

Mental Wellness and Health Referrals for Students

ON-CAMPUS SERVICES

Counseling Services Front Desk (Academic, Career and referrals for personal counseling) – 707-864-7101

Front Desk Hours: Monday-Thursday 8:30 am-6 pm & Friday 8:30 am-3 pm

Wellness Counselor Appointment Referrals: <https://form.jotform.com/200657652986063>

MENTAL WELLNESS SERVICES

Crisis Text Line-Free 24/7 and Confidential (Text "Courage" to 741741)

Aldea Children & Family Services (707) 427-1845

Solano County Mental Health Access Line (800) 547-0495

Solano County 24 Hour Crisis Line (707) 428-1131

Solano Pride Center (707) 389-4520 (LGBTQ+ community individual and group therapy)

Lifeline National Suicide Hotline: 1-800-273-8255

Napa County Crisis and Stabilization Unit: 707-253-4711

Talkspace.com -Text with a therapist \$25 per week

Sonoma County Community Mental Health Centers, multiple locations (707) 565-6900

Sonoma County 24-hour Suicide Prevention: (855) 587-6373

Sonoma County 24-Hour Crisis Services: (707) 576-8181, Crisis Stabilization Unit

Sonoma County 24-Hour Access Line (707) 565-6900 or (800) 870-8786

Wellness and Advocacy Center (Santa Rosa) (707) 565-7800

SEXUAL ASSAULT

Bay Area Women Against Rape: (510) 845-7273, Vallejo (707) 644-7273, Fairfield/Vacaville 707-422-7273

SafeQuest Solano: 24 hours hot line (866) 920-2952 or business (707) 422-7345

Solano County Office of Family Violence Prevention: hot line (707) 784-3267

FOOD-CLOTHING-SHELTER (Also: Call 211 from phone, or www.211bayarea.org)

Solano County:

Resource Connect Solano: (707) 652-7311 Assessment and personalized referral service for housing needs

Christian Help Center Church: Vallejo (707) 553-8192

Emergency Shelter/Bed Hotline: (800) 843-5200

Food Bank of Contra Costa and Solano: (707) 421-9778

Interfaith Council (Solano/CoCo): (925) 933-6030

Shelter Solano: (707) 422-1011

Opportunity House (Vacaville): (707) 447-1988

CalFresh Program: California (877) 847-3663

Solano Community Resource Center: (707) 746-4352

SPCA Haven of Solano County: (707) 448-7722

St. Mark's Lutheran Church Fairfield: (707) 422-4741

St. Mary's Catholic Church Food/Groceries: (707) 448-2390

Napa County:

The Hope Center-Abode Services (Napa): (707) 259-8133

Sonoma County:

Friends in Sonoma Fish Helping: Sonoma (707) 996-0111

COTS Mary Issak Center: Petaluma (707) 765-6530

St. Vincents de Paul Society: Rohnert Park (707) 584-1579

Sonoma Overnight Support: Sonoma (707) 939-6777

Salvation Army: Petaluma (707) 769-0716

Mental Wellness and Health Referrals for Students

Alameda County:

Alameda County 211: 1 (888) 886-9660

Eden Information & Referral (Alameda Cty): (510) 537-2552 or 1(800) 273-6222

San Francisco/Santa Rosa/Marin Counties:

Catholic Charities (Santa Rosa): (707) 528-8712

Huckleberry Youth (up to 21 & 24 yrs): (415) 258-4944 (Marin); (415) 621-2929 (SF)

Jazzie's (LGBTQ Shelter – SF): (415) 869-7977

MSC (SF – Drop in Shelter): (415) 597-7960

Yolo County:

Yolo Hospice: (800) 491-7711 or (530) 601-5756

DOMESTIC VIOLENCE/CHILD ABUSE/TEEN ABUSE/ELDER ABUSE/SEXUAL ASSAULT

SafeQuest Solano: Crisis Hot Line 24 hours: (866) 920-2952 or business (707) 422-7345

Empower Yolo (Woodland/Davis): Hot line 24 hours (530) 662-1133 or business (530) 661-6336

Fairfield Domestic Violence Response Team: (707) 428-7770

Napa Emergency Women's Services (NEWS): (707) 252-3687

SAFE (Sanctuary in Abused Family Emergencies): Vallejo (707) 647-0470

Solano County Family Violence Intervention Team (FVIT) Victim Resource Specialist: (707) 784-1316

Solano Women's Crisis Center: Fairfield (707) 425-3422

Travis Air Force Base Family Advocacy Office: (707) 423-5168

Vacaville Family Investigative Response Services Team (FIRST): (707) 469-6600

YWCA Sonoma County - 24/7 Domestic Violence Crisis Hotline 707-546-1234

Domestic Violence Services located at the Family Justice Center (Santa Rosa) (707) 546-9922

SUBSTANCE ABUSE

Solano County substance Abuse: (707) 784-2220

Adolescent Outpatient Treatment: Fairfield Healthy Partnership (707) 425-1799, Vallejo ANKA Behavioral (707) 558-8195

VETERANS/MILITARY

Crisis Line: (800) 273-8255 press 1

Homeless Veterans: 24 hours/7 days (877) 424-3838

Solano County Veterans Services: 707-784-6590 Chat with VCL

County of Sonoma Human Services Veterans Services Office: Santa Rosa (707) 565-5960

More Extensive Listings of Health and Wellness Resources:

- Bay Area Health and Human Services: <http://www.211bayarea.org/> (or call: 211)
- Food Resource Directory: <https://www.foodbankccs.org/frdcc>
- San Francisco Shelter Listing:
- <http://hsh.sfgov.org/wp-content/uploads/2017/06/Adult-Shelters-and-Reservation-Locations-051017-English.pdf>
- 311 San Francisco Homeless Resources: <https://sf311.org/homeless-issues-all-matters>