

MENDOCINO COUNTY SUPPORT GROUP RESOURCES

WELLNESS & SUPPORT GROUPS

Cancer Resource Centers of Mendocino County – Support Groups

Fort Bragg Office: 510 Cypress Street B-200

Fort Bragg, CA 95437

Contact: (707) 937-3833

Ukiah Office: 275 W. Gobbi Street,
Ukiah, CA 95482

Contact: (707) 467-3828

Email: info@crcmendocino.org

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

Last Verified On: 07/30/2025



SUBSTANCE USE DISORDER SUPPORT GROUPS

Mendocino Coast Alcoholic Anonymous Intergroup

“A recovery resource for alcoholics living in or visiting the Mendocino Coastal area.”

A.A. Hotline: (877) 546-9286

Website:

<https://mendocinocoastaa.com/meetings/>

Last Verified On: 07/30/2025

Mendocino Inland Intergroup Alcoholic Anonymous

“ALCOHOLICS ANONYMOUS is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.”

A.A. Hotline: (707) 462-7123

Website: <http://www.aaukiah.org/>

Last Verified On: 07/30/2025

Mendocino Area Narcotics Anonymous

“As addicts, we know the pain of addiction. But we also know the joy of recovery we have found in Narcotics Anonymous. Narcotics Anonymous is a fellowship of recovering addicts who are living their lives, one day at a time, without the use of drugs. We meet regularly to help each other stay clean. It costs nothing to become a member of N.A. The only requirement for membership is a desire to stop using.”

Website: <http://mendona.org/>

Last Verified On: 07/30/2025



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SUPPORT GROUPS

NAMI of Mendocino County

“To support, educate and advocate for ourselves, our families and our community.”

Mental Health Crisis Line Contact:

(855) 587-6373

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

Last Verified On: 07/30/2025

Ukiah Senior Center

Location: 499 Leslie Street

Ukiah, CA 95482

Contact: (707) 462-4343

Website:

<https://ukiahseniorcenter.org/services/workshops-support-groups>

Last Verified On: 07/30/2025

Redwood Coast Senior Center – Peer Counseling

“Our Senior Peer Counselors provide in-home counseling sessions to elders age 60+ living on the north coast.”

Location: 490 North Harold Street

Fort Bragg, CA 95437

Contact: (707) 961-4310

Website: <https://www.rcscenter.org/programs>

Last Verified On: 07/30/2025

Action Network

“Action Network is dedicated to serving local communities on the Redwood Coast of Northern California spanning Sonoma and Mendocino Counties from Fort Ross to Elk. Our programs, services, and activities help meet the growing needs of individuals and families of all ages and backgrounds.”

Location: 200 Main Street, Point Arena, CA 95468

Website: <https://www.actionnetwork.net/>

Last Verified On: 07/30/2025

SUPPORT HOTLINES

Miracle Friends Phone Buddies

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

Hotline: 1-800 – MISS-YOU

Website:

<https://www.miraclemessages.org/friends>

Last Verified On: 07/30/2025