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Friendship Line for individuals over 60 (they can also schedule calls out to those in need.)

1-800-971-0016

NAMI - National Alliance of the Mentally Ill

707-458-2008

Know the Signs.com

Alcoholics Anonymous Inland Mendocino: 707-462-7123, aaukiah.org Narcotics Anonymous: 707-485-9110, mendona.org

Al-Anon: (friends and relatives of alcoholics and addicts) 707-456-9471, ncwsa.org

Schedule: Thursday nights from 5:30-6:30 Baechtel Creek Village Community Room (behind Rite Aid) Saturdays at 10:00am at St. Francis Episcopal Church Fellowship Hall 66 East Commercial St.

Manzanita Services: Peer Support and Management Services for those living with mental health challenges) Willits: 707-456-9020, Ukiah: 707-463-0405

Betterhelp.com: Professional, Licensed, Online Therapy

This list is not intended as a recommendation or endorsement of training and experience. We encourage you to make your own health care decisions on when and how to access medical care, and you do so at your own risk.