

Mental Health Resources and Counseling Support: A Short List Office of Access and Equity

Crisis “Line” Contacts

Resource	Description	Contact
The Alex Project	Crisis Text Line is a free, 24/7 resource that serves young people in any type of crisis, providing them access to emotional support and information they need via the medium they already use and trust. Here's how it works: 1. A teen texts into CTL anywhere, anytime. 2. A live, trained specialist receives the text and responds quickly. 3. The specialist helps the teen stay safe and healthy with effective, secure counseling and referrals through text messaging using CTL's platform.	http://www.alexproject.org/about-the-alex-project/ Text LISTEN to 741741
Know the Signs	Information to help recognize signs of crisis and resources to help prevent suicide.	http://www.suicideispreventable.org/?reach-out
National Suicide Prevention Lifeline	Hotline for those in crisis. http://www.suicidepreventionlifeline.org No matter what problems you are dealing with, the National Suicide Prevention Lifeline wants to help you find a reason to keep living. This is a 24/7 confidential service and when you call, you'll be connected to a skilled, trained counselor at a crisis center in your area.	1-800-273-8255
Reach Out USA	An online resource for young people, including message boards moderated by trained peer support specialists	http://us.reachout.com/
Trevor Project	Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.	www.TrevorProject.org Crisis intervention and suicide prevention for LGBTQ youth. 1-866-488-7386
OUTreach LGBT Youth Network	Group of LGBT youth for support and friendship.	530.949.6267 ncoptalk@gmail.com
Mental Health 24-Hour Crisis Access Line	Local crisis line	530-225-5252 http://www.co.shasta.ca.us/index/hhsa_index/mental_wells.aspx
Help Line	Every call is strictly confidential We are active listeners who provide a non-judgmental, unbiased, non-discriminatory, and understanding ear to callers in crisis, considering suicide, and those who need emotional support or just someone to talk to. Referrals possible	244-2222 http://www.helpshasta.org/ helpshasta@yahoo.com .
ReachOutHere	ReachOutHere targets 14-24 year-old Californians, linking them to tools, resources, and interactive forums	at www.ReachOutHere.com and www.BuscaApoyo.org
Make the Connection	Connecting veterans with shared experiences and support. Veterans not yet connected with the VA should contact the Veterans Service Office (VSO).	Maketheconnection.net VSO: 225-5616

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Clinics, Wellness, and Treatment Centers

Resource	Description	Contact
Shasta Network of Care for Behavioral Health	This website connects individuals, families and agencies with resources and information about your mental and physical health. You can find services, learn more about health concerns and check your symptoms to see if you need emergency help. Visit our Learning Center to find out more about topics that range from depression to cancer. Get connected on our Message Boards and Social Networking platform.	http://www.shastanetworkofcare.org
Olberg Wellness Center	Olberg Wellness Center provides a member directed wellness program that fosters recovery and resiliency. These services include peer support, socialization activities, as well as wellness and recovery activities. Any individual experiencing mental health challenges, and/or their family members, are welcome to participate in the Olberg Center activities: Life Skills, Peer Support, 12-Step/Dual Diagnosis, Trauma & Grief, Arts & Crafts, Activities of Daily Living, Snap-Ed, Medication Education Group, etc.	247-3321 https://nvcss.org/shasta/olberg/
Shasta Treatment Center	Shasta Treatment Center is a local non-profit organization helping victims and families of sexual abuse and substance recovery as well as offering general counseling of individuals, couples and families. Our mission is to reduce the incidence and prevalence of violent behavior in order to break the cycle of abuse by uncovering and healing the problems of sexual abuse, domestic violence and violent crime in our community through counseling and education.	221-6237 http://www.shastatreatmentcenter.net/
Shasta Treatment Associates	Provides counseling care to individuals, groups, couples, and families. They treat a broad range of mental health issues including depression, addictions, anger, anxiety, behavioral issues, parenting, grieving, post-traumatic stress, self-esteem, etc.	222-2787 http://www.shastatreatmentassociates.net/
Shasta Community Health	Shasta Community Health Center is a non-profit primary health care system. SCHC is based in Redding California and serves Shasta and surrounding counties and communities since 1988. Shasta Community Health Center's mission is to provide quality primary and preventative health care services to the medically underserved populations of our communities.	246-5710 http://www.shastahealth.org/
Hill Country Wellness Center	Hill Country Health and Wellness Center is a true health care home for our patients, dedicated to healing the whole person. Integrated medical, dental, chiropractic and mental health services are available to everyone, regardless of ability to pay. Patients can find information, education, and services to keep them well, a place where they can find help when they are sick. We serve only patients with Medi-Cal/Partnership Health Plan, and/or Medicare.	Round Mountain: 337-6243 http://hillcountryclinic.org/ Redding: 241-4100 317 Lake Blvd., Suite A to the west of the Raley's/Shopko center.
Tribal Health Clinics	http://www.redding-rancheria.com/clinic.php http://www.greenvillerrancheria.com/ http://www.pitrivierhealthservice.org/	224-2700 284-6135 335-3651

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Other Programs, Groups, Training

Resource	Description	Contact
Institute on Aging Friendship Line	24-hour telephone hotline/warmline that provides confidential support for people aged 60 and over who may be lonely, isolated, grieving, depressed, anxious, and/or thinking about death or suicide. Also for their caregivers and for younger disabled adults.	1-800-971-0016 1-415-752-3778 http://www.ioaging.org/services-for-elders-and-care-givers/friendship-line
Suicide Prevention Workgroup	The suicide prevention workgroup is a local collaboration of public and private agencies and community members focused on reducing the suicide attempts and deaths in Shasta County through collaboration, advocacy, education, training and evaluation. Workgroup meets 3rd Tuesday of each month.	530-229-8426 http://www.co.shasta.ca.us/index/hhsa_index/mental_wellness/crisis_mh/suicide_prevention/suicide_prevention_workgroup.aspx
Suicide Loss Support Group	If you have lost a loved one to suicide, you are invited to join a free, non-therapeutic support group. Meetings are on the 2nd and 4th Thursday of every month at The Lotus Center, 3290 Bechelli Lane, Redding. Contact Marcia Ramstrom for information. Sponsored by Help Inc.	530-242-1997
California State Suicide Prevention Program	Some of SPP's primary activities include: <ul style="list-style-type: none"> • Providing suicide prevention technical assistance to counties and local organizations • Coordinating local, state and national level partners that expand suicide prevention networks in California • Collecting, analyzing and disseminating suicide data and best practices for suicide prevention 	http://www.dhcs.ca.gov/services/MH/Pages/SuicidePrevention.aspx
LivingWorks	Suicide Intervention training. Our interactive, practical workshops support suicide prevention initiatives all over the world. Virtually anyone can learn the skills to save a life, and more than 1,000,000 people have attended since 1983. With a variety of workshops to suit all needs, there is a program for everyone who wants to help. Find local suicide prevention trainers or training, including ASIST (Applied Suicide Intervention Skills Training) and safeTALK workshops, esuicideTALK information, etc.	Contact Kathleen Snyder, 925.939.1916 x147 or kathleens@crisis-center.org .
Each Mind Matters	Mental health movement. Stories, blogs, resources.	www.eachmindmatters.org
Community Organizers	Bi-lingual advocates who can provide resource and referrals.	Spanish 225-3748 South East Asian 225-5956
National Alliance on Mental Illness - NAMI of Shasta County	NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. We work community to raise awareness and provide support and education that was not previously available to those in need. Offering education and advocacy and listening.	http://www.namishastacounty.org/ 530-605-1647 https://www.nami.org/About-NAMI#sthash.hrORpUoG.dpuf

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On Campus

There are excellent resources available on the Health and Wellness site, particularly under Psychological Counseling Services.

<http://www.shastacollege.edu/Student%20Services/Dean%20of%20Students/Health%20%20Wellness/Pages/4007.aspx>

Students experiencing an **urgent (non-emergency) psychological crisis** can access counseling services by using one of the daily Crisis Drop In Visit times (11 am-3 pm). Crisis drop in visit times will be limited to 10-15 minutes per student of brief, focused intervention.

Student Psychological Counseling appointments are provided through completing and submitting an intake packet, after which a Student Health & Wellness Office staff member will contact you with appointment availability. The intake packet may be downloaded from the website, or picked up from the Student Health & Wellness Office in the 2000 building (room 2020, 242.7580).

Please remember our interactive Kognito trainings available to faculty and staff on the Health and Wellness website.