

SIERRA COUNTY SUPPORT GROUP RESOURCES

DISABILITY SUPPORT GROUPS

Sierra County In Home Support Services Program

“The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. Having help with tasks around the house not only makes the lives of seniors and the disabled easier, but in some cases, it allows the person to remain in his or her home. In-Home Supportive Services provides domestic and personal help.”

Website:

<https://www.sierracounty.ca.gov/428/In-Home-Supportive-Services-IHSS-Program>

Last Verified On: 07/22/2025



PARENT SUPPORT GROUPS

First 5 Sierra County – Parent Resources

“First 5 Sierra supports the High Sierra’s Family Resource Center in offering a variety of family programs.”

Location: 701 Main Street, PO Box 556
Loyalton, Ca 96118

Contact: (530) 993-1110

Website: <https://www.first5sierra.org/parent-support>

Last Verified On: 07/22/2025

High Sierra’s – Parent Resources

“Our mission is to provide an array of practical services and programs to Sierra County families, children and individuals who might need a helping hand to deal with life's challenges.”

Location: 315 Main Street
Loyalton, Ca 96118

Contact: (530) 993-1110

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

Last Verified On: 07/22/2025

PERINATAL SUPPORT GROUPS

First 5 Sierra County

“First 5 Sierra supports the High Sierra’s Family Resource Center in offering a variety of family programs.”

Location: 701 Main St, PO Box 556
Loyalton, Ca 96118

Contact: (530) 993

Website : <https://www.first5sierra.org/>

Last Verified On: 07/22/2025



SIERRA COUNTY SUPPORT GROUP RESOURCES

PHONE / APP SUPPORT

BE STRONG APP

“The Be Strong APP unites power with choice that saves & changes lives. You’ll find resources, support, intervention and best practices on combatting many adversities by increasing resilience, supporting you in emotional, behavioral and everyday challenges..”

Contact: (954) 246-5807

Email: <https://bestrong.global/#contact>

Website: <https://bestrong.global/#download-app>

Last Verified On: 07/22/2025

RESOURCE DIRECTORIES

Sierra County Resource Guide

“The Sierra County Resource Guide is a tool for accessing resources within the county with emphasis on health and medical needs and emergency preparedness.”

Website:

<https://www.sierracounty.ca.gov/DocumentCenter/View/246/Sierra-County-Resource-Guide?bidId=>

Last Verified On: 07/22/2025

SUBSTANCE USE DISORDER SUPPORT GROUPS

Alcoholic/Narcotics Anonymous

“Drug and Alcohol Department has meeting locations list.”

Contact: (800) 624-3570 or (800) 237-6237

Website: www.aa.org or www.na.org

Last Verified On: 07/22/2025

Open Counseling

“The Behavioral Health Department offers a broad range of mental health, alcohol, and other drug (AOD) services to all residents of Sierra County.”

Location: 704 Mill Street
Loyalton, Ca 96118

Contact: (530) 993-6746

Website:

<https://www.opencounseling.com/united-states/loyalton/counseling-agency/sierra-county-behavioral-health>

Last Verified On: 07/22/2025





SIERRA COUNTY SUPPORT GROUP RESOURCES

SUPPORT HOTLINES

Institute on Aging - Senior Intervention hotline

“The Friendship Line” non-emergency support calls

Contact: 1-888-670-1360

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Last Verified On: 07/22/2025

Miracle Messages Buddy Program

“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>

Last Verified On: 07/22/2025

SUPPORT SERVICES

DADS Chat with an Expert – Postpartum Support International

“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: 1-800-944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 07/22/2025

Postpartum Support International Helpline (PSI)

“PSI Online Support Group Meetings are available and led by trained PSI facilitators. Our online groups will connect you with other parents and provide helpful tools and resources. Whether you are going through stress, adjustment to parenting, Baby Blues or pregnancy or postpartum depression/anxiety, our groups are here for you.”

PSI Helpline: (800) 944-4773

Text English: (800) 944-4773

Text Spanish: (971) 420-0294

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

Last Verified On: 07/22/2025

Miracle Messages Program

“Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer “digital detectives” attempt to locate the loved one and deliver the message. To date, we’ve reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome.”

Hotline: 1-800-MISS-YOU

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

Last Verified On: 07/22/2025



SIERRA COUNTY SUPPORT GROUP RESOURCES

YOUTH SUPPORT GROUPS

Talk About Grief

“Virtual Grief Support Group. Many children have a hard time grieving the loss of someone close to them. Community Hospice offers resources for children and teens no matter where they are on their grief journey to help ease the pain...Our Child Grief Support Programs supports children and teens who are grieving the death of someone close to them and are offered free of charge. Through the Child Grief Support Programs at Community Hospice, grieving children and teens are able to share their story about their loss, learn healthy ways to cope, and connect with other children and teens that have had similar losses.”

Contact: (209) 578-6300

Website: <http://heal.hospiceheart.org/youth-support/>

Last Verified On: 07/22/2025