

SONOMA COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS RESOURCES

Sonoma County Crisis Stabilization Unit

“Provides 24 hour-a-day, 7 days-a-week crisis intervention, assessment, medication, and up to 23 hours of supportive care for individuals in an acute mental health crisis.”

Location: 2225 Challenger Way
Santa Rosa, CA 95407

Contact: (707) 576-8181

Website: <https://sonomacounty.gov/health-and-human-services/health-services/divisions/behavioral-health/services/crisis-services/crisis-stabilization-unit>

Last Verified On: 06/01/2026

North Bay Suicide Prevention - 24 Hour Hotline

“24/7 free and confidential crisis support for callers having thoughts of suicide, as well as friends and family worried about loved ones.”

Contact: 9-8-8

Website:

<https://bucklew.org/services/suicide-prevention/>

Last Verified On: 06/01/2026

Sonoma County – 24 Hour Access Line

“Our Access Team is the first contact for requesting mental health services.”

Contact: (707) 565-6900

Website:

<https://sonomacounty.ca.gov/Health/Behavioral-Health/Accessing-Mental-Health-Services/>

Last Verified On: 06/01/2026



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. Strength After...highlights the resilience of individuals and communities while providing a resource for other survivors and responders.”

Contact: (800) 985-5990

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

Last Verified On: 06/01/2026



SONOMA COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH SUPPORT SERVICES

Buckelew Programs – Family Service Coordination

“Offers support, education, and resources to families & allies with loved ones experiencing mental health/substance use-related challenges”

Location: 2235 Mercury Way, Suite 107, Santa Rosa, CA 95407

Contact: (707) 571-8452

Email: FSC@Buckelew.org

Website:

<https://buckelew.org/services/sonoma-county/family-services-coordination/>

Last Verified On: 06/01/2026

Community Counseling – Side by Side

“From short term, intensive crisis intervention to longer term case management support, Community Counseling clinical services are individualized and include home, classroom, and community-based support.”

Location: 1360 N. Dutton, Ste. C. Santa Rosa, CA 94501

Contact: (707) 569-0877

Email:

CommCounselingSonomaNapa@sidebysideyouth.org

Website:

<https://www.sidebysideyouth.org/programs/community-counseling/>

Last Verified On: 06/01/2026

LifeWorks of Sonoma County

“Behavior management program for children and families who show severe, on-going, emotional or behavioral challenges.”

Location: 1260 North Dutton Avenue, Ste. 105 Santa Rosa, CA 95401

Contact: (707) 568-2300

Website:

<https://www.facebook.com/lifeworksofsonomacounty/>

Last Verified On: 06/01/2026

NAMI Sonoma County

“Provides educational programs and support groups for families, friends, and persons living with mental illness.”

Location: 182 Farmers Lane, Suite 202 Santa Rosa, CA 95405

Contact: (866) 960-6264

Email: info@namisoco.org

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

Last Verified On: 06/01/2026

Petaluma People Services Center

“Offers a supportive environment to help you navigate life’s challenges and grow personally.

We work with a wide range of concerns

including: anxiety, depression, stress, relationship issues, drug and alcohol use, parenting difficulties, school issues, recovery from trauma, grief and loss, and life transitions”

Location: 1500A Petaluma Boulevard South Petaluma, CA 94952

Contact: (707) 765-8488

Email: admin@petalumapeople.org

Website:

<http://petalumapeople.org/counseling/>

Last Verified On: 06/01/2026

Child Parent Institute – Children & Family Counseling Clinic

“Trauma Treatment, Mental Health Treatment, Family Therapy. No-cost counseling services for children birth-18.”

Location: 3650 Standish Avenue Santa Rosa, CA 95407

Contact: (707) 585-6108

Email: cpi@calparents.org

Website: <https://calparents.org/what-we-do/children-counseling-services/about-this-program.html>

Last Verified On: 06/01/2026



SONOMA COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH SUPPORT SERVICES, Continued

Jewish Community Free Clinic – Free Counseling Services

Location: 50 Montgomery Drive,
Santa Rosa, CA 95404

Contact: (707) 585-7780

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

Last Verified On: 06/01/2026

West County Health Center – Counseling

“Offer Behavioral Health care including crisis counseling and brief therapy for specific behavioral issues. Services are available to all patients of WCHC including adults, adolescents and children.”

Call to schedule: (707) 887-3376

Website:

<https://www.wchealth.org/service/mental-health-services/>

Last Verified On: 06/01/2026

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

Last Verified On: 06/01/2026

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: 06/01/2026

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>

Apple Podcast:

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

Spotify:

https://open.spotify.com/show/49338MHg6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1

Last Verified On: 06/01/2026

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: 06/01/2026

Sonoma County Behavioral Health Division

“Mental health and substance abuse programs and services for individuals and their families.”

Location: 2227 Capricorn Way, Suite 207
Santa Rosa, CA 95407

Website:

<http://sonomacounty.ca.gov/Health/Behavioral-Health/>

Last Verified On: 06/01/2026



SONOMA COUNTY MENTAL HEALTH RESOURCES

MATERNAL MENTAL HEALTH RESOURCES

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: 06/01/2026

Paternal Postpartum Depression Guide

Website: <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 06/01/2026

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

Last Verified On: 06/01/2026

WELLNESS CENTERS

The Wellness and Advocacy Center

“Peer-operated programs enable member to recognized and accept their inherent value, purpose and independence by encouraging them to make choices with self-determination, self-responsibility, peer-support, and peer advocacy”.

Location: 2245 Challenger Way # 104
Santa Rosa, CA. 95407

Contact: (707) 565-7800

Website:

<https://westcountyservices.org/wellness-and-advocacy-center/>

Last Verified On: 06/01/2026

Petaluma Peer Recovery Center

“Peer run, mental health, self-help recovery, drop in center.”

Location: 5350 Old Redwood Hwy N, Ste. 600
Petaluma, CA 94954

Contact: (707) 565-1299

Website: <https://petalumaprp.wordpress.com/>

Last Verified On: 06/01/2026

Russian River Empowerment Center

“Serves the Lower Russian River as a safe place for people chronically challenged by behavioral health issues to work on their recovery.”

Contact: (707) 823-1640 Ext. 207

Website:

<https://westcountyservices.org/russian-river-empowerment-center/>

Last Verified On: 06/01/2026

Interlink Self-Help Center

“Provide a safe environment in which those of us facing our mental health challenges can improve our quality of life through self-help, mutual support and empowerment.”

Location: 1033 Fourth Street,
Santa Rosa, CA 95404

Contact: (707) 546-4481

Website:

<https://interlinkselfhelpcenter.org/index.html>

Last Verified On: 06/01/2026