

# 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 help 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: 05/31/2025

### 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: 05/31/2025

### 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: 05/31/2025



### 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: 05/01/2025



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## CRISIS HOTLINE

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### 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: 05/31/2025

### 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: 05/31/2025

## MATERNAL MENTAL HEALTH SUPPORT SERVICES

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### 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: 05/31/2025

### 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: 05/31/2025

### 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: 05/31/2025

### Postpartum Support International:

**Contact:** (800) 944-4773

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

Last Verified On: 05/01/2025

### 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: 05/31/2025



# BUTTE COUNTY MENTAL HEALTH RESOURCES

## MENTAL HEALTH PROGRAMS

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### 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

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### 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](https://www.hellobrightline.com/brightlifekids/?utm_medium=referral&utm_source=calhopewebsite)

Last Verified On: 05/31/2025

### 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: 05/31/2025

### 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: 05/31/2025

### 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: 05/31/2025

### 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: 05/31/2025