



SONOMA COUNTY MENTAL HEALTH RESOURCES

Student Health Services at Santa Rosa Junior College

If you are experiencing a **psychiatric emergency**, please contact
Sonoma County Mental Health Emergency Services at: (707) 576-8181
or go to Psychiatric Emergency Services 3322 Chanate Road Santa Rosa 95404

SRJC students may access **SPS's Drop-in services** at SRJC Monday through Friday at 1:30 pm on the Santa Rosa campus, and Tuesday & Thursday at 1:30 pm on the Petaluma campus.

24 HOUR LINES / CRISIS INTERVENTION

Suicidal Thoughts

(800) 273-8255 www.suicidepreventionlifeline.org

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

(707) 546-1234 www.ywca.org/sonomacounty

Women's Emergency Shelter

(707) 546-7115

SONOMA COUNTY DEPARTMENT OF HEALTH SERVICES

BEHAVIORAL HEALTH

(707) 565-6900

3322 Chanate Rd., Santa Rosa, CA 95404

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

For individuals with serious and persistent mental disorders

SLIDING SCALE COUNSELING & SUPPORT RESOURCES

SOS Community Counseling

www.soscounseling.org

Santa Rosa 284-3444; Cotati 242-6646; Petaluma 773-7760; Sebastopol 200-3846; Larkspur 415 254-2851

Very low sliding scale; no session limits

Lomi Psychotherapy Clinic

(707) 579-0465, ext. 227

534 B Street, Santa Rosa, CA 95401

www.lomi.org

Chrysalis Community Counseling Services

(707) 545-1670

1821 Fourth Street, Santa Rosa, CA 95404

www.chrysaliscounseling.org

Provides feminist therapy; all female staff; women & men welcome

Community & Family Services Agency

(707) 545-4551

Does not take Medicare/Medi-Cal; Bilingual counseling staff

Santa Rosa: 2255 Challenger Way Suite 106 Santa Rosa, CA 95401

www.community-family-services.org

Sebastopol: 477 Petaluma Avenue Sebastopol, CA

Guerneville: 16390 Main Street Guerneville, CA (Russian River Center)

Santa Rosa Community Health Centers

www.srhealthcenters.org

PSYCHIATRY & PSYCHOTHERAPY AVAILABLE at all 3 locations

Accepts: Medi-Cal, Medicare, CMSP, Healthy Families, FamilyPACT, Gateway/CHDP-- & can go there to apply for Medicare...

Brookwood Health Center (incl. "A" Street Clinic) (707) 583-8700

(formerly "Free Clinic") This is a walk-in, first-come, first-served agency

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

Non-urgent; will first establish with primary care doctor and then see mental health provider; can apply here for CMSP;Path2Health

Vista Family Services (formerly Chanate) (707) 303-3600

3569 Round Barn Circle Santa Rosa, CA 95403

Non-urgent; will first establish with primary care doctor and then see mental health provider; can apply here for CMSP; Path2Health

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



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Angela Center

535 Angela Drive, Santa Rosa 95403

(707) 528-8578

www.angelacenter.com

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

<http://laluzcenter.org>

Psych Strategies

1160 North Dutton Ave, Suite 230, Santa Rosa (& also in Petaluma)

Not a low-fee agency but does take all insurance & usually no wait list

(707) 526-8300

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

(707) 571-8131

www.jfcs.org/sonoma-county

NAMI (National Alliance on Mental Illness)/Sonoma County

1300 N. Dutton Ave Suite A Santa Rosa, CA 95404

Support groups & classes for those w/severe & persistent mental disorders; FREE

(707) 527-6655

www.namisonomacounty.org/

CPI California Parenting Institute

3650 Standish Ave Santa Rosa, CA 95404

Counseling for kids 3-18; classes for parents

(707) 585-6108

www.calparents.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

312 Chinn Street Santa Rosa, CA 95404

For teens and young adults

(707) 568-5830

www.posimages.org/

Sutter Hospice Bereavement & Grief Groups/Indiv Counsel

1110 N. Dutton Ave Santa Rosa, CA 95404 *FREE*

www.suttervnaandhospice.org/support/support_NorthBay.html

Verity (formerly known as "United Against Sexual Assault")

835 Piner Road, Suite D Santa Rosa, CA 95403

Indiv counseling + free support groups for sexual assault

(707) 545-7270

www.ourverity.org

TO THE SOUTH & THE NORTH: PETALUMA, MONTE RIO / GUERNEVILLE & CLOVERDALE

Petaluma Health Center

1179 North McDowell Blvd. Petaluma, CA 94954

Non-urgent; first establish w/ primary care doc & then see mental health provider; PSYCHIATRY AVAILABLE; apply here for CMSP;Path2Health

(707) 559-7500

www.phealthcenter.org/

Petaluma People Services Center

1500A Petaluma Blvd. South Suite A, Petaluma, CA 94952

(707) 765-8488

www.petalumapeople.org

Hope Counseling (Christian counseling)

941 B St., Petaluma, 94952

(707) 763-9484

www.hopcounselingpetaluma.com

Russian River Counselors

19375 Hwy 116 Monte Rio (near Guerneville) 95462

(707) 865-1200

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

Alexander Valley Regional Medical Center

4 Tarman Drive, Cloverdale 95425

(707) 894-4229

www.avrmcorg.org

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://www.211wc.org/>

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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

- 3 months plus
- 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)
3315 Airway Drive Santa Rosa, CA

(707) 521-4737

- *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; 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.*

Athena House (California Human Development Corp.)
1539 Humboldt, Santa Rosa, CA

(707) 526-3150

- 6-9 months; 25 bed capacity
- Adult women (no children).
- Accepts private pay and county-funded clients

A Step Up (Community Support Network)
420 E. Cotati Avenue, Cotati, CA

(707) 795-4336

- 6-9 months; 7 bed capacity
- Adult co-ed, specializing in Dual Diagnosis. Requires referral from Sonoma County Mental Health Division.
- Accepts private pay, insurance and county-funded clients.

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 95404

(707) 579-4066
www.campobello.org/

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



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Licensed Detoxification Programs:

Turning Point Orenda Detox Program (DAAC)

1430 Neotomas Drive, Santa Rosa, CA 95401

- 15 bed capacity
- Adult co-ed; based on social model of treatment care
- Accepts private pay, insurance and county-funded clients. *No one turned away for lack of funds.*

(707) 565-7460

www.daacinfo.org

Unlicensed Residential Programs:

Redwood Gospel Mission

Santa Rosa, CA

- *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

www.srmission.org

(707) 542-4817

(707) 576-1471

Lytton Springs Adult Recovery Center (Salvation Army)

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

(707) 433-7404

Victory Outreach

525 Roseland Avenue, Santa Rosa, CA

- 90 days plus; 14-20 bed capacity
- *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

(707) 541-0978

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)

(707) 763-2581

www.allone.com/12/aca/

Narcotics Anonymous

(707) 575-7831

www.sonomacountyna.org/