



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
- **24-Hour Del Norte County Mental Health Crisis Line:** 1.888.446.4408
- **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
- **The Disaster Distress Helpline:** 1-800-985-5990
 - Text **TalkWithUs to 66746** to connect with a trained crisis counselor
- **California Youth Crisis line:** 1.800.843.5200
- **The Trevor Project (for LGBTQ youth):** 1.866.488.7386
 - Website: www.trevorproject.org
- **Trans Lifeline:** 1.877.565.8860
 - Website: 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 NATIVE 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**
 - Rebekah Becker, Project Manager
 - 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)
- **Hoop Valley Tribe K'ima:w Native Connections Project**
 - Ellen Colegrove, Project Manager
 - 530.625.4261, ext. 0401
 - 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 707.487.3175



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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

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Online Resources

- **We R Native**
 - A comprehensive health resource for Native youth, by Native youth, that provides content and stories about topics that matter most to them. Includes information about culture, environment, mental health, physical health, relationships, life tips, spirituality, wellness, and activism.
 - Website: <https://www.wernative.org/>
- **Know the Signs**
 - Know the Signs is a statewide suicide prevention campaign intending to educate on how to find the words to have a direct conversation with someone in crisis, and how to move forward finding help and resources.
 - Website: <https://www.suicideispreventable.org/>
- **Two Spirit and LGBTQ Health**
 - Provides resources for Two Spirit and LGBTQ+ individuals and loved ones (third party) within the American Indian/Alaska Native community. Includes information on finding a provider, community support, mental health care, and legal rights.
 - Website: <http://www.npaihb.org/2slgbtq/?nowprocket=1#seeus>
- **BlackLine**
 - Offers an anonymous hotline for the Black, Black LGBTQ+, Brown, Native, and Muslim community to confidentially report negative, physical, and inappropriate contact with police and vigilantes. *No one will be turned away from the Hotline based on race*
 - Website: <https://www.callblackline.com/>
- **American Foundation for Suicide Prevention (AFSP)**
 - AFSP explains how to discuss suicide loss with children and teens, including helping suicide loss survivors, navigating grief, coping skills, and additional resources.
 - Website: <https://afsp.org/>
- **The Jason Foundation**
 - The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.
 - Website: <https://jasonfoundation.com/>
- **The Jed Foundation**
 - The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation’s teens and young adults, giving them the skills and support they need to thrive today...and tomorrow.
 - Website: <https://jedfoundation.org/>
- **Suicide Awareness Voices of Education (SAVE)**

- Works to prevent suicide through public awareness, education, stigma reduction, and by serving as a resource to those touched by suicide.
- Website: <https://save.org/>
- **Find IHS Healthcare**
 - Resources locator and map for Indian Health Services, Tribal or Urban Indian Health Program facility.
 - Website: <https://www.ihs.gov/findhealthcare/>
- **Now Matters Now**
 - Provides support to those who are experiencing suicidal thoughts, difficult emotions and/or problems that feel unsolvable. They teach important skills to help individuals move through difficult times. These skills are not a replacement for counseling, but are useful for most people going through difficult times.