

SISKIYOU COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

Siskiyou North County Office

“Crisis intervention services are available 24 hours a day, 7 days a week by calling.”

Location: 2060 Campus Drive
Yreka, CA 96097

24-Hour Crisis Line: (800) 842-8979

Contact: (530) 841-4100

Website:

<https://www.co.siskiyou.ca.us/behavioralhealth/page/crisis-services>

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



Siskiyou South County Office

“Crisis intervention services are available 24 hours a day, 7 days a week by calling.”

Location: 1107 Ream Avenue
Mt. Shasta, CA 96067

Last Verified On: 05/31/2025

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.

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.”

Contact: (800) 843-5200

Website: <https://calyouth.org/cycl/>

Last Verified: 05/31/2025

National Suicide Prevention Lifeline

“Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones”

Emergency Hotline: 9-8-8

Contact: (800) 273-8255

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

Last Verified On: 05/31/2025



SISKIYOU COUNTY MENTAL HEALTH RESOURCES

CRISIS HOTLINES, Continued

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. Strength After... highlights the resilience of individuals and communities while providing a resource for other survivors and responders.”

Contact: (800) 985-5990

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

Last Verified On: 05/31/2025

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

Mind Body Pregnancy

“Mind Body Pregnancy covers all topics related to emotional health during the reproductive period of a woman’s life. This includes your mood, your anxiety, mental illness, hormones, treatments, and many others.”

Website: <http://mindbodypregnancy.com/>

Last Verified on: 05/31/2025

PALS – Pregnancy After Infant Loss Online Support Groups

“Pregnancy After Loss Support moderates 14 online support groups on Facebook. These group encourage peer-to-peer support during the stages after pregnancy loss.”

Website:

<https://pregnancyafterlosssupport.org/get-support/pals-private-groups/>

Last Verified On: 05/31/2025



SISKIYOU COUNTY

MENTAL HEALTH RESOURCES

MATERNAL MENTAL HEALTH SUPPORT SERVICES, Continued

Paternal Postpartum Depression Guide

Website: <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 05/31/2025

Postpartum Support International:

Contact: (800) 944-4773

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

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: 1-800-944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/resources-for-fathers/chat-with-an-expert-for-dads/>

Last Verified On: 05/31/2025

MENTAL HEALTH PROGRAMS

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

Behavioral Health Division North County Office

“Provides a broad range of mental health and substance use disorder treatments.”

Location: 2060 Campus Drive

Yreka, CA 96097

24-Hour Crisis Line: (800) 842-8979

Contact: (530) 841-4100

Website:

<https://www.co.siskiyou.ca.us/behavioralhealth>

Last Verified On: 05/31/2025

Behavioral Health Division South County Office

“Provides a broad range of mental health and substance use disorder treatments.”

Location: 1107 Ream Avenue

Mt. Shasta, CA 96067

24-Hour Crisis Line: (800) 842-8979

Contact: (530) 918-7200

Website:

<https://www.co.siskiyou.ca.us/behavioralhealth>

Last Verified On: 05/31/2025



SISKIYOU COUNTY MENTAL HEALTH RESOURCES

MENTAL HEALTH SUPPORT SERVICES

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

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

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: 05/31/2025

Institute on Aging –

Senior Intervention hotline

“The Friendship Line” non-emergency support calls

Contact: 1-800-971-0016

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

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>

Apple Podcast:

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

Spotify:

<https://open.spotify.com/show/49338MHg6LAE nBaOq1RSSC?si=b97a00f41db94211&nd=1>

Last Verified On: 05/31/2025



SISKIYOU COUNTY MENTAL HEALTH RESOURCES

WELLNESS CENTERS

Six Stones Wellness Center

“Provides a member directed wellness program that fosters recovery and resiliency to those living with mental illness. Six Stones is a stigma free environment offering activities, groups, and social support opportunities...All services are free and open to members of the public 18 and over.”

Location: 525 North Main Street
Yreka, CA. 96097

Contact: (530) 841-0810

Website: <https://nvcss.org/programs/six-stones-wellness-center/>

Last Verified On: 05/31/2025