

SUTTER COUNTY SUBSTANCE USE RESOURCES

SUTTER COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

Sutter County HHS - Maternal Child Adolescent Health

“Maternal, Child and Adolescent Health (MCAH) provides services that promote the health and well-being of women of childbearing age, infants, children and adolescents, particularly those who are at increased risk of adverse health outcomes.”

Location: 1445 Veterans Memorial Circle
Yuba City, CA 95993

Contact: (530) 822-7215

Website:

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/public-health/maternal-child-adolescent-health>

Last Verified On: 07/22/2025



ANONYMOUS SUPPORT SERVICES

Northern California Fellowship of Alcoholics Anonymous

24-Hour Hotline: (530) 225-8955

Website: <https://aanorcal.org>

Last Verified on: 07/22/2025

Al-Anon District 4 Northern California District 4 Contact:

(530) 378-9185

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

Last Verified On: 07/22/2025

River Cities Area Narcotics Anonymous

Website: <https://sites.google.com/rivercities-na.org/home>

Last Verified On: 07/22/2025

ALCOHOL SUPPORT

Alcohol Rehab Help

“If you or a loved one is struggling with alcohol addiction, you can rely on us to guide you to the best rehabilitation and treatment resources.”

24/7 Helpline: (928) 436-6654

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

Last Verified On: 07/22/2025



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PERINATAL SUBSTANCE USE RESOURCES

Sutter County – First Steps Treatment Program

“The First Steps Perinatal Program provides SUD outpatient and intensive outpatient treatment services to pregnant or parenting women struggling with a Substance Use Disorder. The program provides a supportive, women only, environment, evidence-based treatment, individual and group counseling, parenting, and life skills.”

Location: 1965 Live Oak Blvd.

Yuba City, CA 95991

Contact: (530) 822-7200 ext. 1922

Website:

<https://www.suttercounty.org/government/countyy-departments/health-and-human-services/adult-services-branch/adult-substance-use-disorder-services-suds/first-steps-perinatal-treatment-program>

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MotherToBaby

“We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. Our no-cost information service is available to mothers, health professionals, and the general public via chat, text, phone, and email in both English and Spanish.”

Contact: (866) 626-6847

Website: <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

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QUIT SMOKING ASSISTANCE

Kick It California

“We’re a free program that helps Californians quit tobacco and nicotine with the help of proven, science-based strategies. Take the first step toward quitting.”

Call and Chat Counseling:

English: 1-800-300-8086

Español: 1-800-600-8191

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

Quit Pouches:

<https://www.kickitca.org/pouches>

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

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Alexa Skills Stop Vaping Coach

“With the Stop Vaping Coach skill, get quit vaping tips or sign up to speak with a quit coach.”

Website:

https://www.amazon.com/dp/B07YBTN1GY/ref=sr_1_1?keywords=stop%20vaping%20coach&qid=1569431942&s=gateway&sr=8-1&fbclid=IwAR0Bqqyt0UWfJ7MYVSYHQ2NMAbvvhO0UMkCbv7dP7vHPj9fEZwliaP-SEZI

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SUPPORT SERVICES

Colusa County Recovery

“Virtual Recovery: Anytime, Anywhere.
Welcome to Colusa County Recovery, your virtual companion and online resource. We are your launchpad to hope, shared experiences, mutual empowerment, and essential recovery tools – all from the comfort and privacy of your own space.”

Text/Call: (530) 845-2364

Email: colusacountyrecovery@gmail.com

Website:

<https://www.colusacountyrecovery.com/>

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