

YUBA COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

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



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/count-y-departments/health-and-human-services/acute-psychiatric-services/psychiatric-emergency-services-also-known-as-crisis>

Last Verified On: 05/15/2026

SUTTER-YUBA BEHAVIORAL HEALTH SERVICES

Sutter-Yuba Behavioral Health

“Sutter-Yuba Behavioral Health (SYBH) provides services to individuals and families who are experiencing serious or ongoing mental health and/or substance use disorders in Yuba and Sutter Counties.”

Contact: (530) 822-7200

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/sutter-yuba-behavioral-health>

Last Verified On: 05/15/2026

Adult Services Branch

“The Adult Services Branch provides social services and behavioral health services to adults in our community. Our vision is to create a welcoming community where all individuals experience worth, dignity, personal choice, and health in their lives and in their work through responsive and respectful services.”

Contact: (530) 822-7200

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/adult-services-branch>

Last Verified On: 05/15/2026



YUBA COUNTY MENTAL HEALTH RESOURCES

SUTTER-YUBA BEHAVIORAL HEALTH SERVICES, Continued

Prevention & Early Intervention Programs

“The Prevention & Early Intervention Programs provide a multitude of free services and trainings for individuals, families, school staff, and professionals to build community capacity. The service activities include education, support, and outreach to help inform and identify individuals and their families who may be affected by a behavioral health issue.”

Contact: (530) 822-7200

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/sutter-yuba-behavioral-health/prevention-services>

Last Verified On: 05/15/2026

Hmong Outreach Center

“The Hmong Outreach Center serves bilingual and Hmong-speaking only adults and families delivering culturally and linguistically appropriate services. / Hmong Outreach Center muaj kev pab rau cov muaj hnub yug 18 xyoo rov sau thiab lawv tsev neeg, uas yog Hmoob thiab hais lus Hmong xwb, los sis hais tau ob yam lus Hmoob thiab Mekas.”

Contact: (530) 749-2746

Location: 4853 Olivehurst Ave
Olivehurst, CA 95961

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/adult-services-branch/adult-mental-health-services/hmong-outreach-center>

Last Verified On: 05/15/2026

Acute Psychiatric Services Branch

“The Acute Psychiatric Services Branch supports individuals that may be experiencing a behavioral health crisis with emergency or urgent psychiatric needs. Services provided include assessment for hospital and outpatient crisis needs for both children and adults.”

Contact: (530) 822-7200

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/acute-psychiatric-services>

Last Verified On: 05/15/2026

Latino Outreach Center

“The Latino Outreach Center services bilingual and Spanish Speaking only adults, children and families. The behavioral health needs and experiences of Hispanic/Latinx people vary among subgroups therefore the services provided at the Latino Outreach Center seek to tailor services to meet the needs of the clients in a culturally sensitive and client driven way. / El Centro de Alcance Latino provee servicios bilingües y biculturales para adultos, niños, adolescentes y familias de habla Español. Las necesidades y experiencias de salud mental y conductual de la comunidad

Hispana/Latina/Latinx varea entre diferentes subgrupos y los servicios del Centro de Alcance Latino busca adaptar los servicios para satisfacer las necesidades de una manera culturalmente sensible y impulsada por el cliente.”

Contact: (530) 674-1885

Location: 545 Garden Hwy., Suite B
Yuba City, CA 95991

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/adult-services-branch/adult-mental-health-services/latino-outreach-center>

Last Verified On: 05/15/2026



YUBA COUNTY MENTAL HEALTH RESOURCES

SUTTER-YUBA BEHAVIORAL HEALTH SERVICES, Continued

Children's Services Branch

"The Children's Services Branch provides behavioral health services and child welfare services to children and youth from ages 0-25, and their families."

Contact: (530) 822-7200

Location: 1965 Live Oak Blvd., Ste. A,
Yuba City, CA 95991

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/children-s-services-branch>

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/>

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

Last Verified On: 05/15/2026

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



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: 05/15/2026

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.

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/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: 05/15/2026

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: 05/15/2026

Postpartum Support International:

Contact: (800) 944-4773

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

Last Verified On: 05/15/2026

YOUTH MENTAL HEALTH SERVICES

Pirate Therapy Center

“At Wheatland Union High School, the Pirate Therapy Center is dedicated to fostering a safe, supportive, and inclusive environment where every student can thrive emotionally. We are committed to providing comprehensive mental health services that promote well-being, resilience, and personal growth.

Contact: (530) 663-3100

Location: 1010 Wheatland Road
Wheatland, CA 95692

Website: [Mental Health | Wheatland Union High School District](#)

Last Verified On: 05/15/2026