

COVID-19 PANDEMIC MENTAL HEALTH RESOURCES

NAPA COUNTYWIDE



A Tradition of Stewardship
A Commitment to Service

Mental Health Crisis Hotlines 24/7

National Suicide Hotline: 1-800-273-8255

Crisis Text Line: Text "GO" to 741741

Crisis counselors are available to listen and help with coping skills

Trevor Project Hotline: 1-866-488-7386 or Text 678678

Crisis intervention and suicide prevention hotline + text message line for LGBTQ Youth

Crisis Stabilization Services / Exodus: 707-253-4711

For anyone age 5+ in immediate crisis, needing evaluation and crisis intervention
HHS South Campus - 2751 Napa Valley Corporate Way, Building B

Mental Health Support Lines

Napa County Mental Health Access: 707-259-8151 or 800-648-8650

For mental health assessments and referrals as well as warm line support (Monday through Friday 8am-5pm) for individuals of all ages who are experiencing anxiety, stress, worry, depression, etc. related to COVID-19

Aldea Bilingual Family Wellness Support Line: 707-543-1152

8am-8pm, 7 days/week Help for parents and guardians who are dealing with their children's anxiety and worry related to COVID-19

Mentis Healthy Minds Healthy Aging: English 707-299-1885

Spanish **707-299-1884**. 9am-5pm, Monday-Friday. Help for Older Adults (60+) experiencing heightened anxiety and worry due to COVID-19

Postpartum Support International: Bilingual helpline 1-800-944.4773

Text **503-894-9453** for peri or post-natal moms

Mental Health Treatment Resources

Mentis Mental Health Services: Call Bilingual Intake: **707-255-0966** ext.132
For all ages available by phone or video | mentisnapa.org

Aldea Mental Health Services: For youth age 5-21 with mental health needs and Medi-Cal coverage, and persons age 12-30 dealing with psychosis call Bilingual Intake: **707-253-0123**. Teens age 14-21 in need of drug & alcohol treatment, regardless of insurance, call **707-255-1855**.

More information at aldeainc.org