

TRINITY COUNTY SUPPORT GROUP RESOURCES

SUBSTANCE USE DISORDER SUPPORT GROUPS

Alcoholics Anonymous (AA)

“AA is a fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem.”

24-Hour Hotline: (530) 225-8955

Website: <https://aanorcal.org/meeting-schedules/>

Last Verified On: 07/31/2025

Al-Anon/Alateen Support Groups

“To help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.”

Website: <https://ncwsa.org>

Last Verified On: 07/31/2025

Area of Narcotics Anonymous

“We have found a way to live without using drugs, and we are happy to share it with anyone for whom drugs are a problem.”

Contact: (800) 764-1081

Website: <http://www.shastana.org/>

Last Verified On: 07/31/2025

SUPPORT HOTLINES

Institute on Aging - Senior Intervention hotline

“The Friendship Line” non-emergency support calls.”

Contact: (888) 670-1360

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

Last Verified On: 07/31/2025



Co- Dependents (CoDa) Anonymous

“Dedicated to everyone who struggles with issues of codependence.”

Toll Free: (888) 444-2359

Website: <https://coda.org/find-a-meeting/add-new-meeting/>

Last Verified On: 07/31/2025

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: 800-MISS-YOU

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

Last Verified On: 07/31/2025



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SUPPORT SERVICES

DADS Chat with an Expert – Postpartum Support International

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

When: First Monday of each month at 5 p.m.

Call-In Number: (800) 944-4773, code 73162#

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

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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: (800) MISS-YOU

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

Last Verified On: 07/31/2025

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 “Help”: (800) 944-4773 (EN)

Text en Espanol: (971) 203-7773

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

Last Verified On: 07/31/2025



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 stories 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/>

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