

COLUSA COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

Colusa County Behavioral Health

Location: 162 Carson St Suite A, Colusa, CA 95932

Contact: (530) 458-0320

24-Hour Hotline: (888) 793-6580

Website:

<https://www.countyofcolusa.org/325/Behavioral-Health>

Last Verified On: 05/31/2024



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.

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Contact: (800) 843-5200

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

Last Verified: 05/31/2024

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: 05/31/2024

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.”

Contact: (800) 985-5990

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

Last Verified On: 05/31/2024

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: 05/31/2024



COLUSA COUNTY MENTAL HEALTH RESOURCES

MATERNAL MENTAL HEALTH SUPPORT SERVICES

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: 05/31/2024

Postpartum Support International:

Contact: (800) 944-4773

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

Last Verified On: 05/31/2024

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: 1-800-944-4773

Text in English: 800-944-4773

Text en Español: 971-203-7773

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 05/31/2024

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/>

Last Verified On: 05/31/2024

National Maternal Mental Health Hotline

“Free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy. We have English- and Spanish-speaking counselors.”

Call/text: 1 (833) 852-6262

Website: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262>

Last Verified On: 09/20/2024

MENTAL HEALTH PROGRAMS

Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

Contact: (855) 765-9703

Website: <https://www.carelon.com>

Last Verified On: 05/31/2024

Peer Partners

“Experienced partners walk alongside you on your path to mental wellness..”

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: 05/31/2024



COLUSA COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH SUPPORT SERVICES

CalHOPE – BrightLife Kids

“Mental Health coaching and resources for parents with kids ages 0-12.”

Website:

https://www.hellobrightline.com/brightlifekids/?utm_medium=referral&utm_source=calhopewebsite

Last Verified On: 05/31/2024

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: 05/31/2024

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: 05/31/2024

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: 05/31/2024

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: 05/31/2024

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>

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