

BUTTE COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

Butte County Crisis Stabilization Unit

"The Crisis Stabilization Unit (CSU) offers voluntary mental health crisis services for any adult or youth experiencing acute psychiatric symptoms, 24 hours a day, 7 days a week. Our attentive representatives helps resolve immediate crises with the goal of linking consumers and their families to more long-term local community services."

Location: 560 Cohasset Road.
Chico, CA 95926

Contact: (530) 891-2810

Website:

<https://www.buttecounty.net/behavioralhealth/help-in-crisis>

Last Verified On: 05/15/2026

CA Youth Crisis Line (CYCL)

"CYCL 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."

Call or Text: (800) 843-5200

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

Last Verified On: 05/15/2026

Butte County 2-1-1

"Help Central connects people with community services in Butte and Glenn Counties."

Contact: 2-1-1

TEXT: 898211

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

Last Verified On: 05/15/2026



National Suicide Prevention Lifeline

"Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7."

Contact: (800) 273-8255

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

Last Verified On: 05/31/2025

National Maternal Mental Health Hotline

"A free and confidential service offering 24/7 support via call or text to new and expecting moms and their loved ones. The Hotline's trained counselors help thousands of women and their families needing emotional support during or after pregnancy. The Hotline is available in English and Spanish and offers interpreters in more than 60 languages."

Call/text: (833) TLC-MAMA (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: 05/15/2026



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CRISIS HOTLINE

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: 05/15/2026

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: 05/15/2026

MATERNAL MENTAL HEALTH SUPPORT SERVICES

Butte County Office Behavioral Health

Stepping Stones – Chico

“ODF, IOT, MAT”

Location: 109 Parmac Road Suite 2
Chico, CA 95926

Contact: (530) 879-3363

Website:

<https://www.buttecounty.net/182/Chico>

Last Verified On: 05/15/2026

Butte County Office Behavioral Health

Stepping Stones – Oroville

“ODF, IOT, MAT”

Location: 2167 Montgomery St Suite C
Oroville, CA 95965

Contact: (530) 879-3363

Website:

<https://www.buttecounty.net/183/Oroville>

Last Verified On: 05/15/2026

Postpartum Support International- DADS

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: 05/15/2026

Postpartum Support International:

Contact: (800) 944-4773

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

Last Verified On: 05/15/2026

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: 05/15/2026



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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>

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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: 05/15/2026

Strength After

“If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7/365.”

Contact: (800) 985-5990

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

Last Verified On: 05/15/2026

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: 05/15/2026

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: 05/15/2026

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>

Last Verified On: 05/15/2026