

# Mental Health Resources for SRCS Families

***If your child is experiencing a psychiatric emergency, please call 911 or take them to the nearest emergency room.***

## CRISIS SUPPORT

If you have an urgent need now to talk with someone for counseling or mental health support call:

- o **Sonoma County 24-Hour Crisis Stabilization Unit:** (707) 576-8181
- o **North Bay Suicide Prevention Hotline of Sonoma County:** 1 (855) 587-6373
- o **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat (<https://suicidepreventionlifeline.org/chat/>)

## LOCAL MENTAL HEALTH SERVICES

If you feel that your child might benefit from an appointment with a mental health clinician (therapist, psychiatrist, etc.), the following resources may help.

If you have **Kaiser Permanente** medical insurance:

Kaiser Permanente Santa Rosa Child and Family Psychiatry - (707) 571-3778

If you are part of the **Sutter Medical Group:**

Sutter Health 24-hour "Find A Doctor" line: 800-493-1372

If you receive **Medi-Cal or are uninsured**, community health centers throughout Sonoma County are providing virtual counseling visits through phone and online video calls.

- o [http://www.partnershiphp.org/Community/Documents/Sonoma/Sonoma\\_MentalHealth.pdf](http://www.partnershiphp.org/Community/Documents/Sonoma/Sonoma_MentalHealth.pdf)
- o Find a community health center near you: <https://www.rchc.net/health-centers/>

ADDITIONAL COMMUNITY COUNSELING RESOURCES:

- o **SOS Community Counseling:** Intake line (707) 284-3444
- o **Social Advocates for Youth (SAY)** <https://www.saysc.org/programs/family-and-individual-therapy/>  
Individual and family services are offered to youth ages 5-25 and their families who have Medi-Cal or are referred by Family Youth and Children Prevention Services, Sonoma County Juvenile Probation, and Seneca Family Permanence Collaborative. If you have Medi-Cal and need counseling please call 707-544-3299 x237. Si usted habla español, por favor contacte a 707-544-3299 x237.

## OTHER HOTLINES

- o NAMI Sonoma County Support Line: 1 (866) 960-6264 (Monday-Friday, 10:00 am to 5:00 pm PST)
- o For mental health resources, national NAMI Hotline: 1 (800) 950-6264 (Monday-Friday, 10:00 am to 6:00 pm EST)
- o Friendship Line: 1 (800) 971-0016

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