

LASSEN COUNTY MENTAL HEALTH RESOURCES

**Note: Some services may have changed due to COVID-19,
Please call to confirm hours and services available**

24-HOUR CRISIS SERVICES

Lassen County Crisis Stabilization Unit

“We provide 24-hour services to help you resolve crisis mental health situations. If you feel that you are in a mental health crisis, please contact us”

Location: 555 Hospital Lane
Susanville, CA 96130

24-Hour Crisis Services: (888) 530-8688

Contact: (530) 251-8108

Website:

<http://www.lassencounty.org/node/142>

Last Verified On: 05/11/2021

National Suicide Prevention Lifeline

“Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones”

Contact: (800) 273-8255

Website: <https://suicidepreventionlifeline.org/>

Last Verified On: 05/11/2021

Strength After

“If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7. Our mission is to provide a hub to share stories of hope and recovery encompassing all types of natural and human-caused disaster. Strength After... highlights the resilience of individuals and communities while providing a resource for other survivors and responders.”

Contact: (800) 985-5990

Website: <https://strengthafterdisaster.org/>

Last Verified On: 05/11/2021



Trevor Lifeline

“Website, chat, & text crisis support, specializing in LGBTQ youth suicide prevention.”

Contact: (866) 488-7386

Text: START to 678678

Website: <https://www.thetrevorproject.org/get-help-now/>

Last Verified On: 05/11/2021

Your Life Your Voice

“You don’t have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7.”

Contact: (800) 448-3000

Text: VOICE to 20121

Website:

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

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MENTAL HEALTH PROGRAMS

Beacon Health Options

“Beacon’s system is built on a strong support structure of doctors, nurses, advocates, and mentors fulfilling members’ behavioral, physical, and social health needs.”

Contact: (855) 765-9703

Website:

<https://www.beaconhealthoptions.com/>

Last Verified On: 05/11/2021

Lassen County Behavioral Health Division

“Provide prompt evaluation and care of persons with acute disabling symptoms, especially those considered to be dangerous to self or others.”

Location: 555 Hospital Lane
Susanville, CA 96130

Contact: (7530) 251-8108

Website:

<http://www.lassencounty.org/dept/behavioral-health/behavioral-health>

Last Verified On: 05/11/2021

MENTAL HEALTH SUPPORT SERVICES

Mind Body Pregnancy

“Mind Body Pregnancy covers all topics related to emotional health during the reproductive period of a woman’s life. This includes your mood, your anxiety, mental illness, hormones, treatments, and many others.”

Website: <http://mindbodypregnancy.com/>

Last Verified on: 05/11/2021

Postpartum Support International:

Contact: (800) 944-4773

Website: <http://www.postpartum.net/>

Last Verified On: 05/11/2021

SafeSpace

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities. We create and implement initiatives to change the conversation around mental health by educating and encouraging our peers to speak up, support others, and seek help when needed.”

Website: <https://safespace.org/>

Last Verified On: 11/24/2021

SafeSpace Stories – Podcast

“Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource.”

Website:

<https://www.safespacestories.org/projects-7>

Apple Podcast:

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

Spotify:

https://open.spotify.com/show/49338MHg6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1

Last Verified On: 11/24/2021