

YUBA COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

Sutter Yuba Behavioral Health – 24 Hour Crisis Line

“Serves adults and children of all ages within both Sutter and Yuba Counties.”

Location: 1965 Live Oak Blvd

Yuba City, CA

24-Hour Crisis Line: (888) 923-3800

Website:

<https://www.suttercounty.org/government/county-departments/health-and-human-services/acute-psychiatric-services/psychiatric-emergency-services-also-known-as-crisis>

Last Verified On: 05/21/2024



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

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.

Contact: (800) 843-5200

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

Website: <https://nvcss.org/programs/northern-valley-talk-line/>

Last Verified On: 05/21/2024

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: 05/21/2024



YUBA COUNTY MENTAL HEALTH RESOURCES

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: 05/21/2024

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.

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: 05/21/2024

MATERNAL/PATERNAL 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: 05/21/2024

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 5:00 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: 05/21/2024

Postpartum Support International:

Contact: (800) 944-4773

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

Last Verified On: 05/21/2024