

SIERRA COUNTY SUBSTANCE USE RESOURCES

SIERRA COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

Sierra County HHS – Social Services

The Behavioral Health Department offers a broad range of mental health, alcohol, and other drug (AOD) services to all residents of Sierra County. Our goal is to offer services in a supportive environment that focuses on recovery. Regardless of ability to pay, the Behavioral Health Department provides emergency crisis assessments and other services.

Location: 704 Mill St.

Loyalton, CA 96118

Contact: (530) 993-6700

Website:

<https://www.sierracounty.ca.gov/181/Behavioral-Health>

Last Verified On: 12/14/2023



ANONYMOUS SUPPORT SERVICES

Northern California Fellowship of Alcoholics Anonymous

24-Hour Hotline: (530) 225-8955

Website: <https://aanorcal.org>

Last Verified on: 07/12/2023

Al-Anon District 4 Northern California

District 4 Contact: (530) 378-9185

Website: <https://norcal-al-anon.blogspot.com/>

Last Verified On: 07/12/2023

River Cities Area Narcotics Anonymous

Website: <https://sites.google.com/rivercities-na.org/home>

Last Verified On: 07/12/2023

ALCOHOL SUPPORT

Alcohol Rehab Help

“If you or a loved one is struggling with alcohol addiction, you can rely on us to guide you to the best rehabilitation and treatment resources.”

24/7 Helpline: (928) 436-6654

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

Last Verified On: 07/12/2023



SIERRA COUNTY SUBSTANCE USE RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

Sierra County – Maternal, Child, & Adolescent Health

“MCAH provides women in Sierra County with assistance in accessing prenatal care, education to assure healthy pregnancies and babies, and referrals to county resources.”

Location: 202 Front Street

Loyalton, CA 96118

Contact: (530) 993-6700

Website:

<https://www.sierracounty.ca.gov/282/Maternal-Child-Adolescent-Health-MCAH>

Last Verified On: 12/11/2023

MotherToBaby

“We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. Our no-cost information service is available to mothers, health professionals, and the general public via chat, text, phone, and email in both English and Spanish.”

Contact: (866) 626-6847

Website: <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 07/12/2023

QUIT SMOKING ASSISTANCE

California QUILTS

“Free, Quit Coach Live Support, Texting Program, Mobile Apps for iPhone and Android.”

Resources for Teens and Adults to quit vaping and tobacco.

Call and Chat Counseling:

English Smokers: (800) 662-8887

English Vaping: (844) 866-8273

Spanish: (800) 456-6386

Chinese: (800) 838-88917

Korean: (800) 778-8440

Text: “Quit Vaping” to 66819

Text: “Quit” Smoking” to 66819

Website: <https://www.kickitca.org>

Last Verified On: 07/12/2023

Alexa Skills Stop Vaping Coach

“With the Stop Vaping Coach skill, get quit vaping tips or sign up to speak with a quit coach.”

Website:

https://www.amazon.com/dp/B07YBTN1GY/ref=sr_1_1?keywords=stop%20vaping%20coach&qid=1569431942&s=gateway&sr=8-1&fbclid=IwAR0Bqqyt0UWfJ7MYVSYHQ2NMAbvvhO0UMkCbv7dP7vHPj9fEZwliaP-SEZI

Last Verified On: 07/12/2023