

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.

Angela Center: 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, 585-6108

Counseling for children.

Chrysalis Counseling Services for Women: 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, 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: www.disabilityserviceandlegal.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, 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 583-8700.** Walk-in clinic run by Catholic Charities; **bilingual psychiatrist** on hand every Wednesday.

Indian Health Project of Sonoma County: 521-4545 www.scihp.org

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 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 www.jfcs.org/sonoma-county

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

Lomi Psychotherapy Clinic: 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.seriousillness.org/sonoma-marin , 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, 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, 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.

Russian River Empowerment Center 16390 Main Street, Guerneville 604-7264

www.westcountyservices.org/pages/empowerment.html

Customer driver, fee free, daytime support center for adults with serious and persistent mental illness. Tues-Fri noon-5pm – Membership only, call for intake appointment.

Santa Rosa Junior College Counseling Dept: 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.

SOS Counseling Services: www.soscounseling.org 200-3846-Sebastopol, 284-3444-Santa Rosa

Offers community based counseling services for individuals, couples, families and youth throughout Sonoma County. Sliding scale based on ability to pay.

Sonoma County Department of Mental Health Services: www.sonoma-county.org/health/mh

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

- **Children and Adolescent Services 565-6900:** Full-range mental health services for children including case management for serious emotional disturbances.
- **Adult Services 565-6900:** 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**

☺ **Sutter Care at Home Grief and Bereavement Program: 535-5780** www.suttercareathome.org/griefsupport

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 Health Santa Rosa Memorial Outpatient Behavioral Health: 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, 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.