



SONOMA COUNTY MENTAL HEALTH RESOURCES

SRJC Student Health Services

If you are experiencing a psychiatric emergency, please call 988 or go to The Crisis Stabilization Unit at 2225 Challenger Way, Santa Rosa 95407

Student Psychological Services: Drop-ins available for students

In-person and Telehealth appointments

Monday-Thursday 2pm & Fridays 11am

(707) 527-4445

NOTE: All community agencies are providing tele-therapy and some also in-person services

24 HOUR LINES / CRISIS INTERVENTION

Suicide & Crisis Lifeline	Call or Text: 988	www.988lifeline.org
Veteran's Crisis Line	Call 988 & press 1; text 838255	www.veteranscrisisline.net
Trevor Project (LGBTQ+ Suicide Hotline)	(866) 488-7386 Text: 678678	https://www.thetrevorproject.org/get-help/
Transgender Suicide Hotline 24/7	(877) 565-8860 oprima 2 para español	https://translifeline.org/hotline/
YWCA Domestic Violence Services Women's Emergency Shelter	(707) 546-1234	https://www.ywcasc.org
National Domestic Violence Hotline	(800) 799-7233 Text: "START" to 88788	https://www.thehotline.org/
National Deaf Domestic Violence Hotline Email: nationaldeafhotline@adwas.org	Video phone: 855.812.1001 Instant messenger: DeafHotline	Abused Deaf Women's Advocacy Services https://www.youtube.com/watch?v=ql7zD8X80wE&feature=youtu.be
StrongHearts Native Helpline (for Domestic/Sexual Violence)	(844) 7NATIVE (762-8483)	https://strongheartshelpline.org/
Redemption House of the Bay Area For Survivors of Human Trafficking; 24/7	(707) 697-2099 Call or Text	https://redemptionhouseofthebayarea.org/our-programs
Verity: rape crisis (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 (707) 623-6702 Español	www.sonomacountyaa.org
NAMI Warm Line not crisis, but people to listen avail M-F 10-4	(866) 960-6264	https://namisonomacounty.org/warmline
CA Peer-run Warm Line not crisis, 24/7, Chat & phone	(855) 845-7415	www.mentalhealthsf.org/peer-run-warmline/
CalHope RedLine American Indian Alaskan Native support (M-F 8-5)	(888) 368-4090 Text: 916-252-5002	https://ccuih.org/redline/
CalHope CONNECT (chat: 8AM-12AM M-Sun) all other services 24/7	(833) 317-4673 warmline (949) 776-5520 BeWelline (833) 642-7696 Español	https://calhopeconnect.org/
Racial Equity Support Line M-F 10am-7pm	503-575-3764	https://www.linesforlife.org/get-help-now/services-and-crisis-lines/racial-equity-support-line/
YouthLine Teen-to-Teen (under 21) 4pm-10pm get a teen; other hours get an adult to talk	877-968-8491 Text 839863	https://www.theyouthline.org/