

BEHAVIORAL HEALTH COUNSELING & SUPPORT GROUPS

COUNSELING

County of Santa Cruz
Access to Services ■■■
800-952-2335

Family Service Agency ■■■■
fsa-cc.org
831-423-9444

Shine a Light Counseling Center ■■■
shinealight.info
831-996-1222

Coastal Turning Point ■■■■
coastalturningpoint.com
831-234-2010

Community Bridges ■
communitybridges.org
831-688-8840

The Diversity Center (LGBTQ+) ■
diversitycenter.org
831-425-5422

Encompass Community Services ■
encompasscs.org
831-469-1700

The Parents Center ■
parentscentersc.org
831-426-7322

Pajaro Valley Prevention and Student
Assistance, Inc. ■■
pvpsa.org
831-728-6445

Senior Network Services ■■
seniornetworkservices.org
831-462-1433

Family Urgent Response System (FURS) ■
833-939-3877 - free 24/7/365 hotline for current
or former foster youth and their caregivers

BEHAVIORAL & HEALTH CLINIC SERVICES

County of Santa Cruz
Integrated Behavioral Health ■■■
santacruzhealth.org/clinics

831-454-4100 North County
831-763-8400 South County
831-454-2080 Homeless Persons' Health Project

Santa Cruz Community Health ■■■
schealthcenters.org
831-427-3500

Planned Parenthood ■■■■
plannedparenthood.org
877-855-7526

Doctors on Duty ■■■■
doctorsonduty.com
831-425-7991
831-722-1444

Salud Para La Gente ■■■■
splg.org
831-728-0222

Kaiser Permanente ■■■
kp.org
831-768-6736
800-390-3503

Sutter Health ■■■■
sutterhealth.org
831-458-4888

PEER SUPPORT & ADVOCACY

NAMI - National Alliance on Mental Illness ■
namiscc.org
831-427-8020
800-950-6264

Patients' Rights Advocate / Ombudsman ■
advocacy-inc.org
831-429-1913

ADDICTION SERVICES

SUBSTANCE USE SERVICE PROVIDERS

County of Santa Cruz
Substance Use Disorder Services ■
800-952-2335

Encompass Community Services ■■
encompasscs.org
831-226-3728

Janus of Santa Cruz ■■■■
janussc.org
831-462-1060

New Life ■■
newlifesc.org
831-427-1007

Sobriety Works ■
sobrietyworks.com
831-476-1747

The Camp Recovery Center ■■■
camprecovery.com
855-933-4897

Elevate ■■
elevaterehab.org
831-440-3568

Summit Estate Recovery ■■
summitestate.com
800-701-6997

Pajaro Valley Prevention and Student
Assistance, Inc. ■■
pvpsa.org
831-728-6445

Alcoholics Anonymous ■
aasantacruz.org

Narcotics Anonymous ■
santacruzna.org

SMART Recovery ■
smartrecovery.org

GRIEF SUPPORT

GRIEF SUPPORT

Family Service Agency: Suicide Loss Survivors ■
fsa-cc.org/suicide-loss-survivors/
831-423-9444

Hospice of Santa Cruz County ■■■■
hospicesantacruz.org
831-430-3000

GriefShare ■■
griefshare.org
800-395-5755

BirchBark Foundation: Pet Loss & Grief Support ■
birchbarkfoundation.org/griefsupport
831-471-7255

DOMESTIC VIOLENCE

Monarch Services - Bilingual ■
monarchsc.org
888-900-4232

Walnut Avenue Family and Women's Center ■
wafwc.org
866-269-2559
831-426-3062

National Domestic Violence Hotline ■
thehotline.org
800-799-7233 or text 88788

Payment Legend - please call agency to verify

■ Medi-Cal	■ Self-pay
■ Medicare	■ Sliding Scale
■ Private Insurance	■ Free

Need help accessing services? Check the back of your insurance card for instructions, or call Access at 800-952-2335

If you or someone you know is experiencing a behavioral health crisis, please reach out for support

- The Suicide & Crisis Lifeline: 9-8-8 24/7. Text, call, or chat online. 988lifeline.org
- Emergency services: 9-1-1
- Trevor Lifeline for LGBTQ+: (866) 488-7386
- Trans Lifeline: (877) 565-8860
- National Maternal Mental Health Hotline: 1-833-TLC-MAMA (1-833-852-6262)
- Go to the nearest hospital emergency room

If you are not in immediate danger but require crisis support, reach out to the 24/7 Santa Cruz Behavioral Health Services hotline at 800-952-2335.

The Santa Cruz County Mobile Crisis Response Team (MCRT)

800-952-2335 - provides 24/7 support to all Santa Cruz County youth and adults experiencing a behavioral health crisis. santacruzhealth.org/CrisisResponse

Walk-in Crisis Services

800-952-2335 - Crisis assessment and intervention services for adults and children. Monday-Friday, 8 AM to 4 PM
1400 Emeline Ave., Building K, Santa Cruz, CA
1430 Freedom Blvd., Suite F, Watsonville, CA

Adult Crisis Stabilization

831-600-2800 - Crisis assessment, intervention, and referral services in a locked setting for up to 24 hours for adults aged 18+. Walk-ins accepted. Available 24/7.
2250 Soquel Ave., Santa Cruz, CA 95062

Hope Forward | Esperanza Adelante Youth Crisis Center

831-540-4141 - Crisis assessment, intervention, and referral services for youth. Walk-ins accepted. Available 24/7.
5300 Soquel Ave., Santa Cruz, CA 95062
santacruzhealth.org/YouthCrisis

MEANS SAFETY

Means safety for suicide prevention is about limiting a person's access to means, methods, or mechanisms by which they may attempt suicide.

Strategies to promote safety in times of crisis or in anticipation of crisis include:

1. Place yourself or a person in a safer environment
2. Put a barrier between the person and the means (e.g., lock box for medications or weapons)
3. Increase the amount of time it takes to access the means, for example by securely storing firearms, over the counter medications, or prescription drugs – this gives time for intervention or for the crisis to pass

SAFETY CHECKLIST

If you are concerned about how to keep yourself or a loved one who is thinking about suicide or has attempted suicide safe in the home, this checklist offers a starting point.

- Learn the warning signs of suicide
- Have a conversation about suicide prevention
- Share crisis resources
- Keep medications securely stored at all times
- Dispose of unused, unwanted, or expired medications
- Learn steps to respond to a suspected drug overdose
- Keep guns securely stored
- Familiarize yourself with California law when considering storing a firearm outside the home
- Trust your instincts
- Remember: you are not alone

For additional information on safety planning, please visit: suicidesafetyplan.com

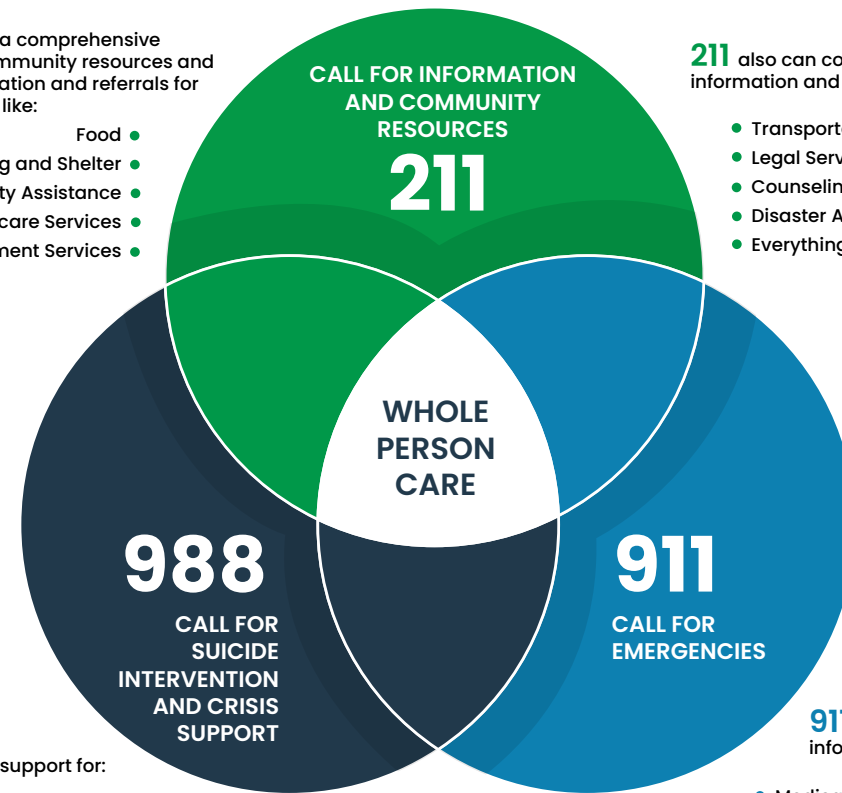
HELP IS 3 NUMBERS AWAY

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare
- Everything Else



988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

911 also can connect people with information and referrals for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation

SIGNS OF CRISIS

Behavioral health crises can appear in different ways for each person and vary across age groups. While individuals may want help, it can be difficult to know how to get it. There are some common warning signs that may indicate someone needs help. If you notice any of the following – speak up and reach out.

Adults

- Talking about wanting to die
- Excessive worrying or fear
- Giving away possessions
- Extreme mood changes
- Difficulty concentrating
- Changes in sleep habits
- Avoiding friends and activities

Youth

- Changes in school performance
- Frequent outbursts
- Giving away personal belongings
- Neglecting personal hygiene
- Disengaging from activities
- Excessive worry or anxiety, such as fighting to avoid bed or school

STIGMA

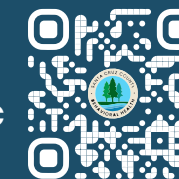
Stigmas are unfair and negative beliefs people or society hold about something. These harmful ideas can stop people from asking for help or staying in treatment.

When it comes to mental health, some common stigmas are thinking that people with mental health struggles are dangerous or not trustworthy—especially when it comes to things like jobs or housing.

Ways to Reduce Stigma with Compassion and Empathy:

- Thinking and talking about mental health along a spectrum that includes everyone.
- Encouraging individuals to seek help, recognizing that everyone needs support sometimes.
- Making it easy for someone to reach out for or get help.
- Using person-centered language like “a person with schizophrenia” rather than “a schizophrenic.” A person is not a diagnosis.
- Promoting and supporting those who are willing to speak about their experiences.
- Supporting accurate representations of mental health, such as in social media.
- Getting involved in legislation, advocacy, and activism that challenges stigma and protects the rights, welfare, and dignity of those with lived mental health experiences.

Download the Santa Cruz County Suicide Prevention Strategic Plan Update



SANTA CRUZ COUNTY BEHAVIORAL HEALTH RESOURCE GUIDE



988 SUICIDE & CRISIS LIFELINE



BEHAVIORAL HEALTH HEALTH SERVICES AGENCY

SantaCruzHealth.org/BehavioralHealth



@CountyofSantaCruz

