

SHASTA 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

Hill Country Mobile Crisis Outreach Team

Location: 1401 Gold St.

Redding, CA 96001

General Information: (530) 238-7134

Urgent Response: (530) 238-7133

Website:

https://www.co.shasta.ca.us/index/hhsa_index/mental_wellness/crisis_mh/c.a.r.e.-center/mobile-crisis-outreach-team

Last Verified On: 05/11/2021

Shasta County Crisis Mental Health

“Crisis Residential and Recover Center, Suicide Prevention and more.”

Location: 2615 Breslauer Way, Building 5

Redding, CA 96001

24-Hour Crisis Services: (530) 225-5252



24-Hour Crisis Services: (888) 385-5201

Contact: (530) 244-2222

Website:

https://www.co.shasta.ca.us/index/hhsa/mental_wellness/crisis_mh.aspx

Last Verified On: 05/11/2021

CRISIS HOTLINES

CA Youth Crisis Line (CYCL)

“The California Youth Crisis Line operates 24/7 as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors provide crisis intervention counseling and resource referrals to service providers in the caller’s local community. Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgement. We do not provide advice. We listen with compassion.”

Contact: (800) 843-5200

Website: <https://calyouth.org/cycl/>

Last Verified: 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/>

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CRISIS HOTLINES, Continued

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>

Last Verified On: 05/11/2021

MATERNAL 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

Perinatal Alcohol and Drug Program

“The Perinatal Program is for women who are pregnant or have recently given birth and have a substance abuse problem. Services include day treatment; individual and group counseling; parenting skills development; and case management. An on-site child care co-op and transportation are available. Babies under the age of 4 months can remain with their mothers during treatment.”

Location: 1506 Market Street

Redding, CA 96001

Contact: (530) 245-6411

Website:

<https://www.co.shasta.ca.us/index/hhsa/alcohol-tobacco-drugs/perinatal-program>

Last Verified On: 05/11/2021

Postpartum Support International:

Contact: (800) 944-4773

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

Last Verified On: 05/11/2021

Postpartum Support International- DADS Chat with an Expert

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/resources-for-fathers/chat-with-an-expert-for-dads/>

Last Verified On: 05/11/2021

Women’s Connect to Wellness & Recovery

“Program that is aimed at reducing the number of babies being exposed to substances during pregnancies.”

Contact: (530) 229-8431

Website: <https://womensconnectshasta.com/>

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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

Peer Partners

“Experienced partners walk alongside you on your path to mental wellness. Peer Support Specialists are people who live with mental illness or who have a loved one with mental illness they have supported through the process and have learned how to get well and stay well. They bring with them the insight they’ve gained from their personal journeys with mental health recovery.”

Contact: (530) 225-3802

Email: Rhonda at: rmschultz@co.shasta.ca.us

Website:

<https://www.co.shasta.ca.us/index/hhsa/hhsa-newsroom/hhsa-newsroom-posts/fostering-hope-for-mental-health-recovery-hhsa-peer-support-specialists>

Last Verified On: 05/11/2021

Shasta County Children’s Mental Health

“Provides outpatient counseling, assessment and evaluation, medication, social rehabilitation and urgent care/crisis services for youth with emotional and mental health needs.”

Location: 1560 Market Street,
Redding, CA 96001

Contact: (530) 225-5200

Website:

<https://www.co.shasta.ca.us/index/hhsa/mental-wellness/childrens-mental-health>

Last Verified On: 05/11/2021

Shasta County Adult Mental Health

“Provides outpatients counseling, assessment and evaluation, case management, medication, social rehabilitation, and urgent care/crisis services for adults who struggle with persistent and severe mental illness.”

Location: 2640 Breslauer Way,
Redding, CA 96001

24-Hour Crisis Services: (530) 225-5252

24-Hour Crisis Services: (888) 385-5201

Contact: (530) 225-5200

Website:

<https://www.co.shasta.ca.us/index/hhsa/mental-wellness.aspx>

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MENTAL HEALTH SUPPORT SERVICES

Male Survivor

“Facilitate dialogue among survivors, as well as between survivors and professional therapists, on our online forums and at in-person events.”

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

Last Verified On: 05/11/2021

Northern Valley Catholic Social Services

“Offer services aimed at improving overall well-being for community members through a variety of programs.”

Contact: (530) 241-0552

Toll Free: (800) 846-1451

Website: <https://nvcss.org/portfolio-items/mental-health-services-wellness/>

Last Verified On: 05/11/2021

The Safe Place

“A Minority Mental Health app that educates and raises more awareness on Mental Illness in the Black Community.”

Website: <https://blackgirlnerds.com/minority-mental-health-app-the-safe-place/>

Last Verified On: 05/11/2021

Shasta County Health & Human Service – “Captain Awesome”

“Get the tools you need for your best mental health. Take care of your equipment, especially your brain...Sadness is something we all experience. It’s a normal reaction to difficult times in life...Maintaining good mental health also means getting a pro to help you out when you need it... See website for a list of local resources and information.”

Website: <https://www.co.shasta.ca.us/captain-awesome>

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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>

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