

NEVADA COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

Nevada County Health & Human Services

“The Crisis Team provides 24 hour services to any individual adult or child in the community in a mental health or emotional crisis. These services include phone or in-person counseling, as well as evaluation and support in the Emergency Room of Sierra Nevada Memorial Hospital in Grass Valley or Tahoe Forest Hospital in Truckee.”

Location: 500 Crown Point Circle
Grass Valley, Ca 95945

Contact: (530) 265-5811 or (888) 801-1437

Website:

<https://www.nevadacountyca.gov/470/Emergency-Urgent-Care>

Last Verified On: 05/15/2026

Nevada County Mobile Crisis Team

“Connects to Sheriff’s office dispatch and request Nevada County mobile crisis team. The Nevada County mobile crisis team partners a trained crisis counselor with a deputy in the sheriff’s office to respond to mental health crises in the community.”

Contact: (530) 265-7880

Last Verified On: 05/15/2026



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/fq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262>

Last Verified On: 05/15/2026

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/>

Last Verified: 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. 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: 05/15/2026



NEVADA COUNTY MENTAL HEALTH RESOURCES

CRISIS HOTLINES, Continued

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>

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MENTAL HEALTH SUPPORT SERVICES

Spirit Peer Empowerment Center

“SPIRIT Center is a healthy community, open at no charge to people facing challenges to their mental health. Trained peer supporters offer a holistic approach, acceptance, support, education and advocacy.”

Location: 276 Gates Place

Grass Valley, Ca 95945

Contact: (530) 274-1431

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

Last Verified On: 05/15/2026

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

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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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