

ARE YOU A STUDENT IN **CRISIS**?

HOW TO GET HELP:



- **Talk to your instructor.** Your instructor has resources to assist you.
- **See the Crisis Counselor.**
Mondays-Thursdays from 9am to 5pm go to Osuna Hall (behind the Bookstore)
Fridays from 9am-3pm go to the Counseling Department (100B)
- **Schedule an appointment at the Student Health & Wellness Center**
Call (530) 740-1749 or go to Osuna Hall (behind the Bookstore) to see a therapist (FREE of charge)
- **Call the YCCD Police.**
Call 741-6771 or 741-6772; TTY 740-4885. Officers are trained ready to help in **ANY** emergency!
- **Call a Crisis Hotline or Go Online.**
Services available 24 hours a day/7 days a week. Crisis hotlines and websites are listed below.

ADDITIONAL RESOURCES

Counseling Services

- ❖ Casa de Esperanza – (530) 674-5400; 24-Hour Crisis Line (530) 674-2040
Shelter for battered women and children and rape crisis center. Bilingual crisis line workers available.
- ❖ Yuba-Sutter Mental Health – 24-Hour Crisis Line (530) 673-8255; Outpatient Services 822-7200
- ❖ Gridley Outpatient Family Services – (530) 846-7305, 24-Hour Crisis Line – 1-800-334-6622
- ❖ Harmony Health Family Resource Center – (530) 742-5049, 1908 North Beale Rd., Marysville
Counseling, immediate crisis intervention, support groups, parenting classes. Medical services – 743-6888.
- ❖ Oroville Counseling Center – 88 Table Mountain Blvd., Oroville (530) 538-2158
24-Hour Crisis Line -1-800-371-4373
- ❖ Victim Witness Assistance Program
Sutter County: (530) 822-7345; Yuba County: (530) 741-6275
- ❖ Yuba City VA Clinic – 425 Plumas, Yuba City
Contact: Elly Willerup: (530) 741-4527; Call for appointment or walk-in MTTTF 8-4:30; W 8-12

Homeless Resources

- ❖ Christian Assistance Network -
EMERGENCY food and clothing provided *by referral only*. See the Crisis Counselor.
- ❖ Gleaners Food Bank – (530) 673-3834, 460 A St, Yuba City; Food distribution
- ❖ Hands of Hope - (530) 755-3491, P.O. Box 88, Yuba City, CA 95992
 - Supportive services (showers, laundry facilities, after-school tutoring, etc. for homeless children and families
 - Evening shelter program. Operating hours: Tuesdays 12-6, Wednesday 3-6, and Thursdays 12-6.
 - **By referral only. A Crisis Counselor will complete referral and give to student.**
- ❖ Homeless Mental Health Program – (530-743-7313)
Drop-in center for homeless or those at-risk of being homeless; support and telephone use.
- ❖ Oroville Rescue Mission – (530) 533-0351, 4250 Lincoln Blvd., Oroville
Women and children only - call for space available

- ❖ **Salvation Army - (530) 216-4530, (530) 671-7283, 401 Del Norte Ave, Yuba City**
 - Emergency food and shelter. Food distribution M – Th, 9-11:30 a.m. food is given out.
 - Shelter services are limited to funding and vary month to month.
- ❖ **St. Andrews Presbyterian Church - (530) 673-7353, 1390 Franklin Rd, Yuba City**
 - "Mother Hubbard's Cupboard," distributes up to 3 days of food: M - F, 1:30-3:15 p.m.
 - One-night emergency shelter services during winter only
 - Emergency gas for medical appointments out of town , utilities/PGE only for families with small children, bus tickets
- ❖ **Twin Cities Rescue Mission – (530) 743-8777, 940 14th Street, Marysville**
 - **Men only** - call for space available
 - Supportive services (shelter, showers, clothing); breakfast at 7 a.m. and dinner at 8:30 p.m.
 - Bible Study, M-F, 10-11 am; Chapel Service, daily at 7:30 p.m.

Medical Services

- ❖ **A Woman's Friend – Pregnancy Resource Clinic – (530) 741-9136, 616 E Street, Marysville**
- ❖ **Del Norte Clinics – Family Health Centers – Medical, Dental, Perinatal Services**
Clinics throughout Yuba/Sutter counties and surrounding areas.

Support Groups, Treatment Programs, & Misc. Services

- ❖ **Al-Anon – 419 E Street Marysville (530) 673-9380**
- ❖ **Alcoholics Anonymous – (530) 673-9380**
- ❖ **Alliance for the Mentally Ill – (530) 822-7178**
- ❖ **Compassionate Friends – (530) 674-2575**
Support group for parents who have lost a child, any age, and cause with those who have had a similar experience.
- ❖ **Friends for Survival – Help Line (916) 392-0664**
Outreach organization for those who have lost family or friends by suicide.
- ❖ **National Alliance for the Mentally Ill (NAMI) Yuba/Sutter–(530) 822-7178, 1965 Live Oak Blvd, YC**
- ❖ **Yuba Co. "For Families" Drug Treatment Program – (530) 749-6798, 5730 Packard, Marysville**
- ❖ **Yuba Sutter Child Protective Services – 24-Hour Crisis Line: (530) 822-7227**
- ❖ **Yuba Sutter Veterans Services – (530) 749-4967, 1114 Yuba Street, Marysville**

ONLINE RESOURCES

1. **HALF of Us** College student oriented mental health site, information, assessment, referral & advocacy for depression, bipolar, suicide, eating disorders, anxiety, stress, ADD, cutting, etc. Lots of stories & videos, inc. college athletes and student veterans
<http://www.halfofus.com/>
2. **ULifeline** Resource for college mental health & suicide prevention <http://www.ulifeline.org/main/Home.html>
3. **Coming Home Project** A non-profit organization devoted to providing compassionate care, support and stress management tools for veterans and their families, and their service providers. <http://www.cominghomeproject.net/cominghome>
4. **Facts on Tap** Information on alcohol and other drugs, family alcoholism, how to get help
<http://www.factsonatop.org/factsonatop/students.htm>
5. **Got Anxiety?** Anxiety Disorders Association of America's college oriented site <http://www.gotanxiety.org/>
6. **Moodletter a.k.a. Of Like Minds** Depression/ bipolar information and support <http://oflikeminds.com/>
7. **Musicians for Mental Health** info/online support; great mp3 files of music from supporting artists
<http://www.mpoweryouth.org/index.html>
8. **National Suicide Prevention Lifeline** 1.800.TALK (8255) <http://www.suicidepreventionlifeline.org/>
9. **Obsessive Compulsive Foundation** Information & resources on OCD <http://www.ocfoundation.org>
10. **Organized Chaos** The OCD Foundation's webzine for teens and young adults with OCD
<http://www.ocfoundation.org/organizedchaos/>
11. **QPR** "Question, Persuade and Refer" three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. <http://www.qprinstitute.com/>
12. **Self Injury Foundation** Advocacy, support and education for self-injury <http://www.selfinjuryfoundation.org/2001.html>