



SONOMA COUNTY MENTAL HEALTH RESOURCES

Student Health Services at Santa Rosa Junior College

If you are experiencing a **psychiatric emergency**, please contact Sonoma County Behavioral Health Services at: (707) 576-8181 or 1-800-746-8181 or go to The Crisis Stabilization Unit at 2225 Challenger Way, Santa Rosa 95407

SRJC students may access **SPS's Drop-in services** at SRJC Monday through Friday at 1:30 pm on the Santa Rosa campus, and Monday & Thursday at 1:30 pm on the Petaluma campus.

24 HOUR LINES / CRISIS INTERVENTION

- Suicidal Thoughts** (855) 587-6373 www.suicidepreventionlifeline.org
- Crisis Text Line** Text "courage" to 741741 or go to facebook.com/crisistextline
- Crisis Prevention** (800) 273-8255 www.crisiscallcenter.org
- Veteran's Crisis Line** (800) 273-8255 press 1 www.veteranscrisisline.net
- Verity** (formerly known as United Against Sexual Assault) (707) 545-7273 www.ourverity.org
- Men Evolving Nonviolently** (707) 528-2636 www.sonomacountymen.org
- Alcoholics Anonymous** (707) 544-1300 www.sonomacountyaa.org
- YWCA Domestic Violence Services/Women's Emergency Shelter** (707) 546-1234
- NAMI Warm Line** – not crisis, but people to listen, avail M-F 9-5 (866) 960-6264 <https://namisonomacounty.org/warmline>

SONOMA COUNTY DEPARTMENT OF HEALTH SERVICES BEHAVIORAL HEALTH SERVICES

2225 Challenger Way, Santa Rosa 95407 (707) 565-6900
www.sonoma-county.org/health/about/behavioralhealth.asp
For individuals with serious and persistent mental disorders

SLIDING SCALE COUNSELING & SUPPORT RESOURCES

Lomi Psychotherapy Clinic (707) 579-0465, ext. 227
534 B Street, Santa Rosa, CA 95401 www.lomi.org
Sliding scale with no session limits; periodic free therapy with session limits

SOS Community Counseling (707) 284-3444
319 South E Street, Santa Rosa, CA 95401 www.soscounseling.org
Very low sliding scale; no session limits; in Santa Rosa, Windsor, Rohnert Park

Chrysalis Community Counseling Services (707) 545-1670, ext. 264
1821 Fourth Street, Santa Rosa, CA 95404 www.chrysaliscounseling.org
Provides feminist therapy; all female staff; women & men welcome

Santa Rosa Community Health Centers www.srhealthcenters.org

PSYCHIATRY & PSYCHOTHERAPY AVAILABLE at all 3 locations
Accepts: Medi-Cal, Medicare, CMSP, Healthy Families, FamilyPACT, Gateway/CHDP-- & can go there to apply for Medi-Cal

Vista Family Services (formerly Chanate) (707) 303-3600
3569 Round Barn Circle Santa Rosa, CA 95403
Uninsured or underinsured; drop-in or pre-set appointments

Brookwood Health Center (incl. "A" Street Clinic) (707) 583-8700
(Formerly "Free Clinic") This is a walk-in, first-come, first-served agency
983 Sonoma Ave Santa Rosa, CA 95401
For those who are homeless or uninsured; drop-in services; urgent issues; also a quick point of entry into SR Health Center system

Southwest Community Health Center at Lombardi (707) 547-2222
751 Lombardi Court Santa Rosa, CA 95407
Uninsured or under-insured; pre-set appointments

ONLINE RESOURCES There are many other mental health resources available in Sonoma County. An excellent site for online resources is maintained by Sonoma County's Department of Human Services: <http://211sonoma.org>

FOR LOCATIONS, HOURS & SERVICES PROVIDED BY STUDENT HEALTH SERVICES, GO TO shs.santarosa.edu OR CALL 524-1595



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Angela Center

535 Angela Drive, Santa Rosa 95403

(707) 528-8578

www.angelacenter.com

La Luz Bilingual Center (Bilingual available)

17560 Greger Street, Sonoma, CA 95476

Need to be referred for other bilingual services & then may obtain limited therapy at no cost

(707) 938-5131

www.laluzcenter.org

Psych Strategies

1160 North Dutton Ave, Suite 230, Santa Rosa (& also in Petaluma)

Not a low-fee agency but does take all insurance & usually no wait list

(707) 526-2300

www.psychstrategies.com

Jewish Family and Children's Services

1360 N. Dutton Ave Suite C, Santa Rosa, CA 95404

Not low cost but does provide a wide range of therapy services

(707) 303-1500

jfcs.org

NAMI (National Alliance on Mental Illness)/Sonoma County (707) 527-6655

182 Farmers Lane, Suite 202 Santa Rosa, CA 95405

Support groups & classes for those w/severe & persistent mental disorders; FREE

namisonomacounty.org

CPI California Parenting Institute

3650 Standish Ave Santa Rosa, CA 95404

Counseling for kids 3-18; classes for parents

(707) 585-6108

www.calparents.org

Men Evolving Nonviolently –peer-led groups

Groups in Petaluma and Santa Rosa

Contribute 1 hr of your pay, \$10/session, and scholarships available

(707) 528-2636

www.sonomacountymen.org

Positive Images – LGBTQ support and peer groups

200 Montgomery Dr., Suite C Santa Rosa, CA 95404

For teens and young adults

(707) 568-5830

www.posimages.org/

Sutter Hospice Bereavement & Grief Groups/Indiv Counsel (707) 535-5780

110 Stony Point Rd., Suite 110 Santa Rosa, CA 95401

www.suttercareathome.org/GriefSupport/NorthBaySupport.html

FREE

Verity (formerly known as "United Against Sexual Assault")

835 Piner Road, Suite D Santa Rosa, CA 95403

Indiv counseling + free support groups for sexual assault

(707) 545-7270

www.ourverity.org

TO THE SOUTH & THE NORTH: PETALUMA, MONTE RIO / GUERNEVILLE & CLOVERDALE

Petaluma Health Center

1179 North McDowell Blvd. Petaluma, CA 94954

Non-urgent; first establish w/ primary care doc & then see mental health provider; PSYCHIATRY AVAILABLE; apply here for CMSP;Path2Health

(707) 559-7605

www.phealthcenter.org

Petaluma People Services Center

1500A Petaluma Blvd. South Suite A, Petaluma, CA 94952

(707) 765-8488

www.petalumapeople.org

Hope Counseling (Christian counseling)

941 B St., Petaluma, 94952

(707) 763-9484

www.hopercounselingpetaluma.com

Russian River Counselors

19375 Hwy 116 Monte Rio (near Guerneville) 95462

(707) 865-1200

www.rivershrink.com

Alexander Valley Regional Medical Center

6 Tarman Drive, Cloverdale 95425

(707) 894-4229

alexandervalleyhealthcare.org

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ALCOHOL AND DRUG TREATMENT SERVICES

Certified Outpatient Treatment Programs:

Santa Rosa Treatment Program

(707) 576-0818

1901 Cleveland Ave., Suite B Santa Rosa, CA

www.srtp.net

- Adult Counseling & Support Services for: outpatient substance abuse, addiction education to our client's family members, opiate replacement medication therapy using methadone, suboxone & subutex (buprenorphine) medication therapy, alcohol & stimulants abuse.
- Accepts private pay, Medi-Cal and uses the low end of the sliding scale for billing.

Drug Abuse Alternatives Center (DAAC)

(707) 544-3295

2403 Professional Drive Santa Rosa, CA

www.daacinfo.org

- Adults and Youth (12 years old and above), men & women, bilingual/bicultural Spanish available.
- Individual and group counseling for individuals and families.
- Accepts private pay, Medi-Cal/Minor Consent Medi-Cal, some insurance and county-funded clients

California Human Development (CHD)

(707) 523-1155

3315 Airway Drive Santa Rosa, CA

californiahumandevelopment.org

- Outpatient Services for adult men and women. Individual and group counseling. Services offered in light, moderate and intensive levels in both day and evenings.
- Accepts private pay, Medi-Cal, county-funded and sliding scale clients. No one turned away due to inability to pay.

Licensed Residential Treatment Programs:

Turning Point (DAAC) Residential Treatment

(707) 284-2950

440 Arrowood Drive, Santa Rosa, CA 95403

www.daacinfo.org

- 30-270 days; 134 bed capacity
- Adult Co-ed program for clients with primary AOD diagnosis; Also, dual-diagnosis track
- Accepts private pay, (some) insurance, county-funded clients, sliding scale and community beds available. No one turned away for lack of funds.

Athena House (California Human Development Corp.)

(707) 526-3150

3555 Sonoma Highway, Santa Rosa, CA

www.californiahumandevelopemnt.org

- 6-9 months; 25 bed capacity
- Adult women (no children).
- Accepts private pay and county-funded clients

A Step Up (Community Support Network)

(707) 795-4336

420 E. Cotati Avenue, Cotati, CA

- 6-9 months; 7 bed capacity
- Adult co-ed, specializing in Dual Diagnosis. Requires referral from Sonoma County Mental Health Division.
- Accepts private pay, insurance and county-funded clients.

Women's Recovery Services

(707) 527-0412

Santa Rosa, CA

www.womensrecoveryservices.org

- 90-270 days; 20 bed capacity
- Women and children; Dual Diagnosis Capable
- Accepts private pay, insurance and county-funded clients



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Licensed Residential Treatment Programs: *continued*

Campobello

3250 Guerneville Rd. Santa Rosa, CA 95401

(707) 579-4066

campobello.org

- Detox, Day/Partial, and Residential Treatment
- Extensive Programming
- Accepts private pay and insurance (not a low-cost agency)

Licensed Detoxification Programs:

Turning Point Orenda Detox Program (DAAC)

1430 Neotomas Drive, Santa Rosa, CA 95401

(707) 565-7460

www.daacinfo.org

- 15 bed capacity
- Adult co-ed; based on social model of treatment care
- Sliding scale for Sonoma residents, \$50 for non-residents
- Accepts private pay, insurance and county-funded clients. No one turned away for lack of funds.

Unlicensed Residential Programs:

Redwood Gospel Mission

101 6th St. Santa Rosa, CA

(707) 578-1830

www.srmision.org

- The New Life Program (men only), 10-14 months
- Manna Home (women only) 10 months, 12 bed capacity
- Christian-oriented, non-smoking
- No charge, based on need

Lytton Springs Adult Recovery Center (Salvation Army)

200 Lytton Springs Road, Healdsburg, CA

(707) 433-3334 ext. 113

- 180-270 days; 110 bed capacity
- Men only; Christian-based program, work therapy
- No charge to those who qualify

Victory Outreach

4042 Sebastopol Rd, Santa Rosa, CA

(707) 527-1557

- 90 days plus; 14-20 bed capacity
- Adults, with men-only and women-only facilities
- Christian recovery principles (bible and faith based);
- Requires one year commitment to sober living residence and bible study

ADDITIONAL RESOURCES

Alcoholics Anonymous (AA)

(707) 544-1300

www.sonomacountyaa.org

Al-Anon (friends/family members)

(707) 575-6760

www.ncwsa.org

Adult Children of Alcoholics (ACA)

(310) 534-1815

www.meetings.adultchildren.org/meetings

Narcotics Anonymous

(707) 324-4062

www.sonomacountyana.org

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