



Finding a Path to Mental Wellness

24-hr Emergency Mental Health Hotlines

- North Bay Suicide Prevention Hotline **(855)587-6373**
- Sonoma County Suspected Child Abuse Hotline **(800)870-7064**
- Psychiatric Emergency Services **(800)746-8181**
- Verity Sexual Assault Hotline **(707) 545-7273**
- YWCA Domestic Violence Services **(707) 546-1234**
- COVID- Emotional and Mental Health Support Warmline **(707) 565-2652**
- COVID- Mental Health Support Line (NAMI) **(800)950-6264**

Mental Health Information and Resources for Schools

- SCOE Mental Health Resources for Youth
https://www.scoe.org/pub/htdocs/mental_health_resources_sc_youth.html
- 2-1-1 Sonoma County <https://211sonoma.org/mental-health/>
- California Department of Education <https://www.cde.ca.gov/ls/mh/>
- Project Cal-Well <https://www.cde.ca.gov/ls/mh/projectcalwell.asp>
- County of Sonoma, Department of Health Services
<https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/behavioral-health/services/accessing-mental-health-services>
<https://sonomacounty.ca.gov/Health/Behavioral-Health/>
- REMS TA Center; Supporting Mental Health, EOP Annex
<https://rems.ed.gov/resources/specific?topic=health>
- Each Mind Matters Initiative <https://www.emmresourcecenter.org/initiatives>

The face of mental illness looks different on everyone. You are not alone in this world; reach out to someone when you need help.

