



# Local & National Mental Health Resources

*In case of an emergency call 9-1-1*

## Local Hotlines

- **24-Hour Humboldt County Mental Health Crisis Line:** 707.445.7715 or Toll-Free Crisis Line
- **Two Feathers Native American Family Services Crisis Line (M-F 8am-5pm):** 707.382.0629
- **Youth Service Bureau:** 707.444.2273
- **Del Norte County Mental Health:** 707.464.7224
- **North Coast Rape Crisis Team:**
  - **Humboldt:** 707.445.2881
  - **Del Norte:** 707.465.2851
- **Child Welfare Services, Emergency Response, Abuse Report:**
  - **Humboldt:** 707.445.6180
  - **Del Norte:** 707.464.3191
- **Adult Protect Services, Elder Abuse Reports:**
  - **Humboldt:** 707.476.2100 or 1.866.527.8614
  - **Del Norte:** 707.464.3191

## National Hotlines

- **National Suicide Prevention Lifeline:** 1.800.273.8255
  - For Veterans press 1
  - Hearing/Speech TTY: 1.800.799.4889
  - Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **California Youth Crisis line:** 1.800.843.5200
- **The Trevor Project (for LGBTQ youth):** 1.866.488.7386
  - Website: [www.trevorproject.org](http://www.trevorproject.org)
- **Trans Lifeline:** 1.877.565.8860
  - Website: [www.translifeline.org](http://www.translifeline.org)
- **Suicide Grief Support Helpline:** 1.800.646.7322
- **Poison Control:** 1.800.222.1222
- **Elderly Friendship Line ( for ages 60+):** 1.800.971.0016
- **Crisis Text Line:**
  - Text TALK to 741741 to text with a trained counselor for free

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## Local Tribal Suicide Prevention Projects and Resources

- **United Indian Health Services, Inc.**
  - **Behavioral Health Department** (telehealth appointments now available)
    - Potawot: 707.825.5060
    - Crescent City-Elk Valley: 707.464.5711
  - **Native Connections Project**
    - Contact Rebekah Becker at 707.825.5060
    - Facebook: Native Connections
  - **Ko'l Ho Koom' Mo Youth Suicide Prevention Project**
    - Contact Alissa Leigh or Rob England at 707.825.5070
    - Facebook: UIHS- Health Promotion Education
- **Two Feathers Native American Family Services**
  - **Behavioral Health and AOD Services**
    - 707.839.1933
    - Crisis Line (M-F 8am-5pm): 707.382.0629
    - Website: <https://twofeathers-nafs.org/>
    - Facebook: Two Feathers-NAFS
- **Yurok Tribe: Youth At-Risk Program-Native Connections**
  - Bessie Shorty, Program Manager
    - 707.951.9372 (work cell)
  - Lisa Hayden, Youth Case Manager
    - 707.951.4423 (work cell)
- **Hoopa Valley Tribe K'ima:w Native Connections Project**
  - Shannon Wilhite, Project Manager
    - 530.625.4261, ext. 0401 (work)
  - Facebook: K'ima:w Native Connections

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## Del Norte County Resources

- **Del Norte Community Health Center** 707.465.6925
  - Primary medical services for residents of Del Norte County. Physicians and pediatricians and mid-level practitioners. Special programs include telemedicine, diabetic education, specialist consultation in internal medicine and infectious disease and a teen health center.
- **Remi Vista Inc.** 707.464.4349
  - Works with developmentally disabled adults to assist them in living independently in the community. Also provides infant and child mental health counseling.
- **Northern California Indian Development Council** 707.464.3512
  - Community Health & Wellness Program provides outreach services to elders and youth, engaging them in creating effective, meaningful messages for their peers and their communities.
- **Harrington House Shelter** 707.465.3013
  - Provides free emergency shelter, food and clothes; temporary restraining orders; legal advocacy court accompaniment, 24 hour hotline; individual and group counseling, a drop in center; emergency response to law enforcement and hospitals, transport to safe location; help in setting up safe households; community education and presentations.
- **Tolowa Dee-ni' Nation Community and Family Services**
  - The Community & Family Services support tribal citizens to be healthy individuals that sustain their sovereign future. This program offers; child welfare services, community outreach, domestic violence and sexual assault services, elder assistance, family assistance, family outreach, foster care, higher education assistance, prevention services and vocational assistance.
    - Shu'-aa-xuu-dvn (In a Good Way Place) Domestic Violence/Sexual Assault Program
      - 24-hour crisis line (707) 487-3



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## Humboldt County Resources

- **List of Humboldt County Department of Health and Human Services Mental Health Phone Numbers by programs and services:**
  - **Children & Family Services** 707.268.2800
  - **Healthy Moms** 707.441.5220
  - **Hope Center** 707.441.3783
    - Supportive space for people with mental illness. Provide free groups, peer-to-peer advocacy and drop-in services.
  - **Mental Health Medi-Cal Managed Care** 707.268.2955
  - **Mobile Outreach Program** 707.441.4650
    - Provide outreach services throughout the county from assistance with CalFresh and Medi-Cal programs, as well as referrals for a range of services that support veterans, older adults, families and individuals. Check out their online calendar to see when they will be in your community.
  - **Older Adult Services** 707.476.2100
  - **Patient's Rights Advocate** 707.268.2995
  - **Psychiatric Emergency Services** 707.476.4094
  - **Sempervirens (SV) Psychiatric Health Facility** 707.445.7710
  - **Substance Use Disorder (SUD) Treatment Services** 707.476.4054
- **Youth Services Bureau- RAVEN Project**
  - Youth-led street outreach and drop-in center for youth, 10-21 years of age
  - 707.443.7099
- **Humboldt Family Resource Center**
  - 707.443.7358
- **National Alliance on Mental Illness (NAMI) Humboldt**
  - Provides advocacy, education and support to individuals with mental illness and their families.
  - 707.444.1600