

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

Bucklew 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 Room579-0138	YMCA546-9922
Catholic Charities528-8712	Coffee House (teens)546-3432
Redwood Gospel Mission542-4817	Social Advocates for Youth544-3299