



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 Thursday at 2pm and Fridays at 11am on the Santa Rosa campus, and Monday & Wednesday at 2pm on the Petaluma campus.

24 HOUR LINES / CRISIS INTERVENTION

Suicidal Thoughts Sonoma County Hotline

(855) 587-6373 www.suicidepreventionlifeline.org

National Suicide Prevention Hotline

(800)273-8255 www.crisiscallcenter.org

Crisis Text Line

Text "courage" to 741741 or go to facebook.com/crisistextline

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 www.ywcasc.org

NAMI Warm Line – not crisis, but people to listen, avail M-F 9-5

(866) 960-6264 <https://namisonomacounty.org/warmline>

Transgender Suicide Hotline 24 hours

(877)565-8860

SONOMA COUNTY DEPARTMENT OF HEALTH SERVICES

BEHAVIORAL HEALTH SERVICES

(707) 565-6900 please call for screening

2225 Challenger Way, Santa Rosa 95407

www.sonoma-county.org/health/about/behavioralhealth.asp

For individuals with serious and persistent mental disorders with MediCal

Beacon Health Options

(855) 765-9702 www.beaconhealthoptions.com

Individual counseling for individuals with Partnership Medi-Cal

SLIDING SCALE/LOW COST/FREE THERAPY

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

low sliding scale; no session limits; Partnership: in Santa Rosa, Windsor, Rohnert Park

Jewish Community Free Clinic

(707) 585-7780

50 Montgomery Drive Santa Rosa

www.jewishfreeclinic.org

Solution Focused Brief Therapy- 8 Free Sessions

Petaluma People Services

(707)765-8488

1500 Petaluma Blvd S, Petaluma, CA 94952

www.petalumapeople.org

Sliding scale available- can take Medi-Cal for children and teens

Humanidad

(707)525-1515

95 Montgomery Drive. Suite 112, Santa Rosa, CA 95404

www.srosahates.org

Individual therapy, couples, families, children, group. Bilingual services available

Low fee Sliding scale as low as \$25, no sesión limmit

SANTA ROSA COMMUNITY HEALTH

www.srhealth.org

PSYCHOTHERAPY & PSYCHIATRY AVAILABLE at all locations

Accepts all insurances and will do sliding scale. Multiple locations.

Visit website to find most convenient location and phone number to

schedule appointment. Your first visit there will be with a primary care doctor

who can refer you to their mental health services.

SIYAN CLINICAL For psychiatry.

(707) 206-7268

Most major insurances accepted (not MediCal)

<http://siyanclinical.com/>

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

07/24/19





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ONLINE RESOURCE 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>

OTHER COMMUNITY THERAPY RESOURCES

La Luz Bilingual Center (Bilingual available)

17560 Greger Street, Sonoma, CA 95476
Short term therapy available for free (often short wait list)

(707) 938-5131
www.laluzcenter.org

Psych Strategies

1160 North Dutton Ave, Suite 230, Santa Rosa
Not a low-fee agency but does take all insurance

(707) 526-2300
www.psychstrategies.com

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

110 Stony Point Rd., Suite 110 Santa Rosa, CA 95401 *FREE*
www.suttercareathome.org/GriefSupport/NorthBaySupport.html

COMMUNITY SUPPORT GROUPS/RESOURCES

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

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
Serving ages 12-39 free support groups and other services

(707) 568-5830
www.posimages.org/

TO THE WEST, SOUTH & THE NORTH

All centers accept MediCal, Medicare, Sliding Scale; psychiatry available for those with MediCal/Medicare

Petaluma Health Center

1179 North McDowell Blvd. Petaluma, CA 94954

(707) 559-7605
www.phealthcenter.org

Rohnert Park Health Center

5900 State Farm Dr. Rohnert Park, CA 94928

(707)559-7600

Alliance Medical Center

Healdsburg & Windsor locations

(707) 433-5494
www.alliancemed.org

Alexander Valley Regional Medical Center

6 Tarman Drive, Cloverdale 95425

(707) 894-4229
alexandervalleyhealthcare.org

West County Health Centers:

Locations in Sebastopol, Occidental, Guerneville, Forestville

www.wchealth.org

Russian River Counselors

19375 CA-116, Monte Rio, CA 95462
Individual therapy; accepts all insurance + MediCal, Sliding scale

(707) 865-1200
<http://www.rivershrink.com/>

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ALCOHOL AND DRUG TREATMENT SERVICES

Bright Heart Health- An *online* comprehensive substance abuse program from a multi-disciplinary team of experts in addiction disorder. Outpatient and Intensive Outpatient program. Takes most insurance including Medi-Cal.
<https://www.brighthousehealth.com/>

LICENSED RESIDENTIAL TREATMENT PROGRAMS

Turning Point (DAAC) Residential Treatment

440 Arrowood Drive, Santa Rosa, CA 95403

(707) 284-2950

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.

Stonehouse (California Human Development Corp.)

3555 Sonoma Highway, Santa Rosa, CA

(707) 526-3150

www.californiahumandevlopment.org/drug-free-living/residential-treatment/

www.californiahumandevlopment.org/drug-free-living/residential-treatment/

- 1-12 months; 40 bed capacity
- Adult women, and women with children
- Accepts most insurance including MediCal and private pay and sliding scale

Women's Recovery Services

Santa Rosa, CA

(707) 527-0412

www.womensrecoveryservices.org

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

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 DETOX

Orenda Detox Program

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 RECOVERY PROGRAMS

Redwood Gospel Mission

101 6th St. Santa Rosa, CA

(707) 578-1830

www.srmission.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



SONOMA COUNTY MENTAL HEALTH RESOURCES

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Lytton Springs Adult Recovery Center (Salvation Army)

(707) 433-3334 ext. 113

200 Lytton Springs Road, Healdsburg, CA

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

Victory Outreach

(707) 527-1557

4042 Sebastopol Rd, Santa Rosa, CA

- 90 days plus; 14-20 bed capacity * FREE *
- 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 and chores around the house/church

EATING DISORDER RESOURCES

Kaiser Santa Rosa

707-393-4167

Understanding Emotional Eating: 4 sessions \$60 for non-Kaiser members, \$0 for Kaiser members

Full Heart

707-544-5717

606 Beaver Street Santa Rosa, CA 95404

<https://fullheart.weebly.com/>

Wednesdays 6:30 - 7:30pm Open to anyone with disordered eating. Free for all to attend.

Intensive Outpatient Program takes private pay or private insurance-not MediCal.

Bright Heart Health- An online comprehensive eating disorder program from a multi-disciplinary team of experts in addiction disorder. Outpatient and Intensive Outpatient program. Takes most insurance including Medi-Cal. <https://www.brighthearthealth.com/>

ANAD Eating Disorders Support Group

<https://www.feat2eat.com/>

1425 N. McDowell, Petaluma, CA 94954

ADDITIONAL HOTLINE 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.sonomacountyaa.org

CA Smokers and Over Chewers helpline

(800)662-8887

California Smokers Helpline

(800) No Butts (662-8887) www.nobutts.org