



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

SRJC students may access **SPS's Drop-in services** remotely Monday through Thursday at 2pm and Fridays at 11am call 707-527-4445.

NOTE: All community agencies are providing teletherapy during the Covid-19 Pandemic.

24 HOUR LINES / CRISIS INTERVENTION

Suicidal Thoughts Sonoma County Hotline	(855) 587-6373	www.suicidepreventionlifeline.org
National Suicide Prevention Hotline	(800)273-8255	www.crisiscenter.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
CA Peer-run Warm Line – not crisis, 24/7, Internet Chat	(855) 845-7415	https://www.mentalhealthsf.org/peer-run-warmline/
Transgender Suicide Hotline 24 hours	(877) 565-8860	
National Domestic Violence Hotline	(800) 799-7233	
Covid-19 Warm Line- non crisis, 10am-7pm, English/Spanish, 7 days	(707) 565-2652	

SONOMA COUNTY DEPARTMENT OF HEALTH SERVICES

Behavioral Health Services

2225 Challenger Way, Santa Rosa 95407

For individuals with serious and persistent mental disorders.

Accepts Medi-Cal and Medicare ONLY

(707) 565-6900 Please call for screening

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

SLIDING SCALE/LOW COST/FREE THERAPY

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

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

(707) 284-3444

www.soscounseling.org

Jewish Community Free Clinic

50 Montgomery Drive Santa Rosa

Solution Focused Brief Therapy- 8 Free Sessions

(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, no session limit

(707)525-1515

www.srosahtes.org

SANTA ROSA COMMUNITY HEALTH

PSYCHOTHERAPY & PSYCHIATRY AVAILABLE at all locations

Accepts all insurances including Medi-Cal 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.

www.srhealth.org

PSYCHIATRY

Siyan Clinical Most major insurances taken (not MediCal)

(707) 206-7268

<http://siyanclinical.com/>

FOR LOCATIONS, HOURS & SERVICES PROVIDED BY STUDENT HEALTH SERVICES, GO TO shs.santarosa.edu OR CALL 527-4445

05/08/2020





SONOMA COUNTY MENTAL HEALTH RESOURCES

Student Health Services at Santa Rosa Junior College

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

Beacon Health Options

Individual counseling for individuals with Partnership Medi-Cal

(855) 765-9702

www.beaconhealthoptions.com

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 except Medi-Cal

(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; limited psychiatry available at some locations.

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

(707) 865-1200

<http://www.rivershrink.com/>

FOR LOCATIONS, HOURS & SERVICES PROVIDED BY STUDENT HEALTH SERVICES, GO TO shs.santarosa.edu OR CALL 527-4445

05/08/2020





SONOMA COUNTY MENTAL HEALTH RESOURCES

Student Health Services at Santa Rosa Junior College

ALCOHOL AND DRUG TREATMENT SERVICES

CERTIFIED OUTPATIENT TREATMENT PROGRAMS:

Drug Abuse Alternatives Center (DAAC)

2403 Professional Drive Santa Rosa, CA

(707) 544-3295

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

Bright Heart Health (Telehealth)

brighthousehealth.com

- Resources, videos, and individual/group therapy for substance addiction.
- Accepts most major insurances and Medi-Cal, Medicare, and Medicaid

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.

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;
- 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; Most insurance including Medi-Cal and private pay and sliding scale
- Adult women, and women with children

Women's Recovery Services

Santa Rosa, CA

(707) 527-0412

www.womensrecoveryervices.org

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

Campobello

3250 Guerneville Rd. Santa Rosa, CA 95401

(707) 579-4066

campobello.org

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

LICENSED DETOX

Orenda Detox Program

1430 Neotomas Drive, Santa Rosa, CA 95401

(707) 565-7460

www.daacinfo.org

- Adult co-ed; based on social model of treatment care
- Sliding scale: Sonoma residents, \$50 non-residents; Accepts private pay, insurance and county-funded clients.

Santa Rosa Treatment Program

625 Steele Lane Santa Rosa, CA 95403

(707) 576-0818

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.
- Accepts private pay, Medi-Cal and uses the low end of the sliding scale for billing.

FOR LOCATIONS, HOURS & SERVICES PROVIDED BY STUDENT HEALTH SERVICES, GO TO shs.santarosa.edu OR CALL 527-4445

05/08/2020





SONOMA COUNTY MENTAL HEALTH RESOURCES

Student Health Services at Santa Rosa Junior College

Cannabis support: (Temporarily suspended during Covid-19, contact Marijuana Anonymous number below)

Stoners on the Steps

Fountaingrove Center 3554 Round Barn Blvd, Santa Rosa, Ca 95403

- Thursday evenings 8pm-9pm; Non-smoking, Wheelchair accessible, Open meeting

Don't Bogart That Recovery

Sonoma County Alano Club 1050 Petaluma Blvd N, Petaluma, Ca 94952

- Thursday evenings 7:15pm-8:15pm; Non-smoking, Wheelchair accessible, Open meeting

Keep Off The Grass

Sonoma County Alano Club 1050 Petaluma Blvd N, Petaluma, Ca 94952

- Thursday mornings 10am-11am; Non-smoking, Wheelchair accessible, Open meeting

EATING DISORDER RESOURCES

Kaiser Santa Rosa

707-393-4167

Understanding Emotional Eating:

4 sessions \$60 for non-Kaiser members, \$0 for Kaiser members

ANAD Eating Disorders Support Group

1425 N. McDowell, Petaluma, CA 94954

www.feat2eat.com

Bright Heart Health

Telehealth; resources, videos, and individual/group therapy for eating disorders and substance addiction.

Accepts most major insurances and Medi-Cal, Medicare, and Medicaid

brighthousehealth.com

ADDITIONAL SUBSTANCE USE 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

800-662-8887

www.nobutts.org

Marijuana Anonymous

707-583-2326

<https://marijuana-anonymous.org/>

Life Ring

800-811-4142

<https://www.lifering.org>

SMART Recovery

<https://www.smartrecoverytest.org/local/>

SAMHSA Virtual Recovery Resources

List of national online resources for substance use and abuse recovery. Includes list of groups and meetings

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>