



DIOCESE OF SACRAMENTO

2110 Broadway • Sacramento, California 95818 • 916/733-0237 • Fax 916/733-0195

Safe Environment

Catholic Counseling Resources

- [Catholic Charities of Yolo Solano: New Pathways Counseling Services](#) provides professional, confidential, and affordable counseling services to Solano and Yolo county area residents. Services are provided in individual, private, or group sessions. Services are available in Spanish. For more information and/or to schedule an appointment, please call 707-556-9137 or email counseling@csssolano.org
- [Northern Valley Catholic Social Service mental health and wellness programs](#) offer services aimed at improving overall well-being for community members through a variety of programs in Siskiyou, Shasta, Tehama, Glenn and Butte Counties.
- [Mercy Medical Group Behavior Health Department](#) (Greater Sacramento Area)
- [Ignatian Institute for Family Life, Sacramento](#) St. Ignatius Church 3235 Arden Way, Sacramento, CA 95825 (916) 482-9666

County Mental Health Resources by county

- [Butte County Mental Health Services](#)
Phone: (530)-891-2810, 24 hour crisis line: 800-334-6622
- [Colusa County Mental Health Services](#)
Phone : (530) 458-0520
- [El Dorado County Mental Health Services](#)
24 hour crisis line: 800-929-1955
- [Glenn County Mental Health Services](#)
24 hour crisis line: 1-800-507-3530
- [Nevada County Mental Health Services](#)
Phone: 530-265-1437, 24 hour crisis line: 888-801-1437
- [Lassen County Mental Health Services](#)
Phone: (530) 251-8108
- [Placer County Mental Health Services](#)
Phone: (916) 787-8860 , Mental Health Walk-In Clinic (Toll Free) 1-888-886-5401



DIOCESE OF SACRAMENTO

2110 Broadway • Sacramento, California 95818 • 916/733-0237 • Fax 916/733-0195

Safe Environment

- [Plumas County Mental Health Services](#)
Phone: (530) 283-6307
- [Sacramento County Health and Human Services, Division of Behavioral Health](#)
Phone: 916-875-1055 24-Hour Toll Free: 888-881-4881
- [Sierra County Mental Health Services](#)
Phone: 530-993-6746, Sierra County Crisis Line: 1-877-332-2754
- [Shasta County Mental Health Services](#)
Phone: 530) 225-5252
- [Solano County Mental Health Services](#)
New Services Call: (800) 547-0495, 24-hr line: (707) 428-1131
- [Sutter and Yuba County Mental Health Services](#)
Main Business Number: (530) 822-7200
- [Tehama County Mental Health Services](#)
Phone: (530) 527-5631
- [Yolo County Mental Health Services](#)
To Schedule a Screening Call: (888) 965-6647, 24-Hour Toll Free: (888)- 965-6647

If someone is facing suicidal thoughts:

Call 911 for immediate assistance

1-800-273-TALK (24 hours)

[SuicidePreventionLifeline.org](https://www.suicidepreventionlifeline.org)