

# SHASTA COUNTY MENTAL HEALTH RESOURCES

## 24-HOUR CRISIS SERVICES

### Hill Country Mobile Crisis Outreach Team

“The Mobile Crisis Outreach Team provides on-the-spot urgent mental health services to people suffering severe mental illness.”

**Location:** 1401 Gold St.

Redding, CA 96001

**General Information:** (530) 238-7134

**Urgent Response:** (530) 238-7133

**Website:**

<https://www.shastamhsa.com/announcements/ask-the-question-save-a-life/>

Last Verified On: 05/31/2025

### Shasta County Crisis Mental Health

“Crisis Residential and Recover Center, Suicide Prevention and more.”

**Location:** 2615 Breslauer Way, Building 5

Redding, CA 96001

**24-Hour Crisis Services:** (530) 225-5252

**24-Hour Crisis Services:** (888) 385-5201

**Contact:** (530) 244-2222

**Website:**

<https://www.shastacounty.gov/health-human-services/page/crisis-mental-health>

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

## 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/>

Last Verified: 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. Our mission is to provide a hub to share stories of hope and recovery encompassing all types of natural and human-caused disaster.”

**Contact:** (800) 985-5990

**Website:** <https://strengthafterdisaster.org/>

Last Verified On: 05/31/2025



# SHASTA COUNTY MENTAL HEALTH RESOURCES

## CRISIS HOTLINES, Continued

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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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### Perinatal Alcohol and Drug Program

“The Perinatal Program is for women who are pregnant or have recently given birth and have a substance abuse problem. Services include day treatment; individual and group counseling; parenting skills development; and case management. An on-site child care co-op and transportation are available. Babies under the age of 4 months can remain with their mothers during treatment.”

**Location:** 1506 Market Street  
Redding, CA 96001

**Contact:** (530) 245-6411

**Website:**

<https://www.co.shasta.ca.us/index/hhsa/alcohol-tobacco-drugs/perinatal-program>

Last Verified On: 05/31/2025

### 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 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

### Women’s Connect to Wellness & Recovery

“Program that is aimed at reducing the number of babies being exposed to substances during pregnancies.”

**Contact:** (530) 229-8431

**Website:** <https://womensconnectshasta.com/>

Last Verified On: 05/31/2025

### Postpartum Support International:

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

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

Last Verified On: 05/31/2025



# SHASTA 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>

Last Verified On: 05/31/2025

### Peer Partners

“Experienced partners walk alongside you on your path to mental wellness. Peer Support Specialists are people who live with mental illness or who have a loved one with mental illness they have supported through the process and have learned how to get well and stay well.”

**Contact:** (530) 225-3802

**Email:** Rhonda at: [rmschultz@co.shasta.ca.us](mailto:rmschultz@co.shasta.ca.us)

**Website:**

<https://www.co.shasta.ca.us/index/hhsa/hhsa-newsroom/hhsa-newsroom-posts/fostering-hope-for-mental-health-recovery-hhsa-peer-support-specialists>

Last Verified On: 05/31/2025

### Shasta County Adult Mental Health

“Provides outpatients counseling, assessment and evaluation, case management, medication, social rehabilitation, and urgent care/crisis services for adults who struggle with persistent and severe mental illness.”

**Location:** 2640 Breslauer Way,  
Redding, CA 96001

**24-Hour Crisis Services:** (530) 225-5252

**24-Hour Crisis Services:** (888) 385-5201

**Contact:** (530) 225-5200

**Website:**

<https://www.shastacounty.gov/health-human-services/page/adult-mental-health>

Last Verified On: 05/31/2025

### Shasta County Children’s Mental Health

“Provides outpatient counseling, assessment and evaluation, medication, social rehabilitation and urgent care/crisis services for youth with emotional and mental health needs.”

**Location:** 1560 Market Street,  
Redding, CA 96001

**Contact:** (530) 225-5200

**Website:**

<https://www.shastacountycaresforkids.com/resources/>

Last Verified On: 05/31/2025



# SHASTA COUNTY MENTAL HEALTH RESOURCES

## 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

### 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

### Northern Valley Catholic Social Services

“Offer services aimed at improving overall well-being for community members through a variety of programs.”

**Contact:** (530) 241-0552

**Toll Free:** (800) 846-1451

**Website:** <https://nvcss.org/portfolio-items/mental-health-services-wellness/>

Last Verified On: 05/31/2025

### The Safe Place

“A Minority Mental Health app that educates and raises more awareness on Mental Illness in the Black Community.”

**Website:** <https://blackgirlnerds.com/minority-mental-health-app-the-safe-place/>

Last Verified On: 05/31/2025

### Shasta County Health & Human Service – “Captain Awesome”

“Get the tools you need for your best mental health. Take care of your equipment, especially your brain...Sadness is something we all experience. It’s a normal reaction to difficult times in life...Maintaining good mental health also means getting a pro to help you out when you need it... See website for a list of local resources and information.”

**Website:** <https://www.co.shasta.ca.us/captain-awesome>

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