

YOLO COUNTY MENTAL HEALTH RESOURCES

24-HOUR ACCESS & CRISIS LINES

Yolo County 24-Hour Crisis Line

“Confidential telephone counseling and referral information is provided any time of day or night by trained crisis volunteers. Immediate crisis intervention over the phone can decrease the need for more intensive counseling services.”

Davis: (530) 756-5000

Woodland: (530) 666-7778

West Sacramento: (916) 372-6565

Toll Free: (888) 233-0228

Website:

<https://www.yolocounty.gov/government/general-government-departments/health-human-services/mental-health/mental-health-services>

Last Verified On: 06/01/2026

Yolo County Mental Health Crisis & Access Line

“Mental health crisis screening, triage and access to resources.”

Toll Free: (888) 965-6647

TDD: (800) 735-2929

Website:

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health>

Last Verified On: 06/01/2026

National Alliance on Mental Illness (NAMI), 24 Hours Crisis Line

“Crisis Help; Mental Health assessments, referrals and linkage to care; 5150 Evaluations, In-person/telehealth medication evaluations; Substance Use Disorder – linkage to treatment.”

Toll Free: (530) 756-8181

TTD: (800) 965-6647

Website: <https://www.namiyolo.org/crisis/>

Last Verified On: 06/01/2026



The Allied Services for Kids (ASK) – Teen/Runaway Line

“Support line open 24/7 for whenever a teen may need anonymous crisis support.”

Davis: (530) 753-0797

Woodland: (530) 668-8445

West Sacramento: (916) 371-3779

Website:

<http://www.suicidepreventionyolocounty.org/services/>

Last Verified On: 06/01/2026



YOLO COUNTY MENTAL HEALTH RESOURCES

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“Yolo County mental health, urgent care clinic, and triage services. Call or come in for your confidential Mental Health and Substance Use Disorder Screening.”

Screening: (888) 956-6647

Woodland

Location: 137 N. Cottonwood Street
Woodland, CA 95695

Contact: (888) 965-6647

TDD: (800) 735-2929

Website:

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services>

Last Verified On: 06/01/2026

West Sacramento

Location: 500 B Jefferson Boulevard
West Sacramento, CA 95606

Contact: (888) 965-6647

TDD: (800) 735-2929

Website:

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services>

Last Verified On: 06/01/2026

Davis

Location: 600 A Street, Suite A
Davis, CA 95616

Contact: (888) 965-6647

TDD: (800) 735-2929

Website:

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services>

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

CommuniCare Behavioral Health Care

“Provides a wide range of services to support comprehensive mind and body wellness.”

Davis: (530) 758-2060

Woodland: (530) 405-2800

West Sacramento: (916) 403-2900

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

Last Verified On: 06/01/2026

Allied Services for Kids (ASK), Teen Crisis Line

“Provides 24-hour availability to teens and families in crisis. Whatever the problem, teens are welcome to call this confidential crisis line for support.”

Davis: (530) 753-0797

Woodland: (530) 668-8445

West Sacramento: (916) 371-3779

Website:

<http://www.suicidepreventionyolocounty.org/services/>

Last Verified On: 06/01/2026



YOLO COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH SUPPORT SERVICES

RISE, Inc. – Esparto

“Provides therapeutic mental health care to individuals and families in rural communities.”

Location: 17317 Freemont Street
Esparto, CA 95627

Contact: (530) 787-4110

Website: <https://www.riseinc.org/counseling-services>

Last Verified On: 06/01/2026

RISE, Inc. – Winters

“Provides therapeutic mental health care to individuals and families in rural communities.”

Location: 200 Baker Street
Winters, CA 95694

Contact: (530) 794-6000

Website: <https://www.riseinc.org/counseling-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

NAMI Yolo County

“Offers family support groups for those who have a family member dealing with mental illness.”

Contact: (530) 756-8181

Email: friends@namiyolo.org

Website: <https://www.namiyolo.org/support-groups/>

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.”

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



YOLO 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

Woodland Wellness Center

“The Wellness Centers offer activities and services for transition age youth (TAY), adults, and older adults”.

Location: 137 North Cottonwood St.
Woodland, CA 95695

Intake Line: (530) 666-8630

Website:

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services/adult-wellness-center>

Last Verified On: 06/01/2026

West Sacramento Wellness Center

“The Wellness Centers offer activities and services for transition age your (TAY), adults, and older adults”.

Location: 500-B Jeffers Boulevard
West Sacramento, CA 95605

Contact: (916) 375-6340

Website:

<https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services/adult-wellness-center>

Last Verified On: 06/01/2026