**MENTAL HEALTH RESOURCES**

**Crisis/Suicide Prevention Line**: 1-855-838-0404

**Crisis Text Line**: Text: HOME to 741741 CrisisTextLine.org

**National Suicide Prevention and Veteran’s Crisis Line** 1-800-273-8255

**Mendocino County Access Line** (Medi-Cal patients): 1-800-555-5906

**Redwood Community Behavioral Health Services**: 707-472-2922

**Little Lake Health Center (Willits)(private insurance and cash)**: 707-456-9600

**Long Valley Health Center (Laytonville)(private insurance & cash)**: 707-984-6131

**Jed Diamond**, PhD: 459-5055

**Betty Lacy**, MD: 707-462-8783

**Daniel Mandelbaum**, MD: 707-462-1640

**Manzanita Services**:(Peer Support & Management Services for those living with mental health challenges) Willits 707-456-9020, Ukiah 707-463-0405 manzanitaservices.org

**NAMI**: (National Alliance on Mental Illness) Namimendocino.org 707-391-6867, 984-8089

**Alcoholics Anonymous Inland Mendocino**: 707-462-7123, aaukiah.org

**Narcotics Anonymous**: 707-485-9110, mendona.org

**Al-Anon**: (friends and relatives of addicts and alcoholics) 707-456-9471, ncwsa.org Thursday nights from 5:30-6:30 at the Baechtel Creek Village Community Room (behind Rite Aid) Saturdays at 10am at St. Francis Episcopal Church Fellowship Hall, 66 East Commercial St.

**Psychologytoday.com**: Find a therapist

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.