



**NAMI**

National Alliance on Mental Illness

# Monterey County

## Resource Guide –2019.

1020 Merrill St., Suite 1015 Salinas, CA 93901

(831) 422-6264

Website: [www.namimonterey.org](http://www.namimonterey.org)

Email: [info@namimonterey.org](mailto:info@namimonterey.org)

### CRISIS INTERVENTION

Suicide Prevention Services of the Central Coast  
 Toll Free . . . . . 1-877-663-5433  
 Natividad Medical Center  
 Ask for Crisis Team Member..... 831-755-4111  
 National Suicide Prevention  
 Bilingual line . . . . . 1-888-628-9454  
 English.....1-800-273-8255  
 Community Human Services Crisis Line.....241-0914  
 Veterans Crisis Line.....1-800-273-8255  
 Adult Protective Services.....1-800-510-2020  
 Child Protective Services.....1-800-606-6618  
 Rape Crisis Center Line  
 Monterey Peninsula.....831-375-HELP (4357)  
 Salinas/South County.....831-424-HELP (4357)

### SUPPORT GROUPS

Family Support  
 NAMI Family Support Group, English.....422-6264  
 MCBH, Salinas, English/Spanish.....1-888-258-6029  
 MCBH\_Marina, English..... 647-7652  
 MCBH, King City, Spanish.....386-6868  
 MCBH, Soledad, Bilingual, Soledad.....678-5125

Peer Support  
 Monterey – NAMI Connection Support ...422-6264  
 Monterey - Our Voices Drop-in Center.....649-4399  
 Salinas - Pajaro St. OMNI Center.....800-7530  
 No Estas Solo Peer support group.....800-7530

Depression & Bipolar Support Alliance (DBSA)  
[www.dbsalliance.org](http://www.dbsalliance.org)  
 OMNI Resource Center, Salinas .....800-7530

Alcoholics Anonymous [www.aamonterey.org](http://www.aamonterey.org)  
 Monterey.....373-3713  
 Salinas.....424-9874

Narcotics Anonymous [www.monterey-sbna.org](http://www.monterey-sbna.org)  
 Monterey helpline.....624-2055  
 Salinas helpline.....758-1630

Online Support [www.strengthofus.org](http://www.strengthofus.org)

### SUPPORT GROUPS CONTINUED:

Suicide Survivors Support Group  
 Monterey County .....831-207-3783

Al-Anon and AlaTeen.... support for family members  
 dealing with alcohol and substance abuse

English .....831-373-2532  
 Spanish.....831-424-6207

### Monterey County Behavioral Health

#### Access to Treatment

You can call the toll free number 1-888-258-6029, available 24 hours a day, 7 days a week, and talk with a Behavioral Health team member who will provide a brief screening and connect you to appropriate community resources, or schedule an appointment for a mental health assessment with one of our therapists.

Children Mental Health Services .....784-2150  
 Patient Rights Advocate.....755-4518

One number, four regional offices to serve you: 1-888-258-6029

#### What do they provide?

- Information and education
- Screening and assessment
- Individual, group and family counseling
- Case management
- Social and life skills groups
- Family support groups
- Medication evaluation and treatment
- Residential treatment
- Referrals to community resources

**Community Hospital of the  
Monterey Peninsula**

[www.chomp.org](http://www.chomp.org)

Inpatient Mental Health

Services..... 625-4775

Outpatient Behavioral Health Services.....625-4600

**CENTRAL COAST CENTER FOR  
INDEPENDENT LIVING**

[www.cccil.org](http://www.cccil.org)

Central Office, Monterey County

Salinas.....757-2968

Help for all disabilities, apply for SSI or MediCal, housing assistance, assistive technology, and information and referral to other services are available.

**INTERIM Inc**

[www.interiminc.org](http://www.interiminc.org)

Support services for people with mental health challenges. Services include help with employment, accommodation and recovery. \* Some of the programs first require registration by the county mental health department.

Office.....649-4522

MCHOME, Homeless Outreach Services

Marina.....883-3030

Our Voices Client Drop In Center

Monterey.....649-4399

OMNI Client Wellness Center

Salinas.....800-7530

CHOICES, Day Treatment Intensive Program,  
a Peer based recovery model

Dual Recovery Services\_ *outpatient recovery support  
for adults with co-occurring psychiatric disability and  
substance use disorders*.....676-3715

Marina.....384-6741Ext 300

Salinas.....800-7530 Ext 420

Another option during a mental health crisis:

**Monterey County Mobile Crisis Team**

Is an option by calling 911

The Mobile Crisis Team is made up of crisis social workers assigned to different areas of the county. If available, a team member will go to your location and assess or help to de-escalate the situation and determine the best options. **831 687-4379**

**Natividad Medical Center**

[www.natividad.com](http://www.natividad.com)

Main Number.....755-4111

Behavioral Health Services.....796-1700

**National Alliance on Mental Illness**

NAMI National [www.nami.org](http://www.nami.org)

3803 N. Fairfax Drive, Ste. 100

Arlington, VA 22203

Information helpline: 800-950-6264

NAMI California [www.namica.org](http://www.namica.org)

1851 Heritage Lane, Suite150

Sacramento, CA 95815

916-567-1757 [nami.california@namicalifornia.org](mailto:nami.california@namicalifornia.org)

**Police/Sheriff/Fire/Ambulance**

**Emergency.....911**

**Monterey County Police Departments**

**Non-emergency:**

CA State Univ. of Monterey Bay Police...831-655-0268

Carmel Police.....831-624-6403

Del Rey Oaks Police..... 831-375-8525

Gonzales.....831-675-5010

Greenfield Police.....831-674-5111

King City Police Department.....831-385-4848

Marina Police Department.....831-384-7575

Monterey Co. Sheriff.....831-647-7911

Monterey Police Department .....831-646-3830

Pacific Grove Police Department.....831-648-3153

Salinas CHP.....831-796-2100

Salinas Police Department.....831-758-7090

Sand City Police.....831-394-1451

Seaside Police Department.....831-899-6748

Soledad Police.....831-678-1332

***Remember to ask for a Crisis Intervention trained (CIT) officer to respond. These officers have had training on mental health.***

You can also remain calm and inform the dispatcher they are responding to a call for a person with mental illness who is depressed, suicidal, anxious, etc.

The more information officers have prior to engaging your family member, the better equipped they will be to negotiate a favorable outcome. Ask if the Monterey County Mobile Crisis team can respond with law enforcement.