Immediate crisis intervention over the phone can decrease the need for more intensive counseling services.”

**Davis:** (530) 756-5000

**Woodland:** (530) 666-7778

**West Sacramento:** (916) 372-6565

**Toll Free:** (888) 233-0228

**Website:**

<http://www.suicidepreventionyolocounty.org/services/>

Last Verified On: 05/30/2024

### Yolo County Mental Health Crisis & Access Line

“Mental health crisis screening, triage and access to resources.”

**Toll Free:** (888) 965-6647

**TDD:** (800) 735-2929

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health>

Last Verified On: 05/30/2024

### National Alliance on Mental Illness (NAMI), 24 Hours Crisis Line

“Crisis Help; Mental Health assessments, referrals and linkage to care; 5150 Evaluations, In-person/telehealth medication evaluations; Substance Use Disorder – linkage to treatment.”

**Toll Free:** (530) 756-8181

**TTD:** (800) 965-6647

**Website:** <https://www.namiyolo.org/crisis/>

Last Verified On: 05/30/2024



### The Allied Services for Kids (ASK) – Teen/Runaway Line

“Support line open 24/7 for whenever a teen may need anonymous crisis support.”

**Davis:** (530) 753-0797

**Woodland:** (530) 668-8445

**West Sacramento:** (916) 371-3779

**Website:**

<http://www.suicidepreventionyolocounty.org/services/>

Last Verified On: 05/30/2024



# YOLO COUNTY MENTAL HEALTH RESOURCES

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“Yolo County mental health, urgent care clinic, and triage services. Call or come in for your confidential Mental Health and Substance Use Disorder Screening.”

**Screening:** (888) 956-6647

### Woodland

**Location:** 137 N. Cottonwood Street  
Woodland, CA 95695

**Contact:** (888) 965-6647

**TDD:** (800) 735-2929

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services>

Last Verified On: 05/30/2024

### West Sacramento

**Location:** 500 B Jefferson Boulevard  
West Sacramento, CA 95606

**Contact:** (888) 965-6647

**TDD:** (800) 735-2929

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services>

Last Verified On: 05/30/2024

### Davis

**Location:** 600 A Street, Suite A  
Davis, CA 95616

**Contact:** (888) 965-6647

**TDD:** (800) 735-2929

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services>

Last Verified On: 05/30/2024

## 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: 05/30/2024

### CommuniCare Behavioral Health Care

“Provides a wide range of services to support comprehensive mind and body wellness.”

**Davis:** (530) 758-2060

**Woodland:** (530) 405-2800

**West Sacramento:** (916) 403-2900

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

Last Verified On: 05/30/2024

### Allied Services for Kids (ASK), Teen Crisis Line

“Provides 24-hour availability to teens and families in crisis. Whatever the problem, teens are welcome to call this confidential crisis line for support.”

**Davis:** (530) 753-0797

**Woodland:** (530) 668-8445

**West Sacramento:** (916) 371-3779

**Website:**

<http://www.suicidepreventionyolocounty.org/services/>

Last Verified On: 05/30/2024



# YOLO COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH SUPPORT SERVICES

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### **RISE, Inc. – Esparto**

“Provides therapeutic mental health care to individuals and families in rural communities.”

**Location:** 17317 Fremont Street

Esparto, CA 95627

**Contact:** (530) 787-4110

**Website:** <https://www.riseinc.org/counseling-services>

Last Verified On: 05/30/2024

### **RISE, Inc. – Winters**

“Provides therapeutic mental health care to individuals and families in rural communities.”

**Location:** 200 Baker Street

Winters, CA 95694

**Contact:** (530) 794-6000

**Website:** <https://www.riseinc.org/counseling-services>

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

### **NAMI Yolo County**

“Offers family support groups for those who have a family member dealing with mental illness.”

**Contact:** (530) 756-8181

**Email:** [friends@namiyolo.org](mailto:friends@namiyolo.org)

**Website:** <https://www.namiyolo.org/support-groups/>

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. 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.”

**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: 05/30/2024



# YOLO COUNTY MENTAL HEALTH RESOURCES

## MATERNAL MENTAL HEALTH RESOURCES

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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

### 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

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/31/2024

## WELLNESS CENTERS

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### Woodland Wellness Center

“The Wellness Centers offer activities and services for transition age youth (TAY), adults, and older adults”.

**Intake Line:** (530) 666-8630

**Fax:** (530) 666-8633

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services/adult-wellness-center>

Last Verified On: 05/30/2024

### Woodland Community College STAY Well Center

“The STAY Center is a partnership with Yolo County Health and Human Services and is a place where student connect with their peers, as well as meet with trained advisor and mentors who have experienced crisis issues.”

**Address:** 2300 East Gibson Road, Room 744 Woodland, CA 95776

**Hours:** Monday – Friday 9 a.m. - 5 p.m.

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services/adult-wellness-center>

Last Verified On: 05/30/2024

### West Sacramento Wellness Center

“The Wellness Centers offer activities and services for transition age your (TAY), adults, and older adults”.

**Contact:** (916) 375-6340

**Address:** 500-B Jeffers Boulevard West Sacramento, CA 95605

**Hours:** Tuesday & Thursday 10 a.m. - 3 p.m.

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services/adult-wellness-center>

Last Verified On: 05/30/2024