



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

2225 Challenger Way, Santa Rosa 95407

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

For individuals with serious and persistent mental disorders with MediCal

(707) 565-6900 please call for screening

SLIDING SCALE COUNSELING & SUPPORT RESOURCES

Lomi Psychotherapy Clinic

534 B Street, Santa Rosa, CA 95401

Sliding scale with no session limits; periodic free therapy with session limits

(707) 579-0465, ext. 227

www.lomi.org

SOS Community Counseling

319 South E Street, Santa Rosa, CA 95401

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

(707) 284-3444

www.soscounseling.org

Jewish Community Free Clinic

Solution Focused Brief Therapy- Free

(707) 585-7780

www.jewishfreeclinic.org

Petaluma People Services

1500 Petaluma Blvd S, Petaluma, CA 94952

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

(707)765-8488

www.petalumapeople.org

Humanidad

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

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

Low fee Sliding scale as low as \$25

(707)525-1515

www.srosahates.org

Santa Rosa Community Health

PSYCHIATRY & PSYCHOTHERAPY AVAILABLE at all locations

Accepts all insurances and will do sliding scale & can go there to apply for Medi-Cal

www.srhealth.org

Brookwood Health Center

(707) 583-8700

Daily walk-in, first-come, first-served at 8am or by appointment

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

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

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Beacon Health Options

Individual counseling for individuals with Partnership Medi-Cal

(855) 765-9702 www.beaconhealthoptions.com

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>

Other Community Resources

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

Not a low-fee agency but does take all insurance

(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

Accepts some private insurance; sliding scale may be available

(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

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 ages 12-24, Trans support groups for ages 18+, Free

(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 *FREE*

www.suttercareathome.org/GriefSupport/NorthBaySupport.html

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:

www.wchealth.org

Russian River Counselors

19375 Hwy 116 Monte Rio (near Guerneville) 95462

(707) 865-1200

www.rivershrink.com

Occidental Area Health Center

(707) 874-2444

Sebastopol Community Health Center

(707) 842-9999

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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

www.californiahumandevlopment.org/drug-free-living/outpatient-services/

- 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.

Santa Rosa Community Health: SAFE Program

(707)303-3600

Opioid Addiction Treatment

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.

Stonehouse (California Human Development Corp.)

(707) 526-3150

3555 Sonoma Highway, Santa Rosa, CA

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

(707) 527-0412

Santa Rosa, CA

www.womensrecoveryervices.org

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



SONOMA COUNTY MENTAL HEALTH RESOURCES

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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:

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 Residential 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

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 * 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

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.



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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.sonomacountyna.org
CA Smokers and Over Chewers helpline	(800)662-8887	
California Smokers Helpline	(800) No Butts (662-8887)	www.nobutts.org

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