

TRINITY COUNTY MENTAL HEALTH RESOURCES

24-HOUR CRISIS SERVICES

Trinity County Behavioral Health Services

“Individual and group Counseling, Case management and Medication Services, Adolescent Mental Health/Substance Abuse Treatment”

Location: 1450 Main Street
Weaverville, CA 96093

24-Hour Crisis Line: (530) 623-5708

24-Hour Toll Free: (888) 624-5820

Website:

<https://www.trinitycounty.org/Behavioral-Health>

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

WELLNESS CENTERS

Milestones Wellness Center

“Drop-in center for community members who self-identify with a mental health diagnosis. Our mission is to provide support and acceptance, enhance belonging, social inclusion, and quality of life in a clean, sober, and safe environment.

Main Office Phone: (530) 623-1362

Satellite Office Phone: (530) 628-4111

Website:

<https://www.trinitycounty.ca.gov/178/Milestones-Wellness-Center>

Last Verified On: 05/01/2025



TRINITY 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. 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: 05/30/2025

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: 05/30/2025

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. 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: 05/30/2025

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

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: 05/01/2025

Postpartum Support International:

Contact: (800) 944-4773

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

Last Verified On: 05/01/2025

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/chat-with-an-expert-for-dads/>

Last Verified On: 05/01/2025



TRINITY COUNTY MENTAL HEALTH RESOURCES

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: 05/01/2025

MENTAL HEALTH SUPPORT SERVICES

Human Response Network

“Domestic Violence and Sexual Assault Advocates”

Location: 111 Mountain View Street
Weaverville, CA 96093

Non-Crisis: (530) 623-2024

Crisis Hotline: (530) 623-4357

Toll Free: (800) 358-5251

Website:

<http://www.humanresponsenetwork.org/>

Last Verified On: 05/30/2025

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: 05/30/2025

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: 05/30/2025

SafeSpace

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities.”

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

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/>

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“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>

Apple Podcast:

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

Spotify:

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

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