



A collaborative approach to personal and community health through education, prevention, and healthcare services

You asked us!

Mental health includes your emotional, psychological, and social well-being. It affects how you think, feel, and act. It also helps determine how you handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

We recently asked you what kind of content you would like to see in our newsletters and many of you requested information on mental health services available in Del Norte County. Listed below are a few resources to assist you:



Del Norte County Behavioral Health Branch - PH (707) 464-7224

- Outpatient Individual Services and Case Management
- Same Day Services
- Crisis Intervention
- Outpatient Group Services
- Adult Service Center
- Telepsychiatry and Medication Support
- 24/7 Access Line - PH (888) 446-4408 / (707) 464-7224
- Housing Services
- Children and Youth Services - including Remi Vista - PH (707) 464-4349
- Drug Court
- Detox and Residential Treatment
- Integrated Treatment Court
- Veteran's Court
- Diversion (pre-sentencing)
- Patient Rights Advocate

Open Door Community Health Center - PH (707) 465-6925

Open Door offers the MAT program to their established and/or assigned (Partnership Healthcare) patients. Established and/or assigned (Partnership Healthcare) patients may also see a LCSW.

Sutter Coast Hospital - PH (707) 464-8511

Sutter Coast Hospital has a Substance Use Navigator who assists patients suffering from substance related disorders with navigating and accessing services available to them in support of addiction treatment.

Sincerely,

Del Norte Healthcare District Board of Directors
Elizabeth Austen, B.A.
Michael Young
Kevin Caldwell, M.D.
Tonya Pearcey, R.N.
David Mason

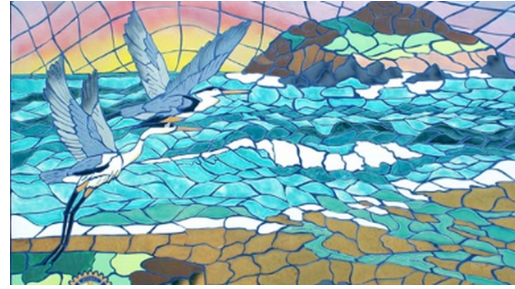
Source:

<https://www.cdc.gov/mentalhealth/index.htm>



[Like the Del Norte Healthcare District on Facebook](#) to stay up to date with our announcements, newsletters, and board actions.

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



Del Norte County Healthcare District | 550 E. Washington Blvd., Ste 400, Crescent City, CA 95531

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