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
(24-hour crisis services & referrals) ................................................................. 576-8181 or (800) 746-8181
NORTH BAY SUICIDE PREVENTION HOTLINE of SONOMA COUNTY .............. (855) 587-6373 (toll-free)
THE FRIENDSHIP LINE (24-hour suicide prevention services) ................................ (800) 971-0016

SONOMA COUNTY MENTAL HEALTH ACCESS TEAM ........ 565-6900 or (800) 870-8786
Evaluation and Referrals for Non-Emergency Mental Health Services

SONOMA COUNTY COUNSELING SERVICES AT HEALTH CARE CLINICS

Brookwood Health Center (Medi-Cal, Medicare; Sliding scale for uninsured) .................. 303-4060
Sonoma County Indian Health Project (Medi-Cal) ....................................................... 521-4500
Southwest Community Health Center (Medi-Cal, Medicare; Sliding scale for uninsured) ....... 547-2222
Vista Family Health Center (Medi-Cal, Medicare; Sliding scale for uninsured) ..................... 303-3600
Alliance (Medi-Cal, Medicare; Sliding scale for uninsured residents of Windsor, Healdsburg, Alexander Valley) .... 433-5494
Alexander Valley Regional Medical Center (Sliding scale for uninsured) ......................... 894-4229
Petaluma Health Center (Medi-Cal, Medicare; Sliding scale for uninsured) ......................... 559-7500

West County Community Health Centers:
• Occidental Area Health Center (Medi-Cal, Medicare; Sliding scale for uninsured) ............. 874-2444 or 823-1616
• Russian River Health Center (Medi-Cal, Medicare; Sliding scale for uninsured) ................. 869-2849
• Sebastopol Community Health Center (Medi-Cal, Medicare; Sliding scale for uninsured) .......... 842-9999

LOW FEE COUNSELING AGENCIES

Chrysalis Counseling Services for Women (Sliding scale available) ......................... 545-1670
Family Service Agency (Sliding scale available) ....................................................... 545-4551
Jewish Family and Children’s Services (Accepts some private insurances; Sliding scale available) .... 571-8131
Lomi Psychotherapy Clinic (Sliding scale available) ................................................... 579-0465
Petaluma People Services Center (Sliding scale available) ........................................... 765-8488
SOS Counseling Services (Santa Rosa, Cotati, Petaluma, Sebastopol locations. Sliding scale available; please inquire about no fee counseling) ......................... 284-3444
Verity Counseling for people who have experiences trauma, and their loved ones (Sliding scale available) ........ 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 (Senior Peer Counseling. Additional Services for Seniors - Social, Financial, Legal & Nutrition Services) ................................................................. 525-0143 X 125
Family Service Agency (Senior Peer Counseling) ....................................................... 545-4551 x 308
Peer Warmline Connection of Sonoma County (Weekend Evening, Peer-operated Helpline) ..... 565-4466
Spectrum LGBT Center .............................................................................................. 415-472-1945
Wellness and Advocacy Center (Peer-operated & Managed Self-Help Center for Mental Health Consumers) .................................................................................. 565-7800
Interlink Self Help Center (Peer-operated & Managed Self-Help Center for MH Consumers) ................................................................. 546-4481

FAMILY AND OTHER SUPPORT

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

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