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

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/](http://www.halfofus.com/)


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](http://www.cominghomeproject.net/cominghome)

4. **Facts on Tap** Information on alcohol and other drugs, family alcoholism, how to get help [http://www.factsontap.org/factsontap/students.htm](http://www.factsontap.org/factsontap/students.htm)

5. **Got Anxiety?** Anxiety Disorders Association of America’s college oriented site [http://www.gotanxiety.org/](http://www.gotanxiety.org/)


7. **Musicians for Mental Health** info/online support; great mp3 files of music from supporting artists [http://www.mpowersyouth.org/index.html](http://www.mpowersyouth.org/index.html)

8. **National Suicide Prevention Lifeline** 1.800.TALK (8255) [http://www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

9. **Obsessive Compulsive Foundation** Information & resources on OCD [http://www.ocfoundation.org](http://www.ocfoundation.org)


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/](http://www.qprinstitute.com/)