

COUNTY INFORMATION, RESOURCES AND REFERRALS

AdventuresoftheHeartandMind.com

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IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY PLEASE CALL 911 OR VISIT YOUR LOCAL EMERGENCY ROOM

California Resource Guide By County

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Disclaimer: These resources are offered with the intention of connecting individuals to diverse resources to promote positive and balanced mental health and wellness while acknowledging the diverse needs of each individual. These resources are provided at no cost to recipients and no compensation is exchanged between AHM and other parties for referrals. We recognize that each and every option offered will be the best fit, so we encourage you personal exploration to determine the personal appropriateness of any and all resources, information or referral provided. AHM is not responsible or liable in any way for any acts or omissions of any third party that you choose to contact or hire. You should conduct your own due diligence, including but not limited to contacting the Better Business Bureau and conducting independent research, before contacting and/or hiring any of these third parties. Your use of the AHM Information and Referral Services Database is governed by the Terms and Conditions found at <https://adventuresoftheheartandmind.com/terms-of-use> and may be amended and/or modified from time to time.

Southern California

Riverside County					
Organization	Resource	Website	Address	Phone	Description & Additional Information
<i>Adventures of the Heart & Mind</i>	Emergency & Urgent Care Resources Page	https://adventuresoftheheartandmind.com/emergency-resources	43537 Ridge Park Drive, Temecula, California 92590, United States	(951) 541-1898	A variety of urgent care resources inclusive of talk-lines and learning resources to get mental health help and assistance now. Resource subjects include: intimate partner violence, LGBTQI+, child abuse, substance abuse, eating disorders, learning disabilities, mental health crisis, suicide, sexual assault, STD's and more.
<i>County of Riverside</i>	211 - Community Connect	https://inlandsocaluw.org/211	1835 Chicago Ave., Ste. B, Riverside, CA 92507	211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Riverside County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	Peer Support	https://takemyhand.co	N/A	Peer Navigation Line (888) 768-4968 Take My Hand (951) 955-7360	Sometimes you might have questions about your own thoughts, mood, or behaviors that worry you. Sometimes friends or family tell us that we might need to talk to someone. It can be confusing and even harder when you don't know where to start. The Peer Navigation Line is a phone line where you can talk to a real person who is in their own behavioral health recovery – they have 'been there' and have had the same questions, fears, and judgments. They want to help!

	24/7 Mental Health Urgent Care	https://up2riverside.org/mental-health-urgent-care-centers/	9990 County Farm Rd. Riverside, CA 92503	(951) 509-2499	Provides 24 hour/7 days/365 urgent care mental health screening and assessment services and medications to address the needs of those in crisis in a safe, efficient, trauma-informed, and least-restrictive setting.
			2500 N Palm Canyon Dr, Suite # A4 Palm Springs, CA 92262	(442) 268-7000	
			85 Ramona Expressway, Suites 1-3 Perris, CA 92571	951-349-4195	
	Telecare Riverside Crisis Stabilization Services	https://www.telecarecorp.com/riverside-county-csu	47-825 Oasis Street Indio, CA 92201	Phone: (760) 863-8600 or (760) 863-8455 Se Habla Español	Provides psychiatric emergency assessment and crisis stabilization for up to 24 hours for all ages. Services include evaluations, crisis intervention and referral for psychiatric hospitalization. Telecare Riverside Crisis Stabilization Services operate 24 hours a day, 7 days a week. This facility is also a 5150 provider.
Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/	27708 Jefferson Ave., Ste 101 Temecula CA 92590	844.229.6889	Center for Discovery Temecula is an outpatient eating disorder treatment center for patients of all genders and all ages. The eating disorder outpatient team is highly trained in eating disorders, including certifications in eating disorder treatment and abundant experience with high acuity patients. Many of the staff members are trained in trauma therapy, including eye movement desensitization and reprocessing (EMDR). This eating disorder treatment facility strongly supports family involvement in the treatment process and holds family nights as a way to involve loved ones to enhance the involvement of the patients. Hours of Operation: Monday - Friday 9am to 5pm
Discovery Mood & Anxiety Program	Mental Health Outpatient Treatment Center	https://discoverymood.com/	27708 Jefferson Ave #103 Temecula, CA 92590	844.590.3908	The Discovery Mood & Anxiety Program in Temecula is designed to create an atmosphere in which we can help patients to manage their emotional struggles in healthy and appropriate ways. We provide a range of treatment situations. This location caters to all genders of all ages, and includes a co-occurring substance use disorder (SUD) track to help those trying to overcome addiction.

Loma Linda University Behavioral Health	Mental Health Treatment Center	https://murrieta.luh.org/services/behavioral-health	28078 Baxter Road, Suite 230 Murrieta CA 92563	For Adult Services: 951-441-3902 For Adolescent Services: 951-783-3964	Loma Linda Behavioral Health offers Partial Hospitalization Programs and Intensive Outpatient Programs for both adults and adolescents. These outpatient programs provide a holistic approach to behavioral and mental health needs, focusing on mind, body and spirit.
Riverside County	Department of Social Services	https://rivcodpss.org/crisis-intervention			Offers links to many Riverside County resources
NAMI of Temecula Valley	Mental Health Resources, Support Groups & More	https://www.namitv.org/	40925 County Center Drive, Suite #200 Temecula, CA 92591	Peer Warm Line: (951) 672-2089 info@namitv.org National NAMI Helpline: (800) 950-6264	NAMI Temecula Valley is a grassroots organization dedicated to the improvement of life for those afflicted with mental illness and their loved ones. It is our belief that people with a brain disease should have the same respect and access to services as those with any physical illness. Our goal is to rid our community of the stigma that creates discrimination. We pursue this goal through public education, compassionate support, and legislative advocacy.

San Bernardino County

Organization	Resource	Website	Address	Phone	Description & Additional Information
County of San Bernardino	211 - Community Connect	https://211sb.org/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Bernardino County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
County of San Bernardino	24/7 Mental Health Urgent Care	https://wp.sbcounty.gov/dbh/urgentcare/	HIGH DESERT Valley Star Behavioral Health, Inc. 12240 Hesperia Road Victorville, CA 92395	(760) 245-8837 • 7-1-1 for TTY Users	DBH contracted Crisis Walk In Clinics (CWICs) provide urgent psychiatric behavioral health services to San Bernardino County residents experiencing a psychiatric crisis. CWIC staff are multidisciplinary including Psychiatrists, Clinical Therapists, Peers, and Nursing staff available to provide crisis intervention, crisis stabilization, and medical evaluation services. Open 24 hours a day, 7 days a week
	24/7 Mental Health Urgent Care		MORONGO BASIN Valley Star Behavioral Health, Inc. 7293 Dumosa Ave., Suite 2 Yucca Valley, CA 92284	(855) 365-6558	

	Crisis Stabilization Unit Ages 13+		<p>EAST VALLEY Windsor Center 1481 N. Windsor Drive San Bernardino, CA</p>	<p>Ph:(909) 361-6470 7-1-1 for TTY Users</p>	The Crisis Stabilization Units (CSUs) are unlocked, voluntary, 23-hour psychiatric urgent care centers that offer a positive, safe, quiet and calm home-like environment to individuals aged 13 and older experiencing a mental health crisis in San Bernardino County. CSUs provide crisis intervention, crisis stabilization, medical evaluation, and peer support. Referrals and linkage are provided upon discharge.
			<p>WEST VALLEY Merrill Center 14677 Merrill Ave Fontana, CA</p>	<p>Ph:(951) 643-2340 7-1-1 for TTY Users</p>	
County of San Bernardino	Acute Psychiatric Inpatient Hospital Providers		Canyon Ridge Hospital 5353 "G" Street Chino, CA 91710	(909) 590-3700 Fax (909) 590-4021	Acute psychiatric inpatient hospitalization is a higher level of care for those experiencing acute psychiatric distress and who are of possible danger to themselves or others.
			Arrowhead Regional Medical Center Behavioral Health Services 400 N. Pepper Avenue Colton, CA 92324	(909) 580-1800	
			Loma Linda University Behavioral Medicine Center (LLBMC) 1710 Barton Rd. Redlands, CA 92373	(909) 558-9200 Fax (909) 558-9269	
			Redlands Community Hospital Behavioral Medicine Programs 350 Terracina Boulevard Redlands, CA 92373	(909) 335-5500 Fax (909) 335-5650	

County of San Bernardino	Acute Psychiatric Inpatient Hospital Providers		Dignity Health Community Hospital of San Bernardino BHS 1805 Medical Center Dr. San Bernardino, CA 92411	(909) 887-6333	
	24/7 Crisis Residential Treatment: Ages 18-59		Casa Paseo Center 720 E. Gilbert St. San Bernardino, CA 92415	Ph: 909-332-6000 7-1-1 for TTY users Fax: 909-494-7799	The Crisis Residential Treatment Facilities (CRTs) are unlocked, voluntary, 16-bed facilities providing services to San Bernardino County residents who are experiencing an acute psychiatric episode or crisis and are in need of short-term (less than 90 days) crisis residential treatment. CRTs provide a home-like setting designed to offer short-term, recovery based treatment options, such as crisis intervention and stabilization, medication evaluation, individual, group and family therapy, case management services, and coping and symptom management skills.
			Wellspring Center 15217 San Bernardino Ave. Fontana, CA 92335	Ph: 951-643-2150 7-1-1 for TTY users Fax: 951-543-9644	
			Desert Hill Center Crisis Residential 16552 Sunhill Dr. Victorville, CA 92395	Ph: 760-780-4400 7-1-1 for TTY users Fax: 909-262-3976	
			Morongo Oasis Center 60805 29 Palms Hwy Joshua Tree, CA 92252	Ph: 760-974-5990 7-1-1 for TTY users Fax: 760-262-3937	
County of San Bernardino	Therapeutic Alliance Program (TAP)		850 E. Foothill Blvd. Rialto, CA 92376	Ph: (909) 421-9425 Fax: (909) 421-9392	The Therapeutic Alliance Program recognizes the frequency of co-occurring disorders (mental illness and substance abuse) in the population of consumers and has established a 30-bed, 90-day residential treatment program at a contract agency, to address the unique needs of that population.
	Rape/Sexual Assault Crisis Counseling		San Bernardino Sexual Assault Services, Inc. 444 N. Arrowhead Ave. Suite 101 San Bernardino, CA 92401	Ph: (909) 885-8884 Fax: (909) 383-8478 Hotline: 24-hours (800) 656-4673	

	Native American Resource Center		Riverside-San Bernardino County Indian Health, Inc. 11980 Mt. Vernon Ave. Grand Terrace, CA 92313	Ph: (909) 864-1097 ext. 4795	The Native American Resource Center functions as a one-stop center for American Indian and Alaskan Native children, youth and families. The Center offers behavioral health prevention and early intervention resources, services and programs. The Center provides culturally-based services, including outreach and education, family support, parenting, youth empowerment, healthy choice prevention activities, talking circles, drumming circles, workforce development and education assistance utilizing strength-based traditional Native American programs.
Non-County Resources	California Peer Support Warm Line	https://www.mentalhealthsf.org/peer-support/		855-845-7415	24/7 emotional support available to anyone in California via telephone or instant message. Provides assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.
	NAMI San Bernardino	https://www.namisb.org/		(909) 654-4134 info@email.com NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET. Or Text NAMI TO: 741741	NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need.
Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/	Various Locations Throughout California	866.949.1326	At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. For more than two decades we've helped thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home,

					you'll continue to receive recovery support for life through our Aftercare Program.
Discovery Mood & Anxiety Program	Mental Health Treatment Facility	https://discoverymood.com/	Various Locations Throughout California	844.569.2919	<p>Since 1997, Discovery Mood & Anxiety Program has helped thousands of teens and adults whose lives and families have been disrupted by anxiety, depression and other mood disorders. At Discovery, we believe you are more than your diagnosis and deserve access to the right treatment. Through our ESTEEM System™, you'll receive care that is multidimensional. Here are some highlights of what you'll find:</p> <ul style="list-style-type: none"> -Evidence-based and holistic treatment programs -Access to residential, partial hospitalization & intensive outpatient levels of care -School support program for adolescents -Comprehensive family support
Loma Linda University Behavioral Health	Mental Health Treatment Center	https://lluh.org/behavioral-health	1710 Barton Road Redlands, CA 92373	909-443-2237	<p>Our expert team specializes in treating a wide range of mental health and substance use issues for children, adolescents, adults and seniors. We offer a full range of behavioral health services including inpatient, partial hospitalization and intensive outpatient treatment.</p> <p>Our treatment philosophy is to strengthen, restore and renew the patient and his or her family.</p>

San Diego County					
Organization	Resource	Website	Address	Phone	Description & Additional Information
San Diego County	211 - Community Connect	https://211sandiego.org/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Diego & Imperial County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran

					services, community service, professional development and more.
	San Diego County Access and Crisis Line	San Diego County Behavioral Health Services Website		1-888-724-7240	Confidential and free of charge, the San Diego Access & Crisis Line (ACL) offers immediate support and resources from an experienced counselor 24 hours a day, 7 days a week on all behavioral health topics including: suicide prevention, crisis intervention, community resources, mental health referrals, alcohol and drug support services and more. Language interpreter services enable the ACL to assist in 150 languages within seconds.
San Diego County	San Diego County Psychiatric Hospital	San Diego County Psychiatric Hospital Webpage	3853 Rosecrans Street San Diego, CA 92110	619-692-8200	The San Diego County Psychiatric Hospital provides emergency psychiatric evaluation services, crisis stabilization services, and acute psychiatric inpatient care for adults and older adults. Assessment, stabilization, and treatment of adults who are experiencing an acute psychiatric crisis. Services include triage, medical evaluations, level of care disposition planning, treatment, and discharge planning for continuity of care.
San Diego County	Walk-In Crisis Clinics: <i>North Coastal</i>		Exodus Recovery North County Walk-in Assessment Center 524 W Vista Way Vista, CA 92083	(760) 758-1150	All North Coastal Zip Codes Mon-Fri 9:00am-4:30pm
			MHS, Inc. Vista Wellness Recovery Center 550 W Vista Way Vista, CA 92083	(760) 758-1092	Zip Codes: 92068, 92083, 92069, 92084, 92078, 92091, 92081, 92672 Mon-Fri 8:30am-4:00pm
			MHS, Inc. North Coastal Mental Health Center 3609 Ocean Ranch Blvd, Oceanside, CA 92056	(760) 712-3535	Zip Codes: 92007, 92014, 92056, 92008, 92018, 92057, 92009, 92023, 92058, 92010, 92024, 92067, 92011, 92054, 92075, 92013, 92055, 92091 Mon-Fri 9:00am-4:00pm

San Diego County	Walk-In Crisis Clinics: <i>North Inland</i>		Exodus Recovery North County Walk-in Assessment Center 1520 S Escondido Blvd Escondido, CA 92025	(760) 871-2020	All North Inland Zip Codes Mon-Fri 8:00am-4:00pm
			MHS, Inc. North Inland Mental Health Clinic 125 W Mission Ave Suite 103 Escondido, CA 92025	(760) 747-3424	Zip Codes: 92061, 92029, 92064, 92025, 92026, 92066, 92069, 92027, 92060, 92070, 92390 Mon-Fri 8:30am-4:00pm
			MHS, Inc. Kinesis North WRC 474 W Vermont Ave Suite 101 Escondido, CA 92025	(760) 480-2255	Zip Codes: 92003, 92065, 92128, 92004, 92082, 92129, 92028, 92086, 92259, 92036, 92096, 92536, 92059, 92127, 92592 Mon-Fri 8:30am-4:00pm
San Diego County	Walk-In Crisis Clinics: <i>Central</i>		CRF Jane Westin Walk-in Center 1045 Ninth Ave San Diego, CA 92101	(619) 235-2600	Zip Codes: 92101, 92102, 92104, 92132 Mon-Fri: 8:00am-06:00pm
			UPAC Community Wellness Clinic 5348 University Ave. Suite 108 San Diego, CA 92115	(619) 255-7550	Zip Codes: 92103, 92105, 92115 Mon-Fri: 8:30am-12:30pm
San Diego County	Walk-In Crisis Clinics: <i>Central</i>		NHA Project Enable 286 Euclid Ave, Ste 102 San Diego, CA 92114	(619) 266-2111	Zip Codes: 92112, 92114, 92139 Mon-Fri 10:00am-2:00pm
			Southeast Mental Health Center 3177 Ocean View Blvd San Diego, CA 92113	(619) 595-4400	Zip Code: 92113 Mon, Tues, Thurs, Fri 8:30am-12:00pm/1:00pm-3:30pm Wed 8:30am-11:30am

			Alianza Wellness Center 5555 Reservoir Dr. Suite 204A San Diego, CA 92120	(619) 822-1800	Zip Codes: 92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92120, 92136, 92139 Mon-Fri 8:30am-5:00pm
	Walk-In Crisis Clinics: <i>North Central</i>		North Central Mental Health Center 1250 Morena Blvd San Diego, CA 92110	(619) 692-8750	Zip Codes: 92037, 92110, 92038, 92111, 92093, 92116, 92106, 92117, 92107, 92119, 92108, 92120, 92109, 92121 Mon-Fri 8:30am—3:30pm
			CRF Douglas Young BPSR Center 10717 Camino Ruiz #207 San Diego, CA 92126	(858) 695-2211	Zip Codes: 92122, 92131, 92123, 92140, 92124, 92145, 92126, 92161, 92130 Mon-Wed, Fri 9:00am-11:00am Thurs Noon-2:00pm
San Diego County	Walk-In Crisis Clinics: <i>South</i>		CRF South Bay Guidance Wellness Recovery Center 1196 3rd Ave, Chula Vista, CA 91911	(619) 427-4661	Zip Codes: 91902, 91915, 91908, 91921, 91909, 91950, 91910, 91951, 91911, 92118, 91912, 92135, 91913, 92155, 91914, 92178 Mon, Wed, & Fri 9:00am—1:00pm
			CRF Maria Sardinias Wellness Recovery Center 1465 30th St San Diego, CA 92154	(619) 428-1000	Zip Codes: 91932, 91933, 92143, 92153, 92154, 92173 Tues & Thurs 9:00am—3:00pm
	Walk-In Crisis Clinics: <i>East</i>		East County Mental Health Center 1000 Broadway, Ste. 210 El Cajon, CA 92021	(619) 401-5500	Zip Codes: 91901, 91935, 91977, 91905, 91941, 91978, 91906, 91942, 91980, 91916, 91945, 92021, 91917, 91948 92040, 91931, 91962, 92071, 91934, 91963 Mon, Tues, Thurs & Fri 9:00am-Noon Mon-Fri 1:00pm-4:00pm
			CRF Heartland Wellness Recovery Center 460 N. Magnolia Ave.	(619) 440-5133	Zip Codes: 92019, 92020, 92022 Mon 9:00am-11:00am Tues & Thurs 9:00am-4:00pm

			Suite 110 El Cajon, CA 92020		Wed & Fri 9:00am-Noon
San Diego County	Substance Use Disorder Treatment Services	Directory of Substance Use Disorder Programs for Adults		SAN DIEGO ACCESS & CRISIS LINE 1-888-724-7240 TDD/TTY Dial 711 Free assistance 24/7	

Non-County Resources	NAMI San Diego	https://namisandiego.org/		NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET. Or Text NAMI TO: 741741	NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need.
	California Peer Support Warm Line	https://www.mentalhealthsf.org/peer-support/		855-845-7415	24/7 emotional support available to anyone in California via telephone or instant message. Provides assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.
Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/locations/la-jolla/	3013 Woodford Drive La Jolla, CA 92037	866.949.1326	Center for Discovery La Jolla is a high level of care eating disorder treatment center that provides residential treatment and partial hospitalization to young female and non-binary (regardless of sex assigned at birth) patients ages 16-26 who have been diagnosed with an eating disorder. Hours: 24/7

		https://centerfordiscovery.com/locations/san-diego/	5414 Oberlin Dr., Suite 100A San Diego, CA 92121	866.949.1326	Center for Discovery San Diego is an eating disorder outpatient treatment center that serves all genders ages 10-18. Staff members at this facility are grounded in body image and personal identity work. Members of the treatment team have unique experience in all levels of care, aiding the support for patients in getting them into the appropriate level of care. Hours: M-F 9:00am to 5:00pm
		https://centerfordiscovery.com/locations/del-mar/	4421 Carmel Valley Road San Diego, CA 92130	866.949.1326	Center for Discovery Del Mar is a higher level of care eating disorder treatment center located in San Diego, California that treats adult female and non-binary (regardless of sex assigned at birth) patients in the Southern California area, including greater San Diego as well as south Orange County. Hours 24/7
Discovery Mood & Anxiety Program	Mental Health Outpatient Treatment	https://discoverymod.com/locations/san-diego/	5414 Oberlin Drive Suite 100 San Diego, CA 92121	855.495.8138	Our San Diego facility provides a day-treatment program that offers partial hospitalization and intensive outpatient levels of care for adolescents between the ages of 11 and 17. We focus on assisting clients in gaining insight into their individual mental health challenges as well as supporting them and their families in developing new and healthy patterns of thinking and living in their home, educational, and social settings.
		https://discoverymod.com/locations/vista/	2428 Catalina Avenue Vista, CA 92084	855.495.8138	Discovery Mood & Anxiety Program at Vista is a six-bed residential treatment program for female identifying and non-binary (regardless of sex assigned at birth) adolescents ages 11-17 who are struggling with their mental health. Our program is focused on the stabilization, growth and independence of these teenagers as they find their voice, resilience and strength in their recovery process. Through their time here working with our treatment team, our goal is for the patients to be able to reintegrate back into home life with healthier, more balanced skills so they can succeed back at home and at school.

Imperial County

Organization	Resource	Website	Address	Phone	Description & Additional Information
<i>Imperial County</i>	211 - Community Connect	https://211sandiego.org/regional-services/imperial-county/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Diego & Imperial County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	Mental Health Services Act Transitional Engagement & Supportive Services (TESS) Program		1699 W. Main Street, Suite A El Centro, CA 92243	(442) 265-7200	The Mental Health Services Act Transitional Engagement and Supportive Services (TESS) program provides outreach and engagement activities to individuals who have recently experienced a personal crisis in their life requiring involuntary or voluntary mental health crisis intervention services. TESS creates a supportive services network that includes assisting the client in obtaining food, clothing, shelter, benefits assistance, assistance with public transportation, establishing contact with family, friends, significant others, and linkage to health care and other community resources.
	Mental Health Triage Unit		202 N. 8th Street, 1st Floor El Centro, CA 92243	Ph:(442) 265-1526 Fax:(442) 265-1544	The Mental Health Triage Unit provides immediate therapeutic response to individuals exhibiting psychiatric symptoms on a voluntary and involuntary basis pursuant to W&I Code 5150 during regular working hours (8a.m. to 5p.m.). Individuals requesting services, during regular work hours, will be screened for urgency of need and referred to the Mental Health Triage Unit if required. After working hours and weekends, individuals can only receive mental health services on an involuntary basis by law enforcement referral (5150 involuntary application).

	Adult Mental Health Programs	https://bhs.imperialcounty.org/adult-services/	Calexico MHSA FSP 1501 N. Imperial Avenue Calexico, CA 92231	(442) 265-6340	Adult and Older Adult Services Full Service Partnership Program – The Adult and Older Adult Services Full Service Partnership (Adult-FSP) Program provides services and supports to severely mental ill adults and older adults, ages 26 and older. Services available to Adult-FSP Program clients include case management; rehabilitative services; “wrap-like” services; integrated community mental health services; substance use disorder services; crisis response; and peer support. The Adult-FSP Program provides linkage to the following: emergency shelter; permanent housing; emergency clothing; food assistance; SSI/SSA benefits application and/or rehabilitation referral; referrals to general physician and/or dentist; driver’s license/ID application; and/or immigration paperwork. Delivery of needed supports and services are provided in the home for older adults who are homebound, do not have transportation, or are unable to access public transportation.
	Adult Mental Health Programs		El Centro MHSA FSP 2695 S. 4th Street, Ste. D El Centro, CA 92243	(442) 265-7600	
	Adult Mental Health Programs		Brawley MHSA FSP 229 Main Street Brawley, CA 92227	(442) 265-5110	
	Adult Mental Health Programs		San Pasqual – Family Resource Center 676 Baseline Rd. Building 306 Winterhaven, CA 92283	(442) 265-7291	
Imperial County	Adult Anxiety & Depression Clinics		El Centro Anxiety and Depression 313 Waterman Avenue El Centro, CA 92243	(442) 265-7300	Adult and Older Adult Services Anxiety and Depression Clinics – Anxiety and Depression, clients are provided with specialized therapy models that address Depression, Anxiety and Post Traumatic Stress symptoms. They are also provided with supportive services through mental health services to help support their progress with treatment to help ameliorate impairments.

Imperial County	Adult Anxiety & Depression Clinics		Calexico Anxiety and Depression 1501 W. Imperial Avenue Calexico, CA 92231	(442) 265-6340	
			Brawley Anxiety and Depression 220 Main Street, 2nd Floor Brawley, CA 92227	(442) 265-5060	
	Wellness Centers		MHSA El Centro Wellness Center 2695 S. 4th Street, Suite C El Centro, CA 92243	(442) 265-7627	The Wellness Center is a network of consumers whose mission is to implement a wellness program of supportive resource services for adults with a significant and persistent mental health diagnosis. Wellness Centers provide services that focus on social skills, recovery skills, encouragement, wellness, positive self-esteem, and community involvement. The Wellness Center has partnered with outside agencies to offer consumers educational classes and pre-employment, job readiness, and employment training, as well as assist them in obtaining a high school diploma or GED. Consumers also have access to computers and the internet to aid them in completing school assignments (i.e. research homework, and projects). The Wellness Center staff includes a music instructor who provides group and individual voice and instrumental music instruction. Consumers are also offered the opportunity to attend classes on English as a second language, arts and crafts, photography, self-esteem, life skills, cooking, embroidery/sewing, and computers
			MHSA Brawley Wellness Center 205 Main Street Brawley, CA 92227	(442) 265-5043	

	NAMI San Diego	https://namisandiego.org/		NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET. Or Text NAMI TO: 741741	NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need.
Discovery Mood & Anxiety Program	Mental Health Treatment Facility	https://discoverymood.com/	Various Locations Throughout California	844.569.2919	Since 1997, Discovery Mood & Anxiety Program has helped thousands of teens and adults whose lives and families have been disrupted by anxiety, depression and other mood disorders. At Discovery, we believe you are more than your diagnosis and deserve access to the right treatment. Through our ESTEEM System™, you'll receive care that is multidimensional. Here are some highlights of what you'll find: –Evidence-based and holistic treatment programs –Access to residential, partial hospitalization & intensive outpatient levels of care –School support program for adolescents –Comprehensive family support
Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/	Various Locations Throughout California	866.949.1326	At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. For more than two decades we've helped thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home, you'll continue to receive recovery support for life through our Aftercare Program.

Los Angeles County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Los Angeles County	211 - Community Connect	https://www.211la.org/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Los Angeles County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	LA County Access Center 24/7 Helpline	https://dmh.lacounty.gov/		800-854-7771	For mental health service information or referrals in the Los Angeles County area. Mental health screening and assessment Referral to a service provider Crisis counseling Mobilizing field response teams Linkages to other services and resources
Los Angeles County	Crisis Text Line	https://www.crisistextline.org/		Text LA to 741741	Connect with a trained crisis counselor to receive free crisis support via text message
	Substance Abuse Service Helpline	http://publichealth.lacounty.gov/sapc/		844-804-7500	Operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources and service referrals regarding substance use disorders.
	iPrevail Online 24/7 mental health support and coaching for LA County	https://lacounty.iprevail.com/		(442) 265-7600	We brought traditional models of talk therapy to your phone, tablet, and computer. Choose the one best for you, or we can help you mix and match to make something that fits. Live coaching, education, and support from trained peer specialists.

	Didi Hirsch	https://didihirsch.org/services/mental-health/	Multiple locations throughout LA County	Centralized Intake: 888-807-7250	Didi Hirsch provides outpatient treatment and psychiatric medication management to adults with mental illness. Adults can receive individual and group counseling as well as employment help in our program. We connect clients to community resources for housing, medical help, insurance benefits and in-home support services. Dedicated to serving communities where stigma or poverty limits access, Didi Hirsch helps more than 150,000 children and adults from 10 locations and 100 schools throughout Los Angeles and Orange counties each year. Our Suicide Prevention Center is the nation's first and an international leader in training, research and crisis services.
Los Angeles County	Mental Health Urgent Care Clinics LA County	https://dmh.lacounty.gov/our-services/countywide-services/ucc/	SERVICE AREA 2 SAN FERNANDO VALLEY OLIVE VIEW URGENT COMMUNITY CARE SERVICES 14659 Olive View Dr., Sylmar, CA 91342 M-F: 8am to 7pm Sat: 9am to 5:30pm Closed Sunday	Ph:(818) 485-0888	Provide intensive crisis services to individuals who otherwise would be brought to emergency rooms; Provide up to 23 hours of immediate care and linkage to community-based solutions; Provide crisis intervention services, including integrated services for co-occurring substance abuse disorders; Are geographically located throughout the County; Focus on recovery and linkage to ongoing community services and supports that are designed to impact unnecessary and lengthy involuntary inpatient treatment.
		https://www.exodusrecovery.com/l-a-eastside-ucc/	SERVICE AREA 4 DOWNTOWN (EASTSIDE) EXODUS URGENT CARE CENTER 1920 Marengo St. Los Angeles, CA 90033 24/7	Ph:(323) 276-6400 Fax:(323) 276-6498	

Los Angeles County	Mental Health Urgent Care Clinics LA County	https://www.exodusrecovery.com/urgent-care-center-ucc-westside/	SERVICE AREA 5 WEST L.A. (WESTSIDE) EXODUS URGENT CARE CENTER 11444 W. Washington Blvd. STE D Los Angeles, CA 90066 24/7	Ph: (310) 253-9494 Fax: (310) 253-9495	
		http://www.telecarecorp.com/mental-health-urgent-care-center/?rq=urgent%20care	SERVICE AREA 8 SOUTH LA CASA MENTAL HEALTH URGENT CARE CENTER 6060 Paramount Blvd. Long Beach, CA 90805 8am-7pm	Ph: (562) 630-8672 Fax: (562) 529-2463	
	STARS Behavioral Health Urgent Care Center	https://www.starsinc.com/bhucc-industry/	18501 Gale Avenue, Suite 100 City of Industry, CA 91748	(626) 626-4997	The new 9,000 square foot facility will serve people in the San Gabriel Valley who are experiencing a mental health crisis. The BHUCC is open 24 hours a day, seven days per week. Walk-ins welcome (call ahead for additional information and estimated wait times) All insurance plans accepted (individuals without insurance are also able to receive services).
Los Angeles County	STARS Behavioral Health Urgent Care Center		3210 Long Beach Boulevard Long Beach, CA 90807	Ph: (562) 548-6565 Fax (562) 685-0426	The Behavioral Health Urgent Care Center (BHUCC, pronounced "Buck") is a place where people experiencing a mental health crisis can go to be stabilized. It can be compared to an Urgent Care Center where people often go for a medical emergency instead of going to the hospital ER. The BHUCC is open 24 hours a day, seven days per week. Walk-ins welcome (call ahead for additional information and estimated wait times) All insurance plans accepted (individuals without insurance are also able to receive services. Contact us for more information.)

Psychiatric Inpatient Services	Kedren Acute Psychiatric Hospital	http://kedren.org/	4211 S. Avalon Blvd. Los Angeles, CA 90011	1-323-233-0425	
	Augustus F. Hawkins Mental Health Center (Adult & Adolescent)		1720 E. 120th St. Los Angeles, CA 90059	1-310-668-8151	
	LAC+USC Medical Center		1200 N. State St. Los Angeles, CA 90033	1-323-409-2800	
Psychiatric Inpatient Services	Harbor-UCLA Medical Center	http://www.harbor-ucla.org/	1000 W. Carson St. Torrance, CA 90509 1-310-222-2345	1-310-222-2345	
	Exodus Recovery, Inc.	https://www.exodusrecovery.com/	9808 Venice Blvd., 3rd Floor Culver City, CA 90232	1-310-237-0454	
	Southern California Hospital at Culver City		3828 Delmas Terrance Culver City, CA 90231	1-310-836-7001	
	Resnick Neuropsychiatric Hospital - UCLA	https://www.uclahealth.org/resnick	150 Medical Plaza Los Angeles, CA 90095	1-310-825-0511	
	V.A. Greater Los Angeles Health Care System	https://www.losangeles.va.gov/	11301 Wilshire Blvd. Los Angeles, CA 90073	1-310-478-3711	

Non-County Resources	NAMI Los Angeles	https://www.namiurbanla.org/		NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET. Or Text NAMI TO: 741741	NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need.
Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/	Various Locations Throughout L.A. County	866.949.1326	At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. For more than two decades we've helped thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home, you'll continue to receive recovery support for life through our Aftercare Program.
Discovery Mood & Anxiety Program	Mental Health Treatment Facility	https://discoverymood.com/	Various Locations Throughout L.A. County	844.569.2919	Since 1997, Discovery Mood & Anxiety Program has helped thousands of teens and adults whose lives and families have been disrupted by anxiety, depression and other mood disorders. At Discovery, we believe you are more than your diagnosis and deserve access to the right treatment. Through our ESTEEM System™, you'll receive care that is multidimensional. Here are some highlights of what you'll find: –Evidence-based and holistic treatment programs –Access to residential, partial hospitalization & intensive outpatient levels of care –School support program for adolescents –Comprehensive family support

Orange County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Orange County	211 - Community Connect	https://www.211oc.org/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Orange County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	OC Links Behavioral Health Line	https://www.ocaliforniahealthinfo.com/about-hca/behavioral-health-services/bh-services/navigation-training/oc-links		(855) 625-4657 TDD Number: 714-834-2332	OC Links provides information and linkage to any of the Health Care Agency's Behavioral Health Services, including crisis services, via telephone and chat. Callers can be potential participants, family members, friends, law enforcement and other first responders, providers or anyone seeking behavioral health resources and support. Trained Navigators provide information, referral, and linkage directly to programs in the behavioral health continuum of care from prevention through crisis identification and response. If you would like to learn more about services available through Behavioral Health Services, OC Links is available 24 hours a day, 7 days a week.
Orange County	NAMI Peer Connector	https://www.namio.org/peer-connector		714-544-8488	The Peer Connector program matches a person with a trained mentor, with lived experience, that can either be a family member or individual for 12 weeks of one-on-one connection. Day-to day situations drive weekly discussions with mentors. The Peer Connector program is designed to provide participants with individualized support, education, and skill-building knowledge that helps participants strengthen relationships with their families, increase cooperation, and understand how to navigate the community-based services.
	Crisis Assessment Team (CAT)			(866) 830-6011	For assessment & evaluation of individuals experiencing psychiatric emergencies, including threats to harm self, others, or gravely disabled.

	Crisis Stabilization Unit	https://www.ochealthinfo.com/csu	1030 W. Warner Santa Ana, CA 92707	Ph: (714) 834-6900 Fax: (714) 850-1066 24/7	Staff with the Crisis Stabilization Unit (CSU) provide emergency psychiatric and crisis stabilization services that include intervention, medication administration, consultation with significant others and outpatient providers, as well as linkage and/or referral to follow-up care and community resources. The team also offers psychiatric consultation over the phone to hospital emergency room staff and other County-operated and contracted program staff by request. The primary goal of the CSU is to refer clients to the most appropriate, non-hospital setting when indicated or to facilitate admission to psychiatric inpatient units when the need for this level of care is present. Serving Orange County residents ages 18 and older who are Medi-Cal beneficiaries.
	Community Counseling & Supportive Services (CCSS)	https://www.ochealthinfo.com/about-hca/behavioral-health-services/bh-services/prevention-intervention-services/early-4	4000 W. Metropolitan Dr. Suite 405 Orange CA 92868 8am - 8pm Monday - Thursday 8am - 5pm Friday	Ph: (714) 645-8000 Fax: (714) 954-2985	Community Counseling & Supportive Services (CCSS) is a short-term counseling program for Orange County residents of all age groups, who have or are at risk of developing a mild to moderate behavioral health condition. The program specializes in providing services to diverse communities including Lesbian, Gay, Bisexual, Transgender, Intersex, and/or Questioning (LGBTIQ+), deaf and hard of hearing and underserved ethnic communities.
Orange County	Outpatient Clinics		2035 E. Ball Road Suite 200 Anaheim 92806 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 517-6300 Dual Diagnosis services available	North Region (Serving: Anaheim, Atwood, Brea, Buena Park, Fullerton, Garden Grove, La Habra, La Palma, Placentia and Yorba Linda)
			5 Mareblu Aliso Viejo, CA 92656 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(949) 643-6901 Dual Diagnosis services available	South Region (Serving: Aliso Viejo, Balboa, Capistrano Beach, Corona del Mar, Dana Point, Laguna Beach, Laguna Hills, Laguna Niguel, Lake Forest, Mission Viejo, Newport Beach, Rancho Santa Margarita, San Clemente, San Juan Capistrano)

			1200 N. Main St., Ste 200 Santa Ana, 92701 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 480-6767 TDD (714) 480-6750 Dual Diagnosis services available	East Region (Serving: Costa Mesa, El Modena, Irvine, Lemon Heights, Newport Beach, Orange, Santa Ana, Tustin and Villa Park)
Orange County	Outpatient Clinics		14140 Beach Blvd. Suite 223 Westminster, 92683 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 896-7566 Perinatal services and Dual Diagnosis services available	West Region (Serving: Cypress, Fountain Valley, Huntington Beach, Los Alamitos, Midway City, Seal Beach, Stanton, Sunset Beach and Westminster)
	Outpatient Clinic: Pacific Asian Services		1200 N. Main Street, Suite 200 Santa Ana, 92701 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 480-6767	
			14140 Beach Blvd. Suite 223 Westminster, 92683 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 896-7566	
Orange County	Outpatient Clinic: Hearing Impaired Services		1200 N. Main Street Suite 200 Santa Ana, 92701 Hours: Mon - Sat 8am - 5pm	(714) 480-6767 TDD (714) 480-6750	Services also provided at client's home or local community mental health clinic. Call (714) 972-3700 for more information. TDD (714) 850-8461

Non-County Resources	NAMI Orange County	https://www.namioic.org/		<p>NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET.</p> <p>Or Text NAMI TO: 741741</p> <p>County Contracted Warm line/Text Line: 714-991-6412</p> <p>Mon-Fri 9am to 3am Sat/Sun 10am to 3am</p>	<p>NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness.</p> <p>Warmline Network Services is telephone-based, non-crisis support for anyone struggling with mental health and substance abuse issues. The staff providing the services has been through a similar journey, either as a mental health or substance abuse services consumer, or as a family member of an individual receiving these services.</p>
	California Peer Support Warm Line	https://www.mentalhealthisf.org/peer-support/		855-845-7415	24/7 emotional support available to anyone in California via telephone or instant message. Provides assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.
Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/	Various Locations Throughout California	866.949.1326	At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. For more than two decades we've helped thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home, you'll continue to receive recovery support for life through our Aftercare Program.

<p>Discovery Mood & Anxiety Program</p>	<p>Mental Health Treatment Facility</p>	<p>https://discoverymod.com/</p>	<p>Various Locations Throughout California</p>	<p>844.569.2919</p>	<p>Since 1997, Discovery Mood & Anxiety Program has helped thousands of teens and adults whose lives and families have been disrupted by anxiety, depression and other mood disorders. At Discovery, we believe you are more than your diagnosis and deserve access to the right treatment. Through our ESTEEM System™, you'll receive care that is multidimensional. Here are some highlights of what you'll find:</p> <ul style="list-style-type: none"> -Evidence-based and holistic treatment programs -Access to residential, partial hospitalization & intensive outpatient levels of care -School support program for adolescents -Comprehensive family support
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Central & Northern California

Alameda County					
Organization	Resource	Website	Address	Phone	Description & Additional Information
Alameda County	County Behavioral Health Care Services	https://www.acbhcs.org/		(800) 491-9099 TTY: (510) 533-5018	
	Child & Youth Services	https://www.acbhcs.org/mental-health/child-youth-services-0-24-years/		(800) 491-9099	The Child and Young Adult System of Care (CYASOC) provides mental health services to children, youth and young adults ages 0-24 years old. The CYASOC provides Mental Health and Substance Use Treatment services to individuals and families who have full scope Medi-Cal and are in need of support from a behavioral health perspective. It is important to our system of care that individuals and families not only feel welcomed, but also experience services that are empowering; culturally, ethnically, and linguistically responsive; and focus on wellness and resiliency.
	Adult Services	https://www.acbhcs.org/mental-health/adult-older-adult-services-18-years/		(800) 491-9099	Alameda County Behavioral Health Adult and Older Adult System of Care serves adults between the ages of 18 and 59 years; and older adults aged 60+ whose serious mental illness or co-occurring illnesses seriously impacts his/her/their day-to-day activities of daily living. We serve Individuals who are Medi-Cal recipients, Medi-Cal eligible, Medi-Cal/Medicare recipients (Medi-Medi), HealthPAC recipients, and uninsured individuals.
	211 - Community Connect	https://cccc.myresourcedirectory.com/index.php/en/ info@edenir.org	570 B Street Hayward, CA 94541	510-537-2710 (Administration) Toll Free Alternate Number for Help	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Alameda County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the

				888-886-9660 Hearing Impaired: Dial 7-1-1	resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Mental Health Association of Alameda County	Mental Health Advocacy & Support	https://mhaac.org/ mail@mhaac.org	M-F 9am to 5pm 954 60th St # 10 Oakland, CA 94608	(510) 835-5010	The Mental Health Association of Alameda County (MHAAC) is a nonprofit organization that has been advocating for individuals with mental illness in the Alameda, San Mateo, and Marin Counties since 1958. Governed by a Board of Directors and staffed by qualified individuals who are trained in trauma-informed care, and passionate about standing by people with mental health conditions, MHAAC runs multiple programs to help individuals and their families thrive. Serving over 24,000 individuals every year, we are proud to offer free support, education, and mental health resources to family caregivers.
Crisis Support Services of Alameda County	Mental Health Support & Resources	https://www.crisissupport.org/get-help-now/alameda-county-crisis-referrals/		510-420-2460	Crisis Support Services of Alameda County offers a broad range of counseling, education and prevention services in a safe environment. CSS' 24-hour crisis hotline responds to more than 65,000 calls each year. Services include on-going therapy groups, school-based counseling, supportive services for seniors, suicide prevention for youth; and community education. Crisis Support Services of Alameda County recognizes and understands the impact of trauma including the challenge of accessing supportive services. Our mission is to provide a welcoming and safe environment, rooted in the belief that through collaboration with clients at every stage of service healing is possible.
Family Education and Resource Center	Mental Health Resources & Support	https://ferc.org/	7677 Oakport Street, Suite 100, Oakland, CA 94621	Warm Line: 888-896-3372 510-746-1700	We offer a holistic approach to working with our families that include: (1) providing education so our families are well-informed about mental health diagnoses and treatment options; (2) equipping families to become stronger advocates with knowledge around HIPAA Laws

					and family/patient rights; and (3) supporting caregivers' well-being as peer-listeners to mitigate burn-out and strengthen their self-care.
Stars Community Services	Mental Health Programs For Children, Adolescents And Transitional Age Youth	https://www.starsinc.com/alameda-county/	400 Estudillo Ave. Ste. 100 San Leandro, CA 94577	(510) 352-9200	Stars Community Services provides programs for children, adolescents, and transitional age youth (TAY) who face emotional, behavioral, and learning challenges and have difficulty succeeding in family or community living environments. Based in San Leandro, this dedicated and experienced staff of psychiatrists, psychologists, social workers, mental health specialists, parent partners, and other counselors provide case management, mental health care, and a range of support services in schools, homes or other community settings throughout Alameda County. Our dedicated staff help youth and adolescents receive individualized service planning in the least restrictive setting.
NAMI Alameda County	Mental Health Resources, Support Groups & More			(510) 334-7721	We are part of the community organization that helps support those suffering from mental illness. We are a non-profit organization who helps bring awareness and support through group, and peer support. Serving Fremont through Oakland.

Contra Costa County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Contra Costa County Behavioral Health	County Behavioral Health Care Services	https://cchealth.org/bhs/	1340 Arnold Drive Suite 200 Martinez, CA 94553	925-957-5150	
	Psychiatric Emergency Services		Contra Costa Regional Medical Center (north side) 2500 Alhambra Ave. Martinez, CA 94553	24 hour access line: 888-678-7277 925-646-2800	Anyone living in Contra Costa County who experiences a mental or emotional crisis can get help. Mental Health Crisis Services are available in person or over the phone 24 hours a day.
	211 - Community Connect	https://cccc.myresourcesdirectory.com/index.php/en/			Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Contra Costa County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Contra Costa Crisis Center	Mental Health Crisis Resources & Support	https://www.crisis-center.org/		800-833-2900 24 hour Text 'HOPE' to 20121	Each day, our dedicated volunteers and staff provide support, counseling, and hope – helping people in emotional or psychological distress. The mission of the Contra Costa Crisis Center is to keep people alive and safe, help them through crises, and provide or connect them with culturally relevant services in the community.
George & Cynthia Miller Wellness Center - Behavioral Health	Short-Notice/ Same-Day Behavioral Health Appointments		25 Allen St. Martinez, CA 94553	925-313-7940 Appointments: 800-495-8885	M-F: 12 - 8:15 pm, Saturday: 8 am - 4:15 pm Closed Sunday. Closed on all major holidays. Appointment required. Walk-ins not accepted. We are committed to providing equal access to care regardless of the language you speak. We provide face to face or over the phone interpretation services for a variety of languages. When making an appointment

					please inform the appointment clerk of your needs for an interpreter.
Gender Clinic for Transgender and Non-binary Patients	Gender Non-Conforming, Non-Binary And Transgender Support Outpatient Services		*Martinez Health Center, Every 3rd Thursday morning. *West County Health Center, Every 4th Thursday morning. *Pittsburg Health Center, Every 3rd Thursday morning.	Appointments: 800-495-8885 For more information: 925-374-2185 510-231-9572	This monthly outpatient clinic provides a welcoming environment for transgender and non-binary people to receive culturally competent medical care including medication and hormone management, surgical referrals, connection to legal and mental health resources as well as other transition-related care. The clinic is staffed by providers trained in transgender health issues. Ages 18 and over. Appointment required.
NAMI Contra Costa County	Mental Health Resources, Support Groups & More	https://www.namicontracosta.org/ info@namicontracosta.org	2151 Salvio St, Ste V, Concord , CA 94520	925.942.0767	Provides support, outreach, education and advocacy to individuals living with and families affected by mental illness. NAMI CC currently supports many underserved portions of our community. We have many groups, classes and services for our Asian Pacific Islanders (API), Latinx community, African American and Transitional Age Youth (TAY). To also help reach much of the homebound community, we provide almost all of our groups and classes via Zoom. Please visit our calendar page for group dates and times.

Fresno County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Fresno County	Department of Behavioral Health	https://www.co.fresno.ca.us/departments/behavioral-health		<p>Access to services & Crisis Line: 800-654-3937</p> <p>Warm Line: 833-317-4673</p> <p>Non-Emergency: (559) 600-4645</p>	<p>Fresno County Department of Behavioral Health provides direct services to children, adults and families as well as contracting with a number of local community based organizations to provide additional services to Fresno County residents. We aim to strengthen and empower those in need through a variety of programs created to foster hope, wellness and resiliency.</p> <p>Behavioral health services are available to Fresno County residents, and we provide assessment, therapy, medication, case management, crisis intervention, treatment and other support services either directly or through our system of care.</p>
	211 - Community Connect	https://www.uwfm.org/211-helpline/ info@uwfm.org	4949 East Kings Canyon Road Fresno, CA 93727	(559) 244-5710	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Fresno County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Fresno EOC Sanctuary LGBTQ Resource Center	LGBTQ+ Resources & Support	https://fresnoeoc.org/lgbtq/	1250 Fulton Street Fresno, CA 93721	Call or text 559-325-4527	The Sanctuary LGBTQ+ Program provides support services to those of all ages in the LGBTQ+ community, including access to the safe and inclusive Q-CARE (Community, Advocacy, Resources & Equity) Center.
Community Behavioral Health Center	Inpatient Mental Health Facility	https://www.communitymedical.org/hospitals-facilities/community	7171 N Cedar Ave. Fresno, CA 93720	(559) 449-8000	Community Behavioral Health Center provides 24-hour care to patients based on their individual level of need. Voluntary admittance as well as non ambulatory patients capable of transferring themselves are both accepted.

		y-behavioral-health-center			<p>We're unable to accept patients who are dependent, non ambulatory or in need of acute medical attention.</p> <p>Patient Services: Adult care, Group and individual therapy, Medication management, Recreation therapy, Other treatment modalities.</p>
Central Star Behavioral Health	Community Mental Health Treatment & Services	https://www.starsinc.com/fresno-county/		Main contact line for Central Star: (559) 549-6697	Central Star Behavioral Health is dedicated to serving clients with the highest dignity and quality of service. We provide community-based mental health for children and their families in Fresno County. In addition, our Youth Psychiatric Health Facility serves young people in crisis in Fresno and throughout the Central Valley.
NAMI Fresno	Mental Health Resources, Support Groups & More	https://namifresno.org/ info@namifresno.org	7545 North Del Mar #105 Fresno, CA 93711	(559) 224-2469 NAMI National Information Helpline: (800) 950-NAMI	At the heart of NAMI's mission is our grassroots and the sharing of information with people with mental illness, their families, friends, mental health professionals, and the general public. NAMI strives to offer hope, reform and health to our American community through support, education , and advocacy efforts.

Monterey County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Monterey County	County Behavioral Health Services	https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/bh-home		888-258-6029 TTY/TDD: 831-796-1788	Behavioral Health can help people of all ages. We address issues throughout the lifespan, starting at pregnancy and going through senior years. We work with children, youth, adults, and families.
	Crisis Intervention	Behavioral Health Crisis Team		888-258-6029 Available 24 hours	Crisis Intervention is available 24- hours a day. Services are available via Telephone.
		Mobile Response Team – Children and Youth 21 and under		(831) 687-4379	Crisis Intervention is available 24-hours a day Services provided in the community and by telephone Serves individuals 21 and under. Offers immediate evaluation, treatment, and referral.
	Access Services	https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/bh-home/how-to-get-started	We provide services in our regional outpatient locations: <ul style="list-style-type: none"> • Salinas • Marina • Soledad • King City 	888-258-6029 TTY/TDD: 831-796-1788	Outpatient services for children, adolescents, and adults who are experiencing psychiatric or substance use problems. When you call us you will be screened and either have an evaluation or linked directly to service providers. The evaluation will help us better understand your needs. You may receive treatment and/or referral to community partners.
	211 - Community Connect	https://www.unitedwaymcca.org/211	232 Monterey Street, Suite 200 Salinas, CA 93901	(831) 372-8026	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Monterey County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.

Door To Hope	Comprehensive Behavioral Health Programs	http://doortohope.org/	130 W. Gabilan Street Salinas, CA 93901	(831) 758-0181	When people of any age struggle with addiction, mental health issues, trauma or an unstable home life, they need competent and compassionate care. Our licensed, certified and professional staff brings an exceptional level of expertise in the science and psychology of behavioral health, which is matched by warm, supportive approaches.
Montage Health	Mental, Emotional, & Behavioral Health Care	https://www.montagehealth.org/care-treatment/mental-behavioral/	23625 Holman Highway Monterey, CA 93940		Reach a healthier future, build resiliency and confidence, and strengthen your relationships with the help of supportive professionals. Montage Health offers complete mental, emotional, and behavioral healthcare, personalized to you.
NAMI Monterey County	Mental Health Resources, Support Groups & More	https://namimonterey.org/ info@namimonterey.org	1355 Abbot Street, Ste #3 Salinas, CA 93901 M-Thurs: 8:30 am-1:30 pm by appointment only. Closed Fridays	(831) 422-6264	NAMI Monterey County is a grassroots nonprofit designed to support family members and others who have loved ones suffering from a mental illness. We offer programs for families and consumers, advocate on behalf of those with mental illnesses, and hold a variety of educational workshops and programs throughout Monterey County. We are affiliated with NAMI California and NAMI National.

Sacramento County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Sacramento County	County Behavioral Health Services	https://dhs.saccounty.gov/BHS/Pages/BHS-Home.aspx bhs-dhs@saccounty.net		Mental Health Access Team 24/7 Crisis Line: 916-875-1055 or 888-881-4881 Warm Line: (916) 366-4668	We provide a full array of culturally competent and linguistically proficient mental health services to individuals of all ages. Services include prevention and early intervention, outpatient services, case management services, crisis intervention and stabilization services, and inpatient psychiatric hospitalizations.
	211 - Community Connect	https://www.211sacramento.org/211/info@211sacramento.org		800-500-4931 or 916-498-1000	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Sacramento County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
The Source	Foster Youth And Resource Family Support & Services	http://www.thesourcesacramento.com/thesource@kidshome.org		Call or Text 24/7: 916-787-7678	The Source is a foster youth and resource family urgent response program, administered by the Sacramento Children's Home. We aim to provide support to resource families and current or former foster youth during times of crisis and struggle. The program features urgent crisis support, which includes a free hotline for youth and families, available 24-hours per day, seven days a week. We are also available via text message, live online chat, and through social media. In addition to robust phone support, The Source also provides in person urgent response in the community as well as follow up community support to help youth and caregivers during crises. Resource families are provided with case

					management, mental health services, referrals, and respite activities when applicable.
Capital Star Community Services	Mental Health Services & Support	https://www.starsinc.com/sacramento-county/	3815 Marconi Avenue Sacramento, CA 95821 North Sacramento Center 3800 Watt Ave. Ste 110 Sacramento, CA 95821	(916) 584-7800 North Sacramento Center (916) 344-0249	In Sacramento County, not far from the State Capitol, Capital Star Community Services provides counseling services in the community, at homes, on school campuses and at other community locations.
Youth Help Network	Free Mental Health Services & Support For Youth 16-25	http://starsyouth.net/	401 S Street, Sacramento, CA 95814	(833) 333-2946 or California Relay Service: 711 Text (916) 860-9819	The Youth Help Network provides outreach and crisis support to transition-age youth (TAY), ages 16 through 25 years old, in areas where TAY are known to congregate. Site-based staff and street teams provide on demand crisis support, reduce geographic barriers, improve timeliness to services via a “fast pass” linkage approach, and provide outreach and information via a secured website and targeted social media.
Mental Health Urgent Care Clinic (MHUCC)	Mental Health Urgent Care	https://www.tpcp.org/programs/urgent-care/	2130 Stockton Blvd. Building 300 Sacramento, CA 95817	(916) 520-2460	Mental Health Urgent Care Clinic is a walk-in clinic for individuals with an urgent mental health need. The MHUCC is a client-centered program that focuses on providing immediate relief to individuals and families in distress. The program intends to avert psychiatric emergency room visits and involuntary hospitalizations. As a walk-in clinic, the MHUCC welcomes anyone experiencing mental health-distress regardless of age and ability to pay. Please call the clinic ahead of your visit to verify that we are open due to occasional emergency hour changes. Monday-Friday, 10:00 AM — 7:00 PM (Last walk-in at 6:00 PM)

					Saturdays, Sundays & Holidays, 10:00 AM — 6:00 PM (Last walk-in at 5:00 PM)
Gender Health Center	Counseling, Advocacy, Healthcare & Resources	https://www.genderhealthcenter.org/ frontdesk@ghcmail.org	3823 V Street Sacramento, CA 95817	916.455.2391	Gender Health Center is a trans and POC-led, grassroots nonprofit organization offering counseling, advocacy, healthcare & resources. Other than Harm Reduction Services, we are open by appointment only. Front Desk hours are M-F, 9 am-6 pm and closed for lunch at noon. If you call during non-business hours, please make sure to leave a message and our staff will return your call.
NAMI Sacramento County	Mental Health Resources, Support Groups & More	https://namisacramento.org/ office@namisacramento.org		Helpline: 916-890-5467	NAMI Sacramento is a self-supporting 501(c)(3) nonprofit organization and the Sacramento Affiliate of the National Alliance on Mental Illness. It is a grassroots, self-help, volunteer support and advocacy organization of consumers, family members and friends of persons afflicted with serious brain disorders (mental illnesses), such as schizophrenia, major depression, bipolar disorder, borderline personality disorder, obsessive-compulsive disorder and other anxiety disorders.

San Francisco County

Organization	Resource	Website	Address	Phone	Description & Additional Information
San Francisco County	County Behavioral Health Services	https://sf.gov/departments/department-public-health/behavioral-health		24/7 Crisis Line: 415-970-3800	
	Behavioral Health Access Center (BHAC)		380 Howard Street 1st Floor (at 10th St) San Francisco, CA 94103	24/7: 888-246-3333 For general information and appointments: 415-503-4730	The Behavioral Health Access Center (BHAC) acts as an entry point into the substance abuse and mental health system-of-care in San Francisco. BHAC can assess and authorize placement into different levels of care, depending on need. Services include residential treatment, intensive outpatient services, outpatient services, and other services that assist in reducing barriers to care. Residents of San Francisco are eligible for services at BHAC. Monday to Friday, 8 am to 5 pm
	211 - Community Connect	https://www.211baya.org/sanfrancisco/		800-273-6222 Or text your zip code to 898211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Francisco County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Mental Health Association San Francisco	Peer-Run Warm Line	https://www.mentalhealthsf.org/peer-run-warmline/ info@mha-sf.org	870 Market Street Suite 928 San Francisco, CA 94102	24/7 California Peer Run Warm Line: 855-845-7415	The Peer-Run Warm Line is a non-emergency resource for anyone in California seeking mental and emotional support. We provide assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.

Westside Crisis Clinic	Mental Health Crisis Clinic	http://www.westside-health.org/contact-us crisisclinic@westside-health.org	245 11th Street, San Francisco, CA 94103	415.355.0311	The Westside Crisis Clinic provides culturally competent crisis and urgent care services to San Francisco adults (18 years or older). Crisis Clinic is a voluntary, drop-in service open to any adult in need of emergency psychiatric care. The Clinic is designed to stabilize low-income residents in a mental health crisis and refer that person to an appropriate source for follow-up treatment.
Dore Urgent Care Clinic	Mental Health Urgent Care Walk In Clinic		52 Dore St, San Francisco, CA 94103	415-553-3100	The Dore Urgent Care Clinic is designed to offer clinical intervention for an individual who is experiencing an escalating psychiatric crisis and who requires rapid engagement, assessment, and intervention in order to prevent further deterioration into an acute crisis or grave disability. Based on the principles of social rehabilitation, it is a voluntary alternative to Psychiatric Emergency Services at San Francisco General Hospital. Open 24/7
NAMI San Francisco County	Mental Health Resources, Support Groups & More	https://www.namif.org/ info@namif.org	1388 Sutter Street, Suite 600 San Francisco, CA 94109	Help Line: 415-237-0039	At the heart of NAMI San Francisco's mission is the sharing of information and striving to end the stigma associated with mental illness. To this end, we offer a Helpline, support groups, educational meetings, newsletters, and a number of educational classes on mental illness held at various locations throughout the city.

San Joaquin County

Organization	Resource	Website	Address	Phone	Description & Additional Information
San Joaquin County	County Behavioral Health Services	https://www.sjcbhs.org/		General Information: 209-468-8700 Helpline: 888-468-9370	The mission of San Joaquin County Behavioral Health Services is to partner with the community to provide integrated, culturally and linguistically competent mental health and substance abuse services to meet the prevention, intervention, treatment and recovery needs of San Joaquin County residents.
	Adult Services	https://www.sjcbhs.org/adult.aspx		Crisis Intervention: 209-468-8686	The Adult Mental Health Services Program is part of San Joaquin County Health Care Services Agency's Mental Health Division. We provide clinical services to adults (ages 18 to 60) and transition age (18 to 21) young adults in need of mental health treatment.
	Children & Youth Services	https://www.sjcbhs.org/children_and_youth.aspx			A passionate commitment to provide intensive and comprehensive mental health services to help families keep their children and youth safe and healthy, in school and out of trouble, in partnership with local public and private agencies in San Joaquin County.
	Older Adult Service	https://www.sjcbhs.org/older_adult.aspx			San Joaquin County Older Adult Services recognizes that the quality of life for many 60 year olds and older can be enhanced through an array of services. Our programs are designed to provide support and assistance in maintaining independence. For those who can no longer live independently, even with in-home assistance, we offer programs to help ease the transition to long term care.
	The Crisis Clinic	https://www.sjcbhs.org/crisis_intervention.aspx	1212 N. California Street, Stockton, CA 95202		Crisis Phone 24/7: (209) 468-8686

					evaluation by mental health professionals determines the level or urgency or crisis and the appropriate course of intervention.
	Crisis Intervention Services Center		1212 N. California Street Stockton, CA 95202		Walk-in Hours: Monday-Friday from 8 a.m - 1 a.m. Psychiatric Technicians and Mental Health Specialists staff the Crisis Intervention Center. During weekdays, consumers are initially evaluated for the appropriate level of services through a triage process. If there is a possible need for temporary, involuntary psychiatric inpatient care, then a Crisis Services clinician is to assess the consumer's urgent treatment needs.
	211 - Community Connect	https://211sj.org/ 211SJ@frcsj.org		(800) 436-9997 Text Your Zip Code To: 898211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Joaquin County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
St. Joseph's Behavioral Health Center	Mental Health Clinic	https://www.dignityhealth.org/central-california/locations/stjosephsbehavioral	2510 N California St Stockton, CA 95204	(866) 812-0553	Open 24 Hours St. Joseph's Behavioral Health Center is a hospital that offers many services, including chemical recovery program, behavioral evaluations, and inpatient services.
NAMI of San Joaquin County	Mental Health Resources, Support Groups & More	https://namica.org/locations/nami-san-joaquin-county/ info@namica.org		(916) 567-0163	NAMI San Joaquin County is a grassroots family, client, and community member organization, dedicated to improving the lives of people with mental health challenges and the lives of their families and friends. These challenges are known as neurobiological brain disorders or psychiatric disabilities.

San Mateo County

Organization	Resource	Website	Address	Phone	Description & Additional Information
San Mateo County	County Behavioral Health Services	https://www.smchealth.org/bhrsservices	225 37th Avenue San Mateo, CA 94403	24/7 Access Call Center: (800) 686-0101 TTY for hearing impaired: dial 711	Services are provided by mental health clinicians, psychiatrists, psychologists, alcohol and drug counselors, peers, and others, through seven regional county behavioral health clinics and a network of contracted community and private providers located throughout the county.
	Find A Behavioral Health Provider Program	https://www.smchealth.org/bhrsproviders			Find a mental health and/or substance use provider in the San Mateo County Behavioral Health and Recovery Services (BHRS) network below. Services are offered through a network of county operated clinics and programs, contracted community agencies and private providers. We serve San Mateo County residents who have or are eligible for Medi-Cal, and those who are uninsured.
	Short Term Adult Crisis Residential Program	https://www.smchealth.org/sites/main/files/file-attachments/serenity_house_san_mateo_brochure_final.pdf?1591399748	Serenity House 3701 Hacienda St, San Mateo, CA 94403	(650) 204-9695	Serenity House offers respite to adults with a mental illness in crisis to regain stability. Serenity House staffs 14 full-time employees, who offer 24/7 support for clients. Their care is trauma-informed and recovery-centered, focusing on the immediate causes of a client's situation. Treatment includes a combination of individual therapy, skill development and groups focused on reducing stress, stabilizing thoughts and emotions, managing medication, learning self-sufficiency, managing anger, improving social relationships and improving physical condition.
	211 - Community Connect	https://www.211bayarea.org/sanmateo/		800-273-6222 Or text your zip code to: 898211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Mateo County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the

					resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Star Vista Crisis Center	Crisis Intervention	https://sanmateocrisis.org/	610 Elm Street, Ste 212 San Carlos, CA 94070	24/7 Crisis Hotline: 650-579-0350 Teen Text Line: 650-747-6463	As one of the first crisis centers in California, the StarVista Crisis Center has been dedicated to crisis intervention and suicide prevention for over half a century, offering free services to youth and adults of San Mateo County. The StarVista Crisis Center is accredited by the American Association of Suicidology and belongs to the Suicide Prevention Lifeline national network of crisis centers.
Mental Health Association of San Mateo County	Mental Health Support, Services & Resources Housing Assistance	https://www.mhasmc.org/programs info@mhasmc.org	2686 Spring Street, Redwood City, CA 94063	(650) 368-3345 Shelter (650) 298-9846	Mental Health Association of San Mateo County is dedicated to improving and enriching the quality of life for individuals in our community who have a mental illness, HIV/AIDS or a co-occurring disorder by providing stable housing and supportive services.
NAMI of San Mateo County	Mental Health Resources, Support Groups & More	https://namisanmateo.org/ namismc@sbcglobal.net	730 South Amphlett Blvd, Suite 308 San Mateo, CA 94402	Warm Line: 650-638-0802 Office Line: 650-638-0800	NAMI San Mateo County (SMC) offers support, education, compassion and practical experience, to anyone needing to educate themselves about mental illnesses and their treatment for themselves or a loved one in San Mateo County.

Santa Barbara County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Santa Barbara County	County Behavioral Wellness Services	https://www.countyofsb.org/274/Behavioral-Wellness	315 Camino del Remedio Building 3 Santa Barbara, CA 93110	805-681-5220 24/7 Access Line: 888-868-1649 Hearing Impaired: 7-1-1	Santa Barbara County Department of Behavioral Wellness promotes the prevention of, and recovery, from addiction and mental illness among individuals, families, and communities, by providing effective leadership and delivering state-of-the-art, culturally competent services. Listing of Programs & Services
	211 - Community Connect	https://211santabarbaracounty.org/		800-400-1572	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Santa Barbara County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Mental Wellness Center	Mental Health Services, Resources & Support	https://mentalwellnesscenter.org/ info@mentalwellnesscenter.org	617 Garden Street Santa Barbara, CA 93101	805-884-8440	The Mental Wellness Center works with thousands of people every year to improve and maintain mental wellness. Our community-based nonprofit organization specializes in helping individuals in three ways: *We help adults living with mental health challenges meet critical and basic needs as a foundation for their wellness *We offer courses and activities for teens and adults to learn and practice self-management skills for better self-regulation *We educate youth, families, and community groups about mental health so that we can take better care of ourselves individually and as a community.

Mission Harbor Behavioral Health	Outpatient Mental Health Treatment	https://sbtreatment.com/	403 E Montecito St., Ste. A Santa Barbara, CA 93101	(805) 209-4433	Mission Harbor Behavioral Health is a leading outpatient treatment facility serving the Greater Santa Barbara and Los Angeles areas. Our experienced staff offers multimodal approaches and the utmost quality of care for both men and women of all ages, with flexible treatment plans that cater to patient needs. Treatment programs offer help to those struggling with substance abuse, alcoholism, depression, trauma, co-occurring disorders process addictions, and an array of other mental and behavioral health issues.
Sanctuary Centers	Mental Health Treatment Services	https://sanctuarycenters.org/	1136 De La Vina St, Santa Barbara, CA 93101	(805) 569-2785	Sanctuary Centers offers evidence-based alternatives to the norms of modern mental health care. Rather than forcing clients to choose between intense in-patient hospitalization and inadequate outpatient treatment plans, we offer a community-based continuum of care that includes a varied range of practices and services to anyone adversely affected by mental illness.
NAMI of Santa Barbara County	Mental Health Resources, Support Groups & More	https://www.namisanbarbara.org/	Mental Wellness Center 617 Garden St. (second floor) Santa Barbara, CA 93101	805-884-8440 ext 3206	Providing emotional support, educational resources and advocacy for individuals and families affected by mental illness, and fighting the stigma associated with mental illness in our community.

Santa Clara County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Santa Clara County	County Behavioral Health Services	https://bhsd.sccgov.org/home		24/7: 800.704.0900 TTY: 800.855.7100 or 711	The Behavioral Health Call Center is the entry point for access to all Santa Clara County behavioral health services. We provide support for individuals and families who are in crisis; considering suicide; or struggling with mental illness, substance use, or both. Programs & Services
	Behavioral Health Urgent Care (BHUC)	https://bhsd.sccgov.org/programs-services/emergency-services/behavioral-health-urgent-care-bhuc	871 Enborg Court, Unit 100 San Jose, CA 95128 BHUC services are temporarily relocated to the Central Wellness and Benefits Center Building at 2221 Enborg Lane, San Jose CA 95128	(408) 885-7855	Monday - Sunday, 8:00 a.m. - 7:00 p.m. including holidays. As a consumer-focused program, Behavioral Health Urgent Care's goals are to provide immediate relief to people in distress and to help them maintain stability in their lives. The program is designed to avoid involuntary hospitalization, psychiatric emergency room visits, and incarceration.
	Emergency Psychiatric Services (EPS)	https://bhsd.sccgov.org/programs-services/emergency-services/emergency-psychiatric-services-eps	871 Enborg Lane San Jose, CA 95128	(408) 885-6100	Open 24-hours, 7 days a week Emergency Psychiatric Services (EPS) is the only 24-hour locked psychiatric emergency room, which provides emergency psychiatric care to residents of Santa Clara County. Nearly all our patients are on involuntary psychiatric holds (5150's).
	Acute Inpatient Psychiatric Hospitalization		Barbara Arons Pavilion, Valley Medical Center 820 Enborg Court San Jose, CA 95128	(408) 885-6140	Inpatient psychiatric hospitalization is designed to help people who are going through a behavioral health crisis. Inpatient psychiatric hospitalization is available for individuals requiring psychiatric stabilization for behavior or symptoms assessed as dangerous to self, to others, or gravely disabled and require 24-hour care in a secure

					and therapeutic setting. These individuals may have symptoms of anxiety, depression, or mania, or may be experiencing altered thought processes. The length of inpatient care is determined by the continued need for such services. Discharge planning from inpatient care includes linkage and/or coordination with an outpatient provider.
	211 - Community Connect	https://www.211bayarea.org/santaclara/		800-273-6222 Or text your zip code to 898211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Santa Clara County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Starlight Community Services	Mental Health Services For Ages 2 - 25	https://www.starsinc.com/santa-clara-county/	San Jose – South Center 6203 San Ignacio Ave., Ste. 150 San Jose, CA 95119 San Jose – North Center 1885 Lundy Ave. Ste. 223 San Jose, CA 95131	San Jose South Center: (669) 220-1913 San Jose North Center: (408) 284-9000	Starlight Community Services provides programs for children, adolescents and transitional age youth (TAY) who face emotional, behavioral, and learning challenges and have difficulty succeeding in family or community living environments. Our highly individualized and flexible approach supports youth at school, with their families, or within the community. Services are available to those ages 2-25 residing in Santa Clara County who have mental health issues at home or at school. Approval for treatment must be given by the Santa Clara County Department of Mental Health.
Palo Alto University Clinics	Sexual and Gender Identities Clinic	https://www.paloalto.edu/gronowski-center/sexual-and-gender-identities-clinic		(650) 961-9300	The Sexual and Gender Identities Clinic (SGIC) offers affordable and affirming psychological services for individuals who identify as lesbian, gay, bisexual, transgender, and/or queer (LGBTQ+), as well as those questioning their sexual orientation or gender identity. SGIC offers specialized counseling to address issues related to LGBTQ+ identities as well as counseling for other life issues in an affirmative space.

	PTSD/Trauma Clinic	https://www.paloalto.edu/gronowski-center/ptsdtrauma-clinic		(650) 433-3863	The PTSD/Trauma - Early Intervention Clinic provides up to 20 sessions of counseling services to individuals who have experienced a traumatic event within the last 2 years. Services are offered free as part of a research project comparing different approaches in assisting those who have experienced trauma.
	La Clínica Latina	https://www.paloalto.edu/gronowski-center/latino-specialty-clinic		(650) 417-2037	¡Bienvenidos! El Centro Gronowski está ofreciendo servicios psicológicos en español. La clínica está dedicada a proveer servicios de salud mental para la comunidad latina. Ofrecemos psicoterapia para los adultos, parejas, adolescentes, niños, personas de la tercera edad y familias.
Bill Wilson Center	Mental Health Services, Housing, Outreach	https://www.billwilsoncenter.org/services/all/mental.html BWCmail@billwilsoncenter.org	3490 The Alameda Santa Clara, CA 95050 Drop-In Center 693 South 2nd Street, San Jose, CA 95112	(408) 243-0222 Young Adult Support Hotline: (408) 850-6140 Drop In Center: 408-925-0231 (Call for hours of operation) Crisis Line: 408-850-6125	Bill Wilson Center provides services to more than 5,000 children, youth, young adults and families in Santa Clara County through our various programs. Additionally, we reach more than 30,000 clients through our Street Outreach and crisis line programs. Bill Wilson Center programs focus on housing, education, counseling, and advocacy. Click to see a list of All Services offered. The Drop-In Center serves homeless youth ages 14 - 25.
NAMI of Santa Clara County	Mental Health Resources, Support Groups & More	https://namisantaclara.org/	1150 South Bascom Ave., Suite 24 San Jose, CA 95128	(408) 453-0400	We offer practical experience, support, education, comfort and understanding to anyone concerned about mental illnesses and their treatment in Santa Clara County. The mission and values of NAMI Santa Clara County are to help people with a lived experience of mental illness and families by providing support, education and advocacy.

Sonoma County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Sonoma County	County Behavioral Health Services	https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/behavioral-health	2227 Capricorn Way, Suite 207 Santa Rosa, CA 95407	24/7 Access Line: (707) 565-6900 or (800) 870-8786	The mission of the Sonoma County Behavioral Health Division is to promote recovery and wellness to Sonoma County residents. We embrace a recovery philosophy that promotes the ability of a person with mental illness and/or a substance use disorder to live a meaningful life in a community of his or her choosing, while striving to achieve his or her full potential.
	24-Hour Crisis Stabilization Unit		2225 Challenger Way Santa Rosa, CA 95407	(707) 576-8181	Our Crisis Stabilization Unit (CSU) provides 24 hour-a-day, 7 day-a-week crisis intervention, assessment, medication, and up to 23 hours of supportive care for individuals in an acute mental health crisis. Services are available for children, youth, adults, and their families. Referrals are made to Crisis Residential Services or inpatient mental health facilities for those needing a higher level of psychiatric inpatient care.
	211 - Community Connect	https://211sonoma.org/			800-325-9604
Providence Santa Rosa Memorial Hospital	Mental Health Outpatient Treatment	https://www.providence.org/locations/norcal/santa-rosa-memorial-hospital/mental-health	405 W College Ave, Suite F, Santa Rosa, CA 95401	707-547-5450	When emotional or behavioral problems impair your daily activities and mental wellness, intensive outpatient psychiatric care can help. Through our mental health services at Santa Rosa Memorial Hospital, we provide care in a compassionate and supportive healing environment.

NAMI of Sonoma County	Mental Health Resources, Support Groups & More	https://namisonomacounty.org/ info@namisoco.org	182 Farmers Ln. #202 Santa Rosa, CA 95405	866-960-6264	The families and members of NAMI Sonoma County are here to help! We offer understanding to anyone concerned about mental illnesses and the treatment of mental illness. Mental illnesses are brain disorders that are biologically based medical problems. Untreated, they can cause severe disturbances in thinking, feeling and relating. This results in substantially diminished capacity for dealing with the ordinary demands of life. Mental illness can affect persons of any age and occur in any family. They are not caused by bad parenting and not evidence of weakness of character.
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Stanislaus County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Stanislaus County	County Behavioral Health Services	https://www.stancounty.com/BHRS/	800 Scenic Drive Modesto, CA 95350	(888) 376-6246 24/7 Emergency Support/Crisis: (209) 558-4600	BHRS provides integrated mental health services to adults and older adults with a serious mental illness and to children and youth with a serious emotional disturbance. BHRS also provides outpatient and residential alcohol and drug treatment and prevention services and serves as Stanislaus County's Public Guardian.
	Assisted Outpatient Treatment (AOT)			(209) 558-4600	AOT is a civil court-order for treatment of individuals with severe and persistent mental illness who meet strict legal criteria. Often, these individuals experience severe mental health symptoms which impact their ability to recognize the need for treatment. Goals of AOT include: preventing harmful outcomes such as relapse resulting in hospitalization, incarceration, or trauma; supporting individuals in maintaining stability and achieving personal goals; and assisting individuals to attain positive relationships with family, friends and other natural supports.
	Advocate Services		800 Scenic Drive Modesto, CA 95350	Peer Advocate Services: (209) 558-4610 Family Advocate Service: (209) 525-4982	8:00 A.M. to 5:00 P.M., Monday - Friday Spanish Language Capabilities for Family to Family Classes. The Family Advocate's role is to assist families with accessing and utilizing mental health, alcohol and drug services. In addition, support and information is provided to family members to help cope with the illness of loved ones. The Family Advocate works independently of all service providers and assists families in their interactions with the service providers in order to help improve and facilitate these important relationships.

	Emergency/ Inpatient Services			(209) 558-4600 *Available 24/7 *Spanish Language Capabilities *Call to access services or request psychiatric evaluation.	<p>Psychiatric Health Facility The Stanislaus County Psychiatric Health Facility (PHF) is an acute inpatient program licensed by the State of California for individuals experiencing an acute emergency related to a mental health disorder, where they can receive intensive mental health and psychiatric treatment services to assist in the stabilization of the episode. Services are provided by professional and paraprofessional staff as per licensing and certification requirements. Admission is voluntary or via 5150.</p> <p>Doctor's Behavioral Health Center Doctors Behavioral Health Center is a 67-bed adult inpatient psychiatric treatment center dedicated to helping improve the quality of life for individuals experiencing acute psychiatric impairment. Featuring a progressive treatment environment with caring professionals, this structured and nurturing environment provides close observation and treatment, while promoting a higher level of independence. Doctors Behavioral Health Center is an affiliate of Doctors Medical Center and is part of Tenet California. Doctors Medical Center is fully accredited by the Joint Commission. BHRS contracts with DMC to provide inpatient psychiatric care.</p>
	Behavioral Health Crisis and Support Line (BHCSL)		1904 Richland Ave. Ceres, Ca 95307	(209) 558-4600	BHCSL will connect community members experiencing a behavioral health crisis with staff from the CERT. For non-emergent situations, the BHCSL staff can assist new clients in scheduling an assessment, and for current BHRS clients, assist them following-up with outpatient treatment services. BHCSL staff can also provide immediate supportive services over the phone.
	Adult System of Care	https://www.stancounty.com/bhrs/services-adult.shtm			The Adult System of Care provides outpatient treatment for adults from the age of 18 years with serious and persistent mental illness and/or substance use disorders. Services are provided at various locations throughout

					Stanislaus County and are referred to as Regional Teams. Mental health rehabilitation & recovery services are provided for individuals who as a result of serious and persistent mental illness, have difficulty maintaining stable residence, significant inability to engage in productive activities and daily responsibilities, or experience frequent or lengthy psychiatric hospitalization.
	Children and Transitional Age Youth System of Care	https://www.stancounty.com/bhrs/services-childrens.shtm			Children and Transitional Age Youth System of Care offers children, youth, and their families a variety of mental health services. Programs focus on services provided to strengthen families and children.
	211 - Community Connect	https://stanislauscounty211.org/		877-211-7826	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Stanislaus County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Central Star Community Services	Mental Health Services For Children & Adolescents	https://www.starsinc.com/stanislaus-county/	1539 McHenry Ave. Modesto, CA 95350	(209) 702-0139	In Stanislaus County, which includes the cities of Modesto and Turlock, Central Star Behavioral Health serves children and adolescents through a family-focused Full Service Partnership (FSP) program. The FSP program in Stanislaus County works with underserved children and youth ages 6-17 and families who have a mental illness or condition, have been hospitalized (or are at risk), and those who need individualized mental health services and linkages to services.
NAMI of Stanislaus County	Mental Health Resources, Support Groups & More	https://namistanislaus.org/	NAMI Stanislaus 800 Scenic Drive, Building F, Room #7 Modesto, CA 95350	209-558-4555	NAMI Stanislaus promotes the general welfare of persons living with mental health conditions. NAMI Stanislaus helps people living with mental health conditions, their families, and the community by providing

		info@namistanislaus.org			emotional support, education, and advocacy for those suffering from mental health conditions; to reduce stigma and to improve services by partnering with mental health agencies and family members.
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Tulare County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Tulare County	County Mental Health Services	https://tchhsa.org/en/mental-health/	Health & Human Services 5957 South Mooney Blvd. Visalia, California 93277	24-hr Mental Health Crisis Line: 800-320-1616 24-hr. AOD Substance Use Disorder (SUD) Access Line: 866-732-4114 24 Hour Community Warm Line: (877) 306-2413	The Tulare County Health & Human Services Agency (HHSA) Mental Health Branch provides services for residents who are experiencing symptoms of mental illness. Both County-operated and community-based clinics provide services ranging from outpatient to long-term care. Together, these programs create a system of care for individuals of all ages experiencing mental health problems. Mental health services are provided in several languages.
	Mental Health Clinical Services			Visalia: (559) 623-0900 Porterville: (559) 788-1200 Warm Line: 877-306-2413 Emergency Services: 800-320-1616	Mental health clinics provide services that help individuals with mental illness manage their symptoms and avoid crises. Our goal is to help you avoid hospitalization and help you live and thrive within your community. To do so we use a “whatever it takes” approach to support the wellness and recovery process. Tulare County provides services at two adult mental health clinics—one in Visalia and one in Porterville. Tulare County also has one children’s clinic located in Porterville. We contract with community-based providers to make mental health services available throughout the county.
	211 - Community Connect	https://www.211tularecounty.org/			800-283-9323 Text your ZIP Code to 898-211

				to receive live help and resources directly on your phone!	day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
Kaweah Health	Inpatient Mental Health Hospital	https://www.kaweahhealth.org/our-services/mental-health/	1100 South Akers St. Visalia, CA 93277	(559) 624-3300	Kaweah Health Mental Health Hospital offers adult acute inpatient crisis intervention and medication stabilization services for the underserved in California's Central Valley.
NAMI of Tulare County	Mental Health Resources, Support Groups & More	https://namitularecounty.org/		Office Phone: (559) 732-6264 Office Cell Phone: (559) 967-6168 (best option)	NAMI Tulare County is an affiliate of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. We are a nonprofit organization dedicated to raising awareness and providing essential education, support, and advocacy for individuals and families affected by mental illness.