

Windsor-Area Mental Health Resources (updated 2/2018)

1. Chrysalis Community Counseling Services

1821 4th Street, SR. www.chrysaliscounseling.org
Phone: (707) 545-1670 (Ext. 201)

Counseling for women, men, couples, and children (individual and group). Anger management, life transitions, self-esteem, relationship issues. Sliding-scale, short-term subsidies.

2. Humanidad Therapy and Counseling Services

95 Montgomery Drive, Suite 112, Santa Rosa.

Phone: (707)525-1515 www.srosahntes.org

Counseling for families and individuals of any age.

Specialties: parenting, couples and family education/counseling groups. Mentorship for youth and supervised visitation monitoring and co-parenting education. Sliding scale services. Bilingual.

3. SOS Community Counseling

319 South E Street, Santa Rosa, and Windsor

Phone: (707) 284-3444 www.soscounseling.org

Counseling for individuals, couples, families, youth, and groups. Insurance, Medicare and Medi-Cal not accepted. Sliding Scale Fees and time-limited free counseling sessions (4-6 sessions). For insurance, receipt provided for insurance reimbursement.

4. Alliance Medical Center (Windsor)

8465 Old Redwood Hwy, Windsor.

Phone: (707) 687-2498 www.alliancemed.org

Provides Bilingual Counseling and Psychiatric services for Alliance Medical Center Clients. Medi-Medi, Partnership, MediCAL, Medicare, Sliding scale.

5. Al-Anon/ Alateen

PO Box 2412 Santa Rosa.

Phone: (707) 575-6760 www.sonapalanon.com

24 HR Support Lines: (707) 823- 7840

Group meetings throughout the week for the friends and family members of problem drinkers

6. Alzheimer's Association

1211 North Dutton Ave Ste A Santa Rosa.

Phone: (707) 573-1210 www.communityresourcefinder.org

24/7 Helpline: 1(800) 272-3900

Offers support groups for family, caregivers, and individuals living with Alzheimer's disease.

7. Positive Images

200 Montgomery Drive Suite C, Santa Rosa, CA 95404

Phone: (707) 568- 5830 www.posimages.org

Provides support and advocacy for LGBTQI individuals, ages 14-24. Support group meets weekly.

8. Alcohol/ Drug Issues: Alcoholics Anonymous

750 Mendocino Ave. SR. www.sonomacountyaa.org/aa-meetings/

24 HR Hotlines: Santa Rosa: (707) 544-1300

Spanish: (707) 623-6702

Meetings are available throughout the week

9. NAMI Warmline and Peer Support

182 Farmers Lane, Suite 202, Santa Rosa.

Phone: (866) 960- 6264 Mon-Fri 9am – 5pm

Provides confidential telephone and walk-in services to individuals with a mental health condition and their loved ones.

10. Peer Warmline Connection of Sonoma County

Phone: (707) 565-4466 Fri-Sun 5:30pm-9:30pm

A confidential peer-run service operated by, and for, mental health consumers. Emphasizes self-help and resources.

11. Santa Rosa Community Health Centers

Including **Vista- 3569 Round** Barn Cir, SR. Phone: 707-303-3600

and **Brookwood-** 983 Sonoma Ave., SR. Phone: 707-583-8700

www.srhealthcenters.org/

Counseling and mental health services for people of all ages; uninsured or underinsured; drop-in or pre-set appointments

12. Child Parent Institute

3650 Standish Avenue, Santa Rosa.

Phone: (707) 585-6108 www.calparents.org/

Bilingual services of In-Home Parenting, Classes, Children's Counseling and Child Abuse and Trauma treatment for ages 0 – 18,. Medi-Cal accepted for most services.

13. Lomi Psychotherapy Clinic

534 B Street Santa Rosa. Phone: (707) 579- 0465 www.lomi.org

Affordable psychotherapy services, group therapy and educational classes. Sliding scale

14. Family Services Resource Clinic Buckelew Programs

Sonoma: 144 South E St. Suite 200, Santa Rosa.

Phone: (707) 571- 8452 Bilingual

Any family member or consumer may come to a resource clinic for help with understanding or assistance in accessing services for themselves or their loved one. Every Tuesday 3pm-4:30pm

15. Interlink Self Help Center

1033 Fourth Street Santa Rosa.

Phone: (707) 546- 4481 www.interlinkselfhelpcenter.org

Self-help center providing a safe environment for those facing mental health challenges and helping improving quality of life through self-help, mutual support, and empowerment.

Offers Peer Support, Mental health and Addiction Groups.

16. Wellness and Advocacy Center (Goodwill)

Phone: (707)565-7800 www.gire.org/wellad.htm

Client-run drop-in center for all behavioral health consumers, including a career center, computer lab, job counseling, workshops, education forums, art studio, community garden, and self-help groups.

17. St. Joseph Health: Hospice Services

Memorial Hospice: 439 College Avenue S.R.

Phone: (707) 568-1094

North County Hospice: 205 East Street Healdsburg.

Phone: (707) 431-1135 www.sonomacountyhospice.org

Free. Bilingual grief support, regardless of whether or not a family member utilized St. Joseph's hospice services.

18. Santa Rosa VA Outpatient Clinic

3841 Brickway Boulevard Santa Rosa.

Phone: (707) 569- 2300 Mon-Fri 8am- 4:30 pm. Preventative and

primary care, including: Mental Health Services, Military Sexual

Trauma, Integrated Care, Telemental health services, PTSD/Anxiety disorders, Substance abuse and Pain/Anger management.

19. Casa Calmecac

3555 Sonoma Highway Santa Rosa. Phone: (707) 568-7679

Adult male alcohol and drug treatment Bilingual program, 90 days, 6-month aftercare. County referrals or private pay only

20. LifeWorks

1200 College Avenue, Santa Rosa.

Phone: (707) 568-2300 www.lifeworkssc.org/

Family Education, School-based counseling, drug & alcohol dependence, severe emotional and behavioral problems, gang intervention/ prevention, for individuals with Asperger's Syndrome or Nonverbal Learning disability, and confidential services provided by Licensed Therapists. Sliding scale and Medi-Cal.

21. California Human Development

3315 Airway Drive, Santa Rosa. Phone: (707) 523-1155

www.cahumandevlopment.org/treatment.php Inpatient and outpatient drug treatment.

22. Drug Abuse Alternatives Center

2403 Professional Drive, Suite 101, SR.

Phone: (707) 544-3295 www.daacinfo.org/

Bilingual outpatient and inpatient treatment, education, intervention and prevention for adults and adolescents with alcohol and/or chemical dependency problems. HIV/Hepatitis C testing clinic, syringe exchange available.

23. YWCA

811 Third Street, Santa Rosa. www.ywcasc.org/ Domestic Violence

Crisis Line and info, 24/7: 707.546.1234 Therapy, Support, Safe

House Services, related to Domestic Violence. Services free/sliding-scale.

24. West County Senior Services: Senior Counseling Program

16390 Main St., Guerneville.

Phone: (707) 823.1640 ext. 380

Support groups/individual counseling for ages 55+ with issues of aging, isolation and depression. Trained senior peer counselors meet in your home, or other agreed-upon location, for 12 one-hour sessions. Services are low cost or free.

25. Verity

835 Piner Road, Suite D Santa Rosa.

Phone: (707) 545-7270 www.ourverity.org

Fee-based Individual counseling and free support groups for sexual assault survivors.