

# MARIN COUNTY MENTAL HEALTH RESOURCES

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

## 24-HOUR MENTAL HEALTH CRISIS SERVICES

### Marin County Crisis Stabilization Unit

“Provides services to Marin County residents and visitors experiencing a mental health crisis, such as suicidal depression or psychotic behavior.”

**Location:** 250 Bon Air Road,  
Greenbrae, CA 94904

**Contact:** (415) 473-6666 x24

**Website:** <https://www.marinhhs.org/crisis-stabilization-unit-csu>

Last Verified On: 05/18/2021

### Mobile Crisis Response Team (MCRT)

“Provides an alternative to law enforcement for an individual experiencing a behavioral health crisis in the community.”

**Hours:** Monday – Friday from 8 a.m. – 9 p.m.  
and Saturdays from 1 p.m. – 9 p.m.

**Contact:** (415) 473-6392

**Email:** [MCRTMail@marincounty.org](mailto:MCRTMail@marincounty.org)

**Website:**

[https://www.marinhhs.org/sites/default/files/file\\_s/servicepages/2015\\_08/mcrt\\_brochure\\_8.31.15\\_final.pdf](https://www.marinhhs.org/sites/default/files/file_s/servicepages/2015_08/mcrt_brochure_8.31.15_final.pdf)

Last Verified On: 05/03/2021

### Marin County Crisis Text Line

“Offers free, 24/7, confidential crisis counseling via text and is a great place to turn when experiencing anxiety, depression, substance use, suicidal ideation, or anything in between. While available to any age, Crisis Text Line predominantly attracts those most comfortable texting for support, teens age 17 and under.

**Text:** “MARIN” to 741741

**Website:** <https://bhsprevention.org/>

Last Verified On: 06/07/2021



### 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: 05/18/2021

### National Suicide Prevention Lifeline

“Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.”

**Crisis Line:** (800) 273-8255

**En Español:** (888) 628-9454

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

Last Verified On: 05/18/2021



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## MENTAL HEALTH PROGRAMS

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### 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

**TTY/TDD:** (800) 735-2929

**Website:**

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

Last Verified On: 05/18/2021

### Marin County Behavioral Health and Recovery Services

“Offers prevention and early intervention, suicide prevention and crisis services to all residents of Marin County.”

**Access Line:** (888) 818-1115

**Website:** <https://www.marinhhs.org/behavioral-health-recovery-services>

Last Verified On: 05/18/2021

## MENTAL HEALTH SUPPORT SERVICES

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### Buckelew Programs

“Promote recovery, resilience, and providing behavioral health and support services”

**Location:** 555 Northgate Drive, Suite 100

San Rafael, CA 94903

**Contact:** (415) 457-6964

**Email:** [info@buckelew.org](mailto:info@buckelew.org)

**Website:** <http://www.buckelew.org/>

Last Verified On: 05/18/2021

### Community Action Marin

“Provide a variety of services free of charge to those with a mental illness as well as their family members and friends.”

**Location:** 555 Northgate Drive

San Rafael, CA 94903

**Contact:** (415) 526-7500

**Website:** <https://camarin.org/mentalhealth/>

Last Verified On: 05/18/2021

### Center Point – Multi-Service Center

“Provide comprehensive social, educational, vocational, medical, psychological, housing and rehabilitation services to combat social problems such as substance abuse, poverty, unemployment and homelessness.”

**Location:** 1601 Second Street

San Rafael, CA 94901

**Contact:** (415) 456-6655

**Website:** <http://www.cpinc.org>

Last Verified On: 05/18/2021

### Marin Outreach and Prevention Team

“You are not alone. The world we live in presents all kinds of challenges at every season of life. It can be very hard, but help is available.”

**Website:** <https://bhersprevention.org/resources-support>

Last Verified On: 06/07/2021

### NAMI of Marin County

“Family-to-Family Education, Family Support Groups, Helpline, Educational Lectures, Advocacy”

**Location:** 555 Northgate Drive, Suite 101

San Rafael, CA 94903

**Helpline:** (415) 444-0480

**Website:** <http://namimarin.org/>

Last Verified On: 05/18/2021



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## MENTAL HEALTH SUPPORT SERVICES, Continued

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### Community Counseling – Side by Side

“From short term, intensive crisis intervention to longer term case management support, Community Counseling clinical services are individualized and include home, classroom, and community-based support.”

**Location:** 300 Sunny Hills Drive, Bldg #5  
San Anselmo, CA 94960

**Contact:** (415) 457-3200

**Email:**

[CommCounselingMarin@sidebysideyouth.org](mailto:CommCounselingMarin@sidebysideyouth.org)

**Website:**

<https://www.sidebysideyouth.org/programs/community-counseling/>

Last Verified On: 05/18/2021

### Huckleberry Youth Programs

“Provide health education workshops in schools as well as, counseling, support groups, and case management services; and delivery of on-site services in a teen friendly environment.”

**Location:** 361 Third Street, Suite G  
San Rafael, CA 94901

**Contact:** (415) 258-4944

**24-Hour Teen Hotline:** (415) 621-2929

**TTY:** (800) 735-2929

**Website:**

<https://www.huckleberryyouth.org/marin-health-care-health-education/>

Last Verified On: 05/18/2021

### North Marin Community Services – Individual and Family Therapy

“Offer affordable and confidential mental health counseling to help teens overcome person challenges. Substance abuse brief counseling also offered.”

**Location:** 680 Wilson Ave  
Novato, CA 94949

**Contact:** (415) 892-1643 ext. 239

**Website:**

<https://www.northmarincs.org/wellness/counseling-and-therapy/>

Last Verified On: 05/18/2021

### 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

### The Spahr Center (LGBTQIA+)

“Youth Programs/Services, Senior Groups, Parent Support Group, Mental Health Counseling, Information, Education, Training, and Community Resources”

**Location:** 150 Nellen Avenue, Suite 100  
Corte Madera, CA 94925

**Contact:** (415) 457-2487

**Email:** [info@thespahrcenter.org](mailto:info@thespahrcenter.org)

**Website:** <http://thespahrcenter.org>

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## MATERNAL MENTAL HEALTH RESOURCES

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### **Marin County Maternal, Child, and Adolescent Health**

“Develops prevention and early intervention strategies to promote the health of women, infants, and children, and adolescents in Marin County.”

**Contact:** (415) 473-4340

**Website:** <https://www.marinhhs.org/maternal-child-adolescent-health>

Last Verified On: 05/18/2021

## WELLNESS CENTERS

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### **Marin Health and Wellness Campus**

“Brings a spectrum of services and clinics together in one inviting place. It is a result of local individuals, organizations, businesses, and government pulling together in the spirit of cooperation and neighborhood revitalization.”

**Location:** 3240 Kerner Blvd

San Rafael, CA. 94901

**Contact:** (415) 473-4300

**Website:** <https://www.marinhhs.org/marin-health-wellness-campus>

Last Verified On: 05/18/2021