

## Mental Health and Wellness Community Resources

### **ON-CAMPUS SERVICES**

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

Phone Front Desk Hours: Monday-Thursday 8:30 am-4 pm & Friday 8:30 am-3 pm

In-Person Wellness Counselor Appointment Referral Online Form: <https://tinyurl.com/wellnesscounseling>

### **CAMPUS SUPPORTED MENTAL WELLNESS SERVICES**

#### **Timely Care- Scheduled Counseling, TalkNow and Basic Needs Services**

Students will be able to talk to a licensed provider from your smartphone or any web-enabled device. All services listed below are FREE for enrolled students (with the exception of K-12 special admit students).

#### **How can students access TimelyCare?**

Students can go to [timelycare.com/solano](https://timelycare.com/solano), download the [TimelyCare mobile app](#), or find the TimelyCare icon in their canvas shell to register with their name and *school* email address. Students can then have visits from any web-enabled device – smartphone, laptop, or desktop. TimelyCare is available from anywhere in the United States.

#### **What services are available?**

There are four services available:

- *TalkNow*: 24/7, on-demand access to a mental health professional to talk about anything at anytime
- *Scheduled Counseling*: scheduled options to speak to a licensed counselor (up to **12** visits per year)
- *Basic Needs*: Access to low or reduced-cost community resources that provide food and housing assistance, transportation, help paying bills, legal services and more.
- *Group Sessions*: Weekly Guided Meditation and Yoga Group Sessions, plus specialized discussions throughout the year.

### **COMMUNITY MENTAL WELLNESS SERVICES**

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)

Aldea Children & Family Services (707) 427-1845

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

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: 2245 Challenger Way #104, Santa Rosa, CA 95407 (707) 565-7800

**988 Crisis Hotline – call or text for assistance**

### **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](http://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

SNAP Supplemental Nutrition Assistance 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

**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  
2755 Mendocino Ave., Santa Rosa, CA 95403  
Phone: (707) 546-9922 | Fax: (707) 546-9928

**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>
- 311 San Francisco Homeless Resources: <https://sf311.org/homeless-issues-all-matters>