



## Mental Health Phone Numbers and Referral Email

### Key Contact Information

#### Carelton Health Strategies

PHC Toll free: (855) 765-9703 | Fax: (866) 422-3413 | Email: [medi-calreferral@carelton.com](mailto:medi-calreferral@carelton.com)

| County    | Mental Health Phone Line      |
|-----------|-------------------------------|
| Del Norte | 888-446-4408 or 707-464-7224  |
| Humboldt  | 888-849-5728 or 707-445-7715  |
| Lake      | 800-900-2075                  |
| Lassen    | 530- 251-8108                 |
| Marin     | 888- 818-1115                 |
| Mendocino | 800-555-5906                  |
| Modoc     | 530 233-6311                  |
| Napa      | 800-648-8650                  |
| Shasta    | 530-225-5252                  |
| Siskiyou  | 800-842-8979                  |
| Solano    | 800-547-0495                  |
| Sonoma    | 800-870-8786                  |
| Trinity   | 530-623-1362                  |
| Yolo      | 530- 666-8630 or 888-965-6647 |