

SUTTER COUNTY SUBSTANCE USE RESOURCES

SUTTER COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

Sutter County HHS - Maternal Child Adolescent Health

“Maternal, Child and Adolescent Health (MCAH) provides services that promote the health and well-being of women of childbearing age, infants, children and adolescents, particularly those who are at increased risk of adverse health outcomes.”

Location: 1445 Veterans Memorial Cir, Yuba City, CA 95993

Contact: (530) 822-7327

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/public-health/maternal-child-adolescent-health>

Last Verified On: 05/05/2023



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



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PERINATAL SUBSTANCE USE RESOURCES

Sutter County – First Steps Treatment Program

“The First Steps Perinatal Program provides SUD outpatient and intensive outpatient treatment services to pregnant or parenting women struggling with a Substance Use Disorder. The program provides a supportive, women only, environment, evidence-based treatment, individual and group counseling, parenting, and life skills.”

Location: 1965 Live Oak Blvd.

Yuba City, CA 95991

Contact: (530) 822-7200 ext. 1922

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/adult-services-branch/adult-substance-use-disorder-services-suds/first-steps-perinatal-treatment-program>

Last Verified On: 11/05/2023

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