

Sonoma County
QUICK MENTAL HEALTH RESOURCE GUIDE
 Provided by Sonoma County Older Adult Collaborative

SUICIDE PREVENTION SERVICES

CALL 9-1-1 in the event of an emergency	9-1-1
MENTAL HEALTH CRISIS SERVICES, Psychiatric Emergency Services County of Sonoma <i>(24-hour crisis services & referrals)</i>	576-8181 or (800) 746-8181
NORTH BAY SUICIDE PREVENTION HOTLINE of SONOMA COUNTY	(855) 587-6373 (toll-free)
THE FRIENDSHIP LINE <i>(24-hour suicide prevention services)</i>	(800) 971-0016
SONOMA COUNTY MENTAL HEALTH ACCESS TEAM	565-6900 or (800) 870-8786
<i>Evaluation and Referrals for Non-Emergency Mental Health Services</i>	

SONOMA COUNTY COUNSELING SERVICES AT HEALTH CARE CLINICS

Brookwood Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	303-4060
Sonoma County Indian Health Project <i>(Medi-Cal)</i>	521-4500
Southwest Community Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	547-2222
Vista Family Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	303-3600
Alliance <i>(Medi-Cal, Medicare; Sliding scale for uninsured residents of Windsor, Healdsburg, Alexander Valley)</i> ..	433-5494
Alexander Valley Regional Medical Center <i>(Sliding scale for uninsured)</i>	894-4229
Petaluma Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	559-7500
West County Community Health Centers:	
• Occidental Area Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	874-2444 or 823-1616
• Russian River Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	869-2849
• Sebastopol Community Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	842-9999
Sonoma Valley Community Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	939-6070

LOW FEE COUNSELING AGENCIES

Chrysalis Counseling Services for Women <i>(Sliding scale available)</i>	545-1670
Family Service Agency <i>(Sliding scale available)</i>	545-4551
Jewish Family and Children's Services <i>(Accepts some private insurances; Sliding scale available)</i>	571-8131
Lomi Psychotherapy Clinic <i>(Sliding scale available)</i>	579-0465
Petaluma People Services Center <i>(Sliding scale available)</i>	765-8488
SOS Counseling Services <i>(Santa Rosa, Cotati, Petaluma, Sebastopol locations. Sliding scale available; please inquire about no fee counseling)</i>	284-3444
Verity <i>Counseling for people who have experiences trauma, and their loved ones (Sliding scale available)</i>	545-7273

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ALCOHOL AND OTHER DRUG SERVICES

Drug Abuse Alternatives Center (DAAC)	544-3295
Sonoma County Dep. Of Health Services: Orenda Center	565-7450

PEER SUPPORT

Council on Aging (<i>Senior Peer Counseling. Additional Services for Seniors - Social, Financial, Legal & Nutrition Services</i>)	525-0143 X 125
Family Service Agency (<i>Senior Peer Counseling</i>)	545-4551 x 308
Peer Warmline Connection of Sonoma County (<i>Weekend Evening, Peer-operated Helpline</i>)	565-4466
Spectrum LGBT Center	415-472-1945
Wellness and Advocacy Center (<i>Peer-operated & Managed Self-Help Center for Mental Health Consumers</i>)	565-7800
Interlink Self Help Center (<i>Peer-operated & Managed Self-Help Center for MH Consumers</i>)	546-4481

FAMILY AND OTHER SUPPORT

Bucklew Programs: Support for Families	571-5581 or 576-8181
For Erika Klohe	571-8452
NAMI Sonoma County	527-6655
<i>Offering education, support, and advocacy for those affected by mental health challenges</i>	
Petaluma People Services Center Senior Services	765-8488
<i>Offering counseling, senior nutrition, day program, case management, caregivers support</i>	
West County Community Services	869-0618
<i>Offering case management, senior nutrition, senior resources</i>	
La Luz Bilingual Center	938-5131
<i>Offering case management, senior nutrition, senior resources</i>	

SONOMA COUNTY INFORMATION AND REFERRAL

DIAL 2-1-1

Other Resources:

The Living Room	579-0138	YMCA	546-9922
Catholic Charities	528-8712	Coffee House (teens)	546-3432
Redwood Gospel Mission	542-4817	Social Advocates for Youth	544-3299