

Sonoma Valley
MENTAL
HEALTH
RESOURCE



Here to help.

Welcome.

Welcome to your one-stop, comprehensive resource for all things community mental health related in Sonoma Valley.

The Sonoma Valley Mental Health Collective is made up of 17 community agencies who have combined to assess and provide the mental health services and resources our communities need to thrive.

While each organization provides mental health supports individually,

the real power here is in the collective power of pooling resources to ensure that all Sonoma Valley residents, regardless of income, language or identity, have access to the mental health services they need.

The Community Mental Health Hub at Hanna launched in May 2023. This directory includes current information for all collective members and is designed for you to keep and use.

COMMUNITY PARTNERS

Hanna Center

The Community Mental Health Hub at Hanna

Hanna Institute

Sonoma Valley for Healing Justice

Boys & Girls Club of Sonoma Valley

Challenge Sonoma Ropes Course

Homeless Action Sonoma Inc

La Luz Center

RISK Sonoma

Sonoma Community Center

Sonoma Overnight Support

Sonoma Valley Community Health Center

Sonoma Valley Education Foundation

Sonoma Valley Hospital

Sonoma Valley Mentoring Alliance

Sonoma Valley Unified School District

Sonoma Valley Youth and Family Services

Teen Services Sonoma



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A portion of this guide was sponsored by the County of Sonoma-Board of Supervisors



Mental Illness Facts.*

WARNING SIGNS OF MENTAL ILLNESS

Feeling very sad or withdrawn for more than two weeks

Trying to harm or end one's life or making plans to do so

Severe, out-of-control, risk-taking behavior that causes harm to self or others

Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing

Significant weight loss or gain

Seeing, hearing or believing things that aren't real

Excessive use of alcohol or drugs

Drastic changes in mood, behavior, personality or sleeping habits

Extreme difficulty concentrating or staying still

Intense worries or fears that get in the way of daily activities

AMONG U.S. ADULTS

1 IN 5

experience mental illness each year.

1 IN 20

experience a serious mental illness each year.

3.8 MILLION

had serious thoughts of suicide in 2020.

AMONG U.S. YOUTH

1 IN 6

age 6–17 experience a mental health disorder each year.

50%

of all lifetime mental illness begins by age 14.

3 MILLION

had serious thoughts of suicide in 2020.

*from NAMI, National Alliance on Mental Illness. NAMI.org

QUICK REFERENCE

Free Local and National Hotlines

Suicide and Crisis Hotline: Call 988 (24/7)

Spanish Language Crisis Hotline: (888) 628-9454

Alcohol and Drug Helpline
Sonoma County
(707) 565-7460

Crisis Text Line
Free and confidential
Text "START" to 741741

Eating Disorder Helpline*
Referrals and information
(800) 931-2237

Family Justice Center*
(707) 565-8255

LGBTQ+ National Hotline*
(888) 843-4564

LGBT National Senior Hotline
Ages 50+
(888) 234-7243

Parent Support Line
(888) 220-7575

NAMI Sonoma County Warmline
(866) 960-6264
info@namisoco.org

National Runaway Safeline
(800) 786-2929

Rape and Trauma Services
Sonoma County
(707) 545-7270

**Relationship and Domestic
Violence Help**
(800) 799-7233

Self-Harm Information Line*
S.A.F.E. Alternatives
(800) 366-8288

**Substance Abuse and
Mental Health Services**
(800) 662-4357

Trans Lifeline*
(877) 565-8860

Trevor Lifeline for LGBTQ Youth
Ages 13-24
(866) 488-7386

Verity Rape Crisis*
(707) 545-7273

YWCA Domestic Violence*
(707) 546-1234

Veterans Crisis Line
(800) 273-8255

These call lines are usually staffed with peers who have experience with mental health struggles and other challenges. Anyone can call these lines for free to talk about their daily struggles, learn more about resources in their area, and/or receive peer support if they are experiencing a crisis, for themselves, a family member, or loved one in need.

**hotlines that may not be available 24 hours a day.*



COMMUNITY HUB MENTAL HEALTH AT HANNA

hannacenter.org/community-hub • (707) 933-4HUB (4482)
thehub@hannacenter.org
17000 Arnold Drive
Sonoma, CA 95476-3242



The Community Health Hub at Hanna offers a wide range of trauma-informed preventative and outpatient services to individuals of all ages and backgrounds. The Hub is committed to meeting people where they are, providing high-quality resources that respond to stated local needs, right on the community's doorstep. Hub clinicians and staff also partner with local social service agencies to ensure that our clients are receiving comprehensive care and support to promote overall mental health and well-being. Clients of the Hub have access to a variety of evidence-based treatment and culturally responsive best practices, including:

- Individual Therapy
- Group & Family Therapy
- Couple Therapy
- Support Groups

SONOMA VALLEY HEALING JUSTICE

info@hannacenter.org



Sonoma Valley for Healing Justice (#SV4HJ) is a framework inspired by the Kindred Southern Healing Justice Collective that identifies how we can holistically respond to the generational trauma that embeds in our bodies, hearts, minds, and communities. These cohorts started summer of 2021 in hopes of supporting youth through the pandemic and beyond. As of the Spring of 2023, 65+ students have participated in the movement and some of which have renewed their participation each semester. This effort has highlighted the importance of safe and comfortable spaces for youth to continue these critical conversations.

HANNA INSTITUTE

hannainstitute.org • (707) 996-6767

The Hanna Institute equips and empowers individuals and agencies across the street, the region, and the country. From nationally-recognized trainings and credentialed courses to large-scale program partnerships, the Institute works alongside organizations and communities to break the cycle of trauma and create a healthier future for all.



Mental Health Resources

BOYS & GIRLS CLUB OF SONOMA VALLEY

bgcsonoma.org • (707) 938-8544

Maxwell Farms Regional Park
100 West Verano Ave
Sonoma, CA 95476



SINCE 1962, Boys & Girls Clubs of Sonoma Valley has been providing our community's children and teens with a safe, positive environment to learn, grow, and discover their full potential. We offer a wide range of programs to help foster academic success, healthy lifestyles, and good character & leadership. Discover our fun and engaging athletics, after school, and summer programs by viewing our program calendars!

CHALLENGE SONOMA ROPES COURSE

challengesonoma.org • (707) 484-7759

Maxwell Farms Regional Park
Eldridge Park
Glen Ellen, CA 95442



Our mission is to support the school children and youth-at-risk in the Sonoma Valley by providing an unequaled outdoor experience that forwards their learning and gives them the opportunity to step up to the best that they can be in our community. Additionally, to offer premium ropes course programs to community and business groups to help defray the costs of supporting Sonoma Valley youth.



Mental Health Resources

HOMELESS ACTION SONOMA, INC.

hassonoma.org • (707) 304-0502

P.O. Box 482

Sonoma, CA 95476



Our mission is to provide shelter and restore lives to the homeless in the City of Sonoma Community. Services provided include:

- Connection to mental, emotional, and PTSD related therapies
- Life and job skills training/coaching
- Connection to rehabilitation services for addiction
- Art therapy
- Pet therapy
- Coaching on nutrition and overall well-being
- Access to educational opportunities

LA LUZ CENTER

laluzcenter.org • (707) 938-5131

17560 Greger Street

Sonoma, CA 95476



We support individuals and families of the Latinx communities attain their dreams and aspirations by providing access to knowledge, skill-building, and resources. As part of our wrap-around services, we provide information to the community to raise awareness of mental health and available resources. We also coordinate referrals with other organizations that provide mental health services and therapy. In addition, we offer prevention programming that includes physical exercise classes.

Mental Health Resources

RISK SONOMA

risksonoma.org • (707) 501-7691

Sonoma, CA

Our structure and services are designed to help us to become advocates for parents and children in difficult issues like substance abuse, bullying, academic issues or even trouble fitting in school.



SONOMA COMMUNITY CENTER

sonomacommunitycenter.org • (707) 938-4626

276 E. Napa Street

Sonoma, CA 95476



Today, the mission of the Sonoma Community Center is to cultivate a vibrant community through extraordinary creative, cultural, and learning experiences. Driven by values of community, innovation, creativity, inclusion, and leadership, the Center offers a broad range of classes, events, and performances that encourage people from all backgrounds to create, connect, thrive, and build community together.





SONOMA OVERNIGHT SUPPORT

sonomaovernightsupport.org • (707) 939-6777

151 1st St West

Sonoma, CA 95476



**SONOMA
OVERNIGHT
SUPPORT**

Our mission is to shelter the homeless and feed the hungry in Sonoma and Sonoma Valley.

- **Free meals to food deprived and homeless**
Monday through Friday, 9am–1pm
Sonoma Valley Grange
18627 Hwy 12, Sonoma
- **Case management**
Showers and laundry facilities
Monday through Friday, 10am–3 pm
at The Haven
151 1st St. West, Sonoma
- Access to Sonoma County Shelters Los Guilicos Village through case management
- **Safe parking** for up to 10 cars
in front of The Haven
151 1st St. West, Sonoma
- Vaccination clinics
- Clothing and bus vouchers

Mental Health Resources

SONOMA VALLEY COMMUNITY HEALTH CENTER

svchc.org • (707) 939-6070

Main Clinic	Optometry Clinic
19270 Sonoma Hwy Sonoma, CA	19312 Sonoma Hwy, Suite B Sonoma CA, 95476



SVCHC mission is to provide accessible, quality health care to all of those who need it, especially the underserved. In addition to medical services, SVCHC offers behavioral health, in-house lab services, dental clinic, optometry, nutritional counseling, pharmacy services and certified bilingual enrollment professionals to help determine eligibility and enrollment options.

SONOMA VALLEY FAMILY THERAPY

sonomavalleyfamilytherapy.com • (707) 509-8031

info@sonomavalleyfamilytherapy.com

814 Broadway
Sonoma, CA 95476



We provide individual, family and couples counseling. We work with kids, teens and adults. We provide in person or virtual therapy. We take Beacon/Partnership insurance and Cigna/Evernorth.



Mental Health Resources



SONOMA VALLEY HOSPITAL

sonomavalleyhospital.org • (707) 935-5000

347 Andrieux Street
Sonoma, CA 95476



If you are experiencing a mental health crisis and need immediate assistance, call 9-1-1 or go to the nearest Emergency Department/Room. Sonoma Valley Hospital is here for you. Situations that might require emergency care include:

- A suicide attempt
- Assault or threatening actions against another person
- Hearing voices, paranoia, confusion, etc.
- Drugs or alcohol use

SONOMA VALLEY MENTORING ALLIANCE

sonomamentoring.org • (707) 938-1990

276 East Napa Street
Sonoma CA 95476



The Sonoma Valley Mentoring Alliance was founded in 1996, and serves students in kindergarten through 12th grade on each of the eight Sonoma Valley Unified School District campuses. We build long term mentor relationships between youth and caring adults. Mentors help their mentees visualize and work toward achieving their full potential.

We carefully make matches according to common interests and needs. Mentors guide their mentees throughout their school years, introducing them to experiences and opportunities that specifically address their developmental needs. Upon graduating from high school, our mentees have developed a plan for their young adult lives.

Mental Health Resources

SONOMA VALLEY UNIFIED SCHOOL DISTRICT

sonomaschools.org • (707) 935-6000

17850 Railroad Avenue

Sonoma, CA 95476



Sonoma Valley Unified School District

All SVUSD campuses are supported through a combination of support staff including: school counselors, school psychologists, school social workers and school therapists. Students who are identified as needing support are referred to each site's Coordination of Services Team (COST). This multidisciplinary team assigns interventions based on each student's unique needs, which include short term mental health support. At the secondary level, students also have the opportunity to self-refer to mental health services.

SONOMA VALLEY YOUTH AND FAMILY SERVICES

svyfs.org • (707) 732-1507

175 First Street West

Sonoma, CA 95476



We provide a path for diversion from the juvenile justice system for Sonoma youth cited by law enforcement. SVYFS also provides Sonoma schools and organizations alternatives to traditional discipline models. SVYFS programs promote leadership and interpersonal growth, and provide opportunities for community connection and belonging. SVYFS partners with other Sonoma agencies to provide families other resources when needed, such as tutoring and mental health supports.

SVYFS works closely with Challenges Sonoma Ropes Course to offer experiential and adventure-based learning opportunities for youth. The activities focus on problem-solving, communication, conflict resolution, and team building that result in students having a greater sense of self-esteem, self-confidence, and the value of inclusion.



TEEN SERVICES SONOMA

teenservices.org • (707) 939-1452

17440 Sonoma Highway

Sonoma, CA 95476



We provide job training, career resources, academic support, leadership, volunteerism, and post-secondary preparedness for teenagers in our community. From hands-on vocational training in our Lovin' Oven Culinary Academy to valuable opportunities for community engagement, our programs are designed to help teens develop practical life skills in a safe, supportive environment that fosters long-term success.

Crisis Resources

24-hour Crises Services

Sonoma County Crisis Stabilization Unit

24-Hour: (707) 576-8181

sonomacounty.ca.gov/Health/Behavioral-Health/Crisis-Services/

2225 Challenger Way

Santa Rosa, CA 95407

Provides 24 hour-a-day, 7 day-a-week crisis intervention, assessment, medication, and up to 23 hours of supportive care for individuals in an acute mental health crisis.

Strength After

24-Hour: (800) 985-5990

strengthafterdisaster.org/

If you are experiencing emotional distress or other mental health concerns after a disaster, call our Disaster Distress Helpline.

Our mission is to provide a hub to share stories of hope and recovery encompassing all types of natural and human-caused disaster.

Strength After highlights the resilience of individuals and communities while providing a resource for other survivors and responders.

Your Life Your Voice

24-Hour: (800) 448-3000

Text: VOICE to 20121

yourlifeyourvoice.org/Pages/home

Counselors are ready for your call 24/7. You don't have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors.

National Runaway Safeline

24-Hour: (800) 786-2929

1800runaway.org/youth-teens/

Get support. We are here to listen and here to help. We will listen to your story. We are available 24/7 for youth and families in crisis.

North Bay Suicide Prevention Hotline

9-8-8

24-Hour: (855) 587-6373

bucklew.org/services/suicide-prevention/

24/7, free and confidential crisis support for callers having thoughts of suicide, as well as friends and family worried about loved ones.



Crisis Resources

Domestic Violence /Abuse Resources

The US National Domestic Violence Hotline

(800) 799-7233

(800) 787-3224 TTY

thehotline.org/

Sonoma County Adult Protective Services (APS)

24-Hour: (800) 667-0404 or (707) 565-5940

[sonomacounty.ca.gov/Human-Services/Adult-and-Aging/
Adult-Protective-Services/](https://sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Adult-Protective-Services/)

3725 Westwind Blvd, First Floor
Santa Rosa, CA 95403

Report abuse, neglect, exploitation and self-neglect involving older adults age 65+ and disabled, dependent adults age 18+.

Crisis Resources

Domestic Violence /Abuse Resources (cont.)

Sonoma County Family, Youth, and Children’s Services (REPORTING)

24-Hour: (800) 870-7064 or (707) 565-4304

(707) 565-4300

[sonomacounty.ca.gov/Human-Services/Family-Youth-Children/
Prevent-and-Report-Child-Abuse/](https://sonomacounty.ca.gov/Human-Services/Family-Youth-Children/Prevent-and-Report-Child-Abuse/)

1202 Apollo Way

Santa Rosa, CA 95407

Reporting allows professionals with the Family, Youth and Children’s Division to investigate and help children to safety.

Sonoma County Men Evolving Non-Violently (MEN)

24-Hour: (707) 528-2636

sonomacountymen.org

One-of-a-kind program that offers services to help men who have decided they want to change their abusive or unproductive behavior.

Family Justice Center–Sonoma County

(707) 565-8255

fjcs.org

2755 Mendocino Ave, Suite 100

Santa Rosa, CA 95403

Domestic Violence, Dating Violence, Sexual Assault, Child Abuse, Elder Abuse, Elder Financial Abuse, Stalking

The Living Room Center

(707) 579-0142

thelivingroomsc.org

1207 Cleveland Avenue

Santa Rosa, CA 95401

Exclusively serving women and their children, who are at-risk of becoming homeless, or who are experiencing homelessness. We work within four primary areas: housing, food, education and services. Onsite intake is required to access full range of services.

Love is Respect

(866) 331-9474

Text LOVEIS to 22522

loveisrespect.org

Love is Respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.

YWCA–Domestic Violence Services

(707) 546-9922

ywcasc.org/what-we-do/domestic-violence-services/

2755 Mendocino Ave,

Santa Rosa, CA 95402

Supporting families affected by domestic violence by providing safe shelter, therapy, advocacy, and on-going support.



Crisis Resources

Foster Care & Kinship Support Services

Family Urgent Response System (FURS)

24-Hour, call or text: (833) 939-3877

(916) 657-1858

cdss.ca.gov/inforesources/cdss-programs/foster-care/furs

Our hotline provides immediate, trauma-informed support to current and former foster youth (up to age 21) and their caregivers. We assist with preventing placement disruptions and promoting healing as a family in a safe, judgement free, and private space to talk about your worries and vent.



Crisis Resources

Sexual Assault Resources

Male Survivor

malesurvivor.org

Committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.

National Sexual Violence Resource Center

(877) 739-3895

(717) 909-0715 TTY

nsvrc.org

We provide research and tools to advocates working on the frontlines to end sexual harassment, assault, and abuse with the understanding that ending sexual violence also means ending racism, sexism, and all forms of oppression.

The Rape, Abuse & Incest National Network (RAINN)

24-Hour: (800) 656-HOPE (4673)

rainn.org

We carry out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Verity

24-Hour: (707) 545-7273

(707) 545-7270

ourverity.org

835 Piner Road, Suite D

Santa Rosa, CA 95403

Sonoma County's rape crisis, trauma, and healing center. Verity facilitates healing and promotes the prevention of violence by providing counseling, advocacy, intervention, and education in our community.

Online Resources



mhanational.org

Our screening tools have been proven by research to help identify symptoms of a mental health disorder. We provide an anonymous, free and private way to learn about your mental health and if you are showing warning signs of a mental illness. We also have worksheets and resources to help. Our test will help young people and parents identify signs of several mental health disorders.



takeaction4mh.com

As part of California's ongoing mental health movement, the Take Action for Mental Health campaign is designed to help you **check in, learn more, and get support** for your own mental health or the mental health of someone you care about. The goal is to support prevention and early intervention efforts that promote mental wellness.



nimh.nih.gov/health/publications/espanol/spanish-listing

nimh.nih.gov/health/publications

NIMH offers brochures and fact sheets on mental disorders and related topics for patients and their families, health professionals, and the public. Printed materials can be ordered free of charge. **Brochures and fact sheets are also offered in digital formats and are available in English and Spanish.**

Browse over a dozen topics and download brochures and fact sheets.



HelpGuide.org

Our mission is to empower you with the knowledge and skills you need to strengthen your mental health and well-being.

Find trustworthy information about mental health and wellness that you can use to make better decisions. **Build skills** to manage your emotions, strengthen your relationships, and cope with difficult situations. **Learn how** to improve your mental health and well-being—and help your friends and family do the same.

As a free online resource, we're here for you, day or night, whenever you need guidance, encouragement, or support

Apps

Insight Timer for meditations and calming music.
[insighttimer.com](https://www.insighttimer.com)

Calm for sleep, meditation, and relaxation.
[calm.com](https://www.calm.com)

GetSetUp is a social learning platform for adults 50+ for physical health, mental health, social health, and vocational health.
[getsetup.com](https://www.getsetup.com)





Hanna Center

HANNA CENTER IS CREATING AN ENVIRONMENT FOR OUR ENTIRE COMMUNITY TO HEAL AND GROW.

COMMUNITY MENTAL HEALTH HUB AT HANNA

Here to Help

Providing trauma-informed preventative and outpatient services to individuals of all ages and backgrounds.

HANNA RESIDENTIAL

Providing Homes and Hope

Providing residential services for youth (ages 16-21) and opportunities to learn skills that promote self-sufficiency and independence.

HANNA INSTITUTE

Putting Theory to Work

Equips individuals and organizations with the trauma-informed tools they need to help communities heal and thrive.

HANNA RECREATION

Building Community

Providing athletics, arts and recreational activities for youth and the community.

..... hannacenter.org



In Community Partnership With:

HANNA ACADEMY

Believing in the Future

Our Community partner educates, prepares, and empowers students with learning and emotional challenges to succeed in school and in life.

..... hannaacademy.org