

NAPA COUNTY MENTAL HEALTH RESOURCES

24 HOUR CRISIS STABILIZATION UNIT

Crisis Stabilization Services Program

“Provides immediate response on a short term basis to help individuals of all ages affected by problems and symptoms associated with acute mental health crises.”

Location: 2751 Napa Valley Corporate Way,
Building B

Napa, CA 94558

Contact: (707) 253-4711

Website:

<https://www.countyofnapa.org/306/Mental-Health-Crisis-Services>

Last Verified On: 05/29/2025



24 Hour Mental Health Crisis Hotline

Contact: (707)253-4711

Last Verified On: 05/29/2025

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: 05/29/2025

ANONYMOUS SUPPORT SERVICES

Napa Recovery Resource Center (NRRC)

“The NRRC is Napa Valley’s gathering place for 12-step meetings and supportive socializing. As Napa’s only dedicated recovery meeting venue, the Napa Recovery Resource Center also provides educational and recreational events, and activities for people seeking recovery. AA/NA English and Spanish Meetings”.

Contact: (707) 226-278

Website: <https://www.naparecovery.com/>

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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>

Last Verified On: 05/29/2025

Napa County Mental Health Access

“Public Health Services, Public Health Services, Mental Health Services, Child Welfare Services, Self Sufficiency Services and Comprehensive Services for Older Adults.”

Location: 2751 Napa Valley Corporate Drive, Building A

Napa, CA 94558

Contact: (707) 259-8151 or 1 (9800) 648-8650

Emergency Contact: (707) 253-4711

Website:

<https://www.countyofnapa.org/290/Mental-Health>

Last Verified On: 05/29/2025

Community Counseling – Side by Side

“From short term, intensive crisis intervention to longer term case management 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: 05/29/2025

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: 05/29/2025

ADULT MENTAL HEALTH SERVICES

Adult Mental Health Services

“Provides a variety of services for adult 18 years of age and older including, emergency and crises services, mental health counseling, pre-screening and referrals, psychiatric medication, review and management and other programs.”

Location: 2751 Napa Valley Corporate drive building A

Napa, CA. 94558

Contact: (707) 253-4306

Website:

<https://www.countyofnapa.org/316/Adult-Mental-Health-Services>

Last Verified On: 05/29/2025



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Innovations Community Center

“Providers, family members, and consumers work to create healing through storytelling, artistic expression, healthy living, spiritual practice, and social connections.”

Location: 3281 Solano Avenue
Napa, CA 94558

Contact: (707) 259-8692

Website:

<http://www.innovationscommunitycenter.org>

Last Verified On: 05/29/2025

Puertas Abiertas

“Puertas Abiertas provides direct support such as free mental health services and brief individual counseling as well as guided referrals and access to healthcare and social service providers, connecting clients to local nonprofit and government organizations that provide medical, dental, and mental health services.”

Location: 952 Napa Street
Napa, CA 94559

Contact: (707)224-1786

Website:

<https://www.puertasabiernasapa.org/health-and-wellness>

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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: 05/29/2025

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>

Apple Podcast:

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

Spotify:

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

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