

TEHAMA COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

EMPOWER Tehama

“Promoting safe & healthy relationships in Tehama County. Breaking the cycle of violence that affects an entire community begins with empowering individuals to make choices that are healthy and safe for themselves and those around them. Empower Tehama provides responsive services and intervention to victims of sexual assault, domestic violence and human trafficking.”

Location: 1805 Walnut Street
Red Bluff, Ca 96080

Contact: (530) 528-0226 (Toll Free) 1-800-324-6473

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

Last Verified On: 05/30/2025

Tehama County Health Services Agency (TCHSA)

“TCHSA is an integrated agency that works to address the evolving health and human service needs of residents in Tehama County.”

Location: 1850 Walnut Street Suite A
Red Bluff, Ca 96080

Contact: (800) 240-3208 or (530) 527-8491
(530) 527-5637 (24-Hour Line)

Website:

<https://www.tehamacohealthservices.net/>

Last Verified On: 05/30/2025



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



TEHAMA COUNTY MENTAL HEALTH RESOURCES

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/>

Website: <https://nvcss.org/programs/northern-valley-talk-line/>

Last Verified: 05/30/2025

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: 05/30/2025

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: 05/30/2025

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: 05/30/2025

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: 05/30/2025



TEHAMA COUNTY MENTAL HEALTH RESOURCES

MATERNAL MENTAL HEALTH SUPPORT SERVICES

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Website:

<https://www.tehamacohealthservices.net/>

Last Verified On: 05/30/2025

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: 05/30/2025

Postpartum Support International:

Contact: (800) 944-4773

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

Last Verified On: 05/30/2025

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: 05/30/2025



TEHAMA 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: 05/30/2025

Northern Valley Catholic Social Services

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

Location: 2400 Washington Ave
Redding, Ca 96001

Contact: (530) 241-0552

Toll Free: (800) 846-1451

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

Last Verified On: 05/30/2025

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: 05/30/2025

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: 05/30/2025

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: 05/30/2025

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>

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