

Counseling/Hospice/Substance Abuse/Helpful Resources

Sonoma County Beacon: <http://www.partnershiphp.org/Providers/HealthServices/Pages/Mental-Health-Services.aspx> (855)765-9703
○ Help you understand your Medi-CAL mental health and substance abuse benefits and treatment choices

Access Team, Sonoma County Behavioral Health Services: <http://www.sonoma-county.org/health/about/behavioralhealth.asp> 565-6900
○ Information and referral assistance; low-income, Medi-Cal or uninsured residents of Sonoma County only

Drug Abuse Alternatives Center (DAAC): www.daacinfo.org takes adolescent Medi-Cal 544-3295

Family Justice Center of Sonoma County: <http://www.fjcc.org/> 565-8255

Kaiser Permanente Department of Child Psychiatry: www.kp.org 571-3778

Kaiser Permanente Chemical Dependency Program: www.kp.org 571-3835

NAMI Sonoma County: www.namisonomacounty.org 527-6655
○ Support groups and education courses for families of loved ones with mental illness

Sonoma County Crisis Stabilization Unit/PES (24/7): 2225 Challenger Way, Santa Rosa 576-8181

Victim Witness: <http://da.sonoma-county.org/content.aspx?id=1716> 565-8250

North County (Cloverdale/Healdsburg/Windsor):

Alexander Valley Healthcare (Cloverdale): www.alexandervalleyhealthcare.org 894-4229

Alliance Medical Center (Healdsburg): <http://www.alliancemed.org/> (must be established as a patient first) 433-5494

Alliance Teen Health Center (Healdsburg): (does not require you to be an established patient to be referred for MH services) 431-1170

North County Hospice (Healdsburg): www.sonomacountyhospice.org 431-1135

Alliance Medical Center (Windsor): <http://www.alliancemed.org/> (must be established as a patient first) 687-2498

SOS Counseling @Windsor High

Santa Rosa:

***Community SOS Counseling:** www.soscounseling.org (covers Santa Rosa & Windsor) 284-3444

***CPI Child Parent Institute:** www.calparents.org 585-6108

Elsie Allen Health Center: <http://srhealthcenters.org/service/elsie-allen-health-center/> 583-8777

Full Heart Treatment Center: www.FullHeartTreatment.com (eating disorder support groups) 544-5717

***Lomi Psychotherapy:** www.lomi.org 579-0465

Parents Place: www.parentsplaceonline.org/location/sonoma-county/ 571-2048

Santa Rosa Memorial Hospice: <http://www.stjoesonoma.org/Contact-Us/Locations-and-Directions/Memorial-Hospice.aspx> 568-1094

Social Advocates for Youth (SAY): www.say-sc.org 544-3299

SAY The Dr. James E. Coffee Teen Shelter: 1243 Ripley St., Santa Rosa, CA 95401; Open 24/7/365 546-3432

SAY Teen Shelter Crisis Hotline: 888-729-0012

Sutter Care at Home: <http://www.suttercareathome.org/GriefSupport/NorthBaySupport.html> (grief counseling) 535-5780

Positive Images: www.posimages.org/ (LGBTQ support and peer groups) 568-5830

***Verity** www.ourverity.org (offers trauma counseling; accepts Victims Compensation) 545-7270 24/7 Crisis Line: 545-7273

Sonoma County Indian Health Project <http://scihp.org/> 521-4550

Sonoma Valley:

Sonoma Valley Community Health Center: <http://svchc.org/> (press "5" for behavioral health) 939-6070

South County (Rohnert Park/Cotati, Petaluma):

Hospice of Petaluma: www.sonomacountyhospice.org (grief counseling) 778-6242

***Petaluma People Services:** www.petalumapeople.org 765-8488

Petaluma Health Center: <http://phealthcenter.org/services-programs/mental-health/> (counseling for existing patients only) 559-7545

Rohnert Park Health Center: <http://phealthcenter.org/contactpetaluma/rohnert-park> 559-7605

West County:

***West County Health Centers:** <http://www.wchealth.org/service/mental-health-services> *Guerneville 869-2961 x1

***Gravenstein Community Health Center (Sebastopol)** 823-3166

***Occidental Area Health Center** 874-2444

***Russian River Health Center** 869-2849

***Sebastopol Community Health Center** 824-9999

***Forestville Wellness Center** 887-0290

***Forestville Teen Clinic** (being a patient here allows you access to MH services in any WCHC clinic) 887-0427

***Russian River Counselors:** <http://www.rivershrink.com/> 865-1200

**NOTE: any referral with an asterisk "*" means they offer sliding scale fees for services.*

Crisis Hotlines/Text Messaging/Websites

National Suicide Prevention Hotline 1-800-273-8255

North Bay Suicide Prevention Hotline of Sonoma County 1-855-587-6373

www.teensuicide.us www.suicidepreventionlifeline.org www.thetrevorproject.org

<http://ok2talk.org/> <http://www.my3app.org/> <http://us.reachout.com/>

Crisis Text Line: text to #741741 available 24/7 (info at <http://www.crisistextline.org/>)