

## **Mental Health, Wellness & Bereavement**

☺ = Spanish speaking agency

### **☺ West County Health Centers**

**Sebastopol 824-9999, Occidental 874-2444, Russian River 869-2961**

Each of West County Health Centers' locations offers mental health counseling. Individual and group counseling sessions are available. Counseling services include crisis counseling, smoking cessation, substance abuse, HIV/AIDS support, and chronic pain management. Long term counseling and psychotherapy also available.

### **A Special Place/ YWCA: 523-2337**

Offers a therapeutic pre-school program for children at risk, ages 3 to 5; groups meet daily, families are included in therapy; must have referral from doctor, case manager or social worker.

### **☺ Ananda Institute: 544-4441**

Full range of community social services for children, families, couples and individuals: counseling for anxiety, chemical dependency, conflict management; family trauma treatment; sliding scale fee.

### **Angela Center: [www.angelacenter.com](http://www.angelacenter.com), 528-8578**

Retreat center offers classes, workshops and counseling services; groups discuss anger management, eating disorders and more; sliding scale program option.

### **California Parenting Institute: [www.calparents.org](http://www.calparents.org), 585-6108**

Counseling for children.

### **☺ CARE/ Children's Counseling Center: 575-9166**

Counseling for children and families.

### **Chrysalis Counseling Services for Women: [www.chrysaliscounseling.org](http://www.chrysaliscounseling.org), 545-1670**

Feminist counseling for men, women, couples, children and families with specialties in anger-management, relationships, self-esteem, and life transitions; sliding scale.

### **Commonweal Cancer Help Program: [www.commonweal.org](http://www.commonweal.org), 415-868-0970**

Holds weeklong educational retreats in Bolinas to for people with cancer to help them with unmet needs: information, psychotherapy, massage, yoga, gourmet nutrition, emotional & spiritual support.

### **Disability Services and Legal Center: <http://www.cri-dove.org/>, (800) 528-7703**

A non-profit organization dedicated to enhancing the lives and advancing the rights of people with disabilities in Sonoma, Napa, Lake and Mendocino counties in California. Most legal services are free.

### **☺ Family Service Agency: [www.familyservicesonoma.com/site](http://www.familyservicesonoma.com/site), 545-4551**

General and specialized counseling for individuals, couples and families; English- and Spanish-speaking domestic violence support groups; bilingual programs; sexual and child abuse support; programs for seniors in isolation; sliding scale payment available; leave message for a callback.

☺ **Family Support Center Shelter: [www.srcharities.org/services/family-support-center.html](http://www.srcharities.org/services/family-support-center.html) 546-6479.** Walk-in clinic run by Catholic Charities; **bilingual psychiatrist** on hand every Wednesday.

### **Indian Health Project of Sonoma County: 521-4545**

Mental health and clinic social work, marriage counseling, substance abuse treatment and referral; provides services in a manner sensitive to the culture and traditions of local Native American people.

**Interlink Self-Help Center [www.interlinkselfhelpcenter.org](http://www.interlinkselfhelpcenter.org) 546-4481**

Support for self-directed mental health recovery and wellness. 1033 Fourth Street in Santa Rosa

**Jewish Family and Children's Services: 571-8131**

General counseling for families, children and seniors; grief counseling and support; sliding scale.

**Lomi Psychotherapy Clinic: [www.lomi.org](http://www.lomi.org), 579-0465 x227**

Provides long-term, low-fee, sliding scale counseling for individuals, couples, families and children; therapy and meditation groups; crisis-situation counseling; programs for people with HIV/AIDS

☺ **Memorial Hospice of Santa Rosa: [www.stjosephhealth.org/giving-back/hospice-services](http://www.stjosephhealth.org/giving-back/hospice-services), 568-1094**

Bilingual grief services for adults, children and teens: individual and group counseling, household help and assistance with financial matters; 24-hour on-call nursing services; no fees charged.

☺ **National Alliance on Mental Illness: [www.namisonomacounty.org](http://www.namisonomacounty.org), 527-6655**

Provides support for families with loved ones affected by a brain disorder; family-to-family education program, support groups, peer-education courses, resource referrals; extensive library; **free** services.

☺ **Psychiatric Emergency Services 565-4970 EMERGENCY: 576-8181**

Gateway to county mental health services through Medi-Cal.

**Russian River Counselors: [www.rivershrink.com](http://www.rivershrink.com), 865-1200**

Counseling and psychotherapy clinic in Monte Rio for people of all ages; sliding scale, private insurance and Medicare accepted; call for appointments and to discuss financial situation.

**Santa Rosa Junior College: [www.santarosa.edu](http://www.santarosa.edu), 527-4451**

Offers counseling to enrolled students during academic year; fees are included with health fees paid upon class registration; services on weekly or drop-in basis; group therapy; crisis counseling.

**Sonoma County Department of Mental Health Services: [www.sonoma-county.org/health/mh](http://www.sonoma-county.org/health/mh)**

☺ Medi-Cal/Medicare/sliding scale/private insurance all accepted.

- **Children's Team-Based Services 565-4810:** Full-range mental health services for children including case management for serious emotional disturbances.
- **Adult Services 565-4900:** Evaluation, individual and group therapy, medication treatment, residential care, case management, and recovery-based services & support.
- **Older Adult Services 565-4857:** Crisis-response and intensive follow-up for seniors experiencing emotional troubles; case management for disabled seniors.
- **24 hour Emergency Mental Health Hotline 800-746-8181**

**Sonoma State University Community Counseling Center: 664-4215**

Counseling for families and individuals, sliding scale fees.

☺ **Sutter VNA & Hospice Grief and Bereavement Program: 535-5780**

Offers multiple ongoing and **free** support groups for children, teens, adults and seniors, including support for grieving children, parents and partners; suicide survivors; families and caregivers; infant, child and pregnancy loss; school-based grief programs; individual grief counseling is also available.

**St. Joseph Behavioral Health Services: 547-5450**

Comprehensive mental health care tailored to the unique needs of the individual, including seniors, recovering addicts, couples, families, those with chronic pain; **for inpatient services call 543-2007.**

**West County Community Services: [www.westcountyservices.org](http://www.westcountyservices.org), 869-0654**

Youth and family counseling, substance abuse education and prevention programs and activities, juvenile court diversion services, home visits for families with a first-time baby.