

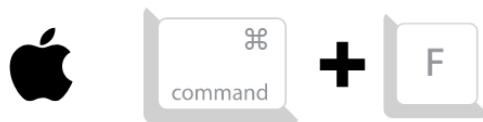
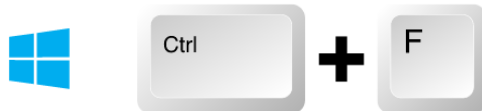
MENTAL HEALTH RESOURCE GUIDE

MARIN COUNTY

November, 2025

To find specific information use these keyboard shortcuts:

FIND IN DOCUMENT



Have a request for updates or changes?

[Click here!](#)

DISCLAIMER

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National Alliance on Mental Illness

nami | Marin County

ADDITIONAL RESOURCES

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NAMI MARIN HELPLINE RESOURCE DIRECTORY

This list of services does not represent an endorsement by NAMI Marin

Notes:

Marin **B**ehavioral **H**ealth and **R**ecovery **S**ervices (BHRS) formerly Marin County Mental Health & Substance Use Services

The County Access Line is the BHRS Access Line: 888-818-1115.

Eligibility for some Marin Behavioral Health and Recovery Services (BHRS) requires Medi-Cal (not a Medicare program) and a persistent and severe mental illness.

Those with “mild or moderate” mental illness are served by Beacon Health Options. Medi-Cal benefits are administered by Partnership HealthPlan of CA. 800-863-4155. www.partnershiphp.org/.

Crisis Stabilization Unit (CSU) formerly Marin County Psychiatric Emergency Services (PES]

Buckelew Counseling Services formerly Family Service Agency

ACRONYMS

AIR	Alliance in Recovery
AOT	Assisted Outpatient Treatment
BHRS	Behavioral Health and Recovery Services (Formerly MHSUS)
BPD	Borderline Personality Disorder
CAM	Community Action Marin
CARE	Community Alternative Response Team
CARE	Community Assistance, Recovery, and Empowerment (see CARE ACT)
CBT	Cognitive Behavioral Therapy
CES	Coordinated Entry System
CIP	Community Institute for Psychotherapy
CIT	Crisis Intervention Team
CHADD	Children and Adults with ADHD
CMHS	Marin County Community Mental Health Services
COC	Continuum of Care
CSU	Crisis Stabilization Unit (Formerly PES)
DBT	Dialectical Behavioral Therapy
ECT	Electroconvulsive therapy
ERC	Enterprise Resource Center
F2F	Family to Family

AIR	Alliance in Recovery
AOT	Assisted Outpatient Treatment
BHRS	Behavioral Health and Recovery Services (Formerly MHSUS)
FSA	Family Service Agency (renamed Buckelew Counseling Services)
FSG	Family Support Group
FSS	Family Support Specialist
HHS	Health and Human Services
HOPE	Helping Older People Excel
ICS	Integrated Community Services
IEP	Individualized Education Program
IOP	Intensive Outpatient Program
IHHSS	In Home Health Support Services
IOOV	In Our Own Voice
LBD	Lewy Body Dementia
MAIL	Marin Assisted Independent Living Program
MCC	Marin Community Clinics
MCIL	Marin Center for Independent Living
MHASF	Mental Health Association of San Francisco
MHSUS	Mental Health and Substance Use Services (Changed to BHRS)

NAMI	National Alliance on Mental Illness
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PART	Prodrome Assessment Research and Treatment program
PHP	Partial Hospitalization Program
PES	Psychiatric Emergency Services (Changed to CSU)
PLAN	Planned Lifetime Assistance Network
PREP	Prevention & Recovery in Early Psychosis Program
PTA	Promise to Appear
ROI	Release of Information
RSS	Residential Support Services Program
SAFE	Specialized Assistance For Everyone
SAMSHA	Substance Abuse and Mental Health Services Administration
SNT	Special Needs Trust
SSDI	Social Security Disability Insurance
SSI	Supplemental Security Income
STAR	Support and Treatment After Release
SUD	Substance Use Disorder
TAY	Transitional Age Youth
VI	Vulnerability Index
WRAP	Wellness Recovery Action Plan
YES	Youth Empowerment Services

STARTING POINT FOR NON-EMERGENCY SERVICES

***The following resources are for family members living in Marin**

County Access Line 888-818-1115. Entry point for referral to all types of services, including mental health and substance use; for county and private providers.

Marin County Information and Assistance 415-473-4636. Aging and Adult Services provides a multi-disciplinary system of services and supports for older adults and persons with disabilities to promote quality of life and independence.

Marin Center for Independent Living 415-459-6245. To assist persons with all types of disabilities to achieve their maximum level of sustainable independence as contributing, responsible and equal participants in society.

Assisted Outpatient Treatment (AOT) (Laura's Law): Especially for those who refuse treatment. See eligibility requirements [here](#).

NAMI Marin HelpLine 415-444-0480. Trained family members offer support and help with navigating the services using our extensive list of local resources.

[Marin Online Community Resource Guide](#): An excellent resource guide hosted by Marin Health and Human Services. Categories are: [Care](#), [Health](#), [Education](#), [Legal](#), [Emergency](#), [Food](#), [Housing](#), [Money](#), [Transit](#)

[211BayArea.org](#): An excellent resource guide for the entire Bay Area. Click on Marin in the map to list resources in Marin.

[FindHelp.org](#): A guide indexed by zip code.

Non-Crisis Mobile Outreach Program for mentally ill people who are homeless or at risk of being homeless.

C.A.R.E. Team I - 415-847-1266. All of Marin County. Severe Mental Illness.

Team I can go most anywhere to meet with the homeless. Includes West Marin.

C.A.R.E. Team II - 415-847-6798. Central San Rafael Area

C.A.R.E. Team III - 415-302-0753. Novato Contact Tom Clark

PREPARE FOR A CRISIS

Crisis Prevention Program 415-497-9092

Counseling and peer support to help avoid/prepare for crises. Free, requires appointment.
Supervisor: Deborah Sawicki; Counselor: Andrew Frierson: 415-847-1112

Suicide Prevention & Community Counseling 415 499-1100

IMPORTANT! If you get no answer please wait 20 minutes to one hour and call back. Some will respond.

Suicide Prevention and Crisis Chat and more

<https://www.wellspacehealth.org/services/behavioral-health-prevention/suicide-prevention>

See website for many suicide related services.

Crisis Text Line (CTL)

Text MARIN to 741741. The Crisis Text Line offers free, 24/7, confidential crisis counseling via text and is a place to turn when experiencing anxiety, depression, substance use, suicidal ideation, or anything in between. While available to any age, Crisis Text Line predominantly attracts those most comfortable texting for support, teens age 17 and under.

Psychosis: First Aid Guidelines for Loved Ones goo.gl/ZAHNYR

Guidelines for Effective Communication with 911 Dispatch

Download and study scripts. <https://bit.ly/2Eo0ZEz>

MENTAL HEALTH CRISIS

Crisis Intervention 415-473-6666

Crisis Stabilization Unit (CSU) formerly Psychiatric Emergency Services (PES)
County service for everyone, regardless of insurance. [– 415-473-4182]

Mobile Crisis Response Team

415-473-6392. Can do a 5150 evaluation and transport to CSU (formerly PES). Many other services are outlined in video.

The Mobile Crisis Response Team responds to mental health and substance abuse crises and psychiatric emergencies in the community throughout Marin County. They work collaboratively with the citizens of Marin County, community based mental health and substance abuse agencies, hospitals and local law enforcement to increase the safety of individuals in a crisis. They also can contact the transition and outreach team to try to make contact with those with no insight into their illness. Any or no insurance OK. Please click on the link below to view a video for further details of their services.

Important note : if you call mobile crisis they will ask you three questions,

Is he/she a threat to themselves?

Is he/she a threat to others?

Is he/she gravely disabled? (Cannot do ADL) activities of daily living

If you answer no to all three questions mobile crisis will not help you.

Mobile Crisis Response Team Video: <https://vimeo.com/535723012>

Available 24/7.

Comparison of Mobile Crisis, SAFE and C.A.R.E. teams

MOBILE CRISIS TEAM BHRS Vehicles originate from Marin General Hospital	415 473 6392 24/7	SERVICES Crisis response Can 5150 Licensed clinicians Can transport to hospital or detox	Have Spanish speaking team members on the phone.
CARE TEAM “Community Alternative Response Engagement” Hosted by Community Action Marin. Vehicles originate from 7665 Redwood Blvd. Novato	415-847-1266 415-847-6798 8:30-5:00 M-F Some weekend calls	SERVICES Outreach to homeless and mental health. Wellness checks Food Sleeping bags Transport to detox Trust/peers Housing referrals, Odyssey Encampments	Have Spanish speaking team members in the vehicle

SAFE TEAM Run by Petaluma Peoples' Services Contracted through and dispatched by police (911) and non-emergency number. No uniforms/not Police. Must respond in San Rafael only.	911 or 415-458-7233 calls assessed and transferred to SAFE. Alternative to police. Transport to hospital or detox	SERVICES Non 5150 EMTs, mental health professionals Provide transport to detox and hospitals	Usually have a Spanish speaker in the vehicle. Have translation services available.
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Local Police Department

Call 911 and ask to be connected to your local police. Ask for a Crisis Intervention Team Officer (CIT) and request a 5150 evaluation.

Stay calm and be prepared.

Marin General Emergency Room

415-925-7200.

Novato Community Hospital Emergency Room 415-209-1350.

Kaiser Medical Center Emergency Room

415-444-2400.

Suicide Hotline 415-499-1100, part of Grief Counseling 415-499-1195
(national) 800-273-8255, 24 hours

988 - 988 is the three-digit number to call, text, or chat that connects people to the existing National Suicide Prevention Lifeline where support is available for anyone having thoughts of suicide, mental health, or substance use crises, or for those worried about a loved one who may need crisis

support. Instead of dialing 911, emergency calls related to mental health or substance use crisis can be placed to 988.

DOMESTIC VIOLENCE AND ABUSE

Center for Domestic Peace Domestic Violence. For female victim 415-924-6616

For male victim 415-924-1070. Spanish speaking 415-924-3456.

www.centerfordomesticpeace.org

MENTAL HEALTH SERVICES & RESOURCES

CalHOPE Warm Line: 833-317-HOPE (4673). The CalHOPE warm line connects callers to other people who have persevered through struggles with stress, anxiety, depression—emotions triggered by the COVID-19 pandemic. The peer counselors listen with compassion, provide non-judgmental support and guide you to additional resources that can give hope and help them cope. <https://www.calhope.org/pages/current-services.aspx>

County Access Line 888-818-1115. Entry point for referral to all types of services, including mental health/substance use, for county and private providers.

Behavioral Health and Recovery Services (BHRS) formerly the Marin County Mental Health & Substance Use Services 888-818-1115
marinhhs.org/bhrs

CARE Act and CARE Court In partnership with county and community organizations, the program establishes a new pathway to provide mental health services for individuals aged 18 and older diagnosed with schizophrenia or other psychotic disorders who are not clinically stabilized in the community.

See <https://www.marinbhhs.org/services/forensic-re-entry-and-diversion/care-act> for more detailed information on how to access.

HOPE Program 415-473-4306, for seniors over age 60

Odyssey Team 415-473-3240, Homeless Outreach Program.

STAR (Support and Treatment After Release) Program 415-473-2725,
Treatment after release from jail. County program for people with felony convictions.

Integrated Community Services 415-455- 8481 connectICS.org Employment, independent living skills, recreational and referral services, estate planning referrals, special needs trust referrals, private case manager referrals. Mental health, learning disabilities, brain injuries.

Youth Empowerment Services (YES) Full Service Partnership (FSP)

Program for high risk youth through age 18 who have serious mental health and substance use issues. Please contact Brian Robinson (415) 473-7462 for additional information.

<https://www.marinhhs.org/youth-empowerment-services-yes-full-service-partnership-fsp>

Marin General Hospital-Behavioral Health Outpatient Services 415-925-7674.

Partial Hospitalization/Intensive Outpatient Services: DBT, CBT, Life Skills, Case Management, Psychotherapy & Planning Groups. Medi-Cal accepted, if secondary. Greenbrae.

Buckelew Counseling Services [formerly Family Service Agency of Marin] 415-491-5700; Intake 415-473-6666; Administration 415-457-6964 buckelew.org/programs
Child, Youth, Adult, Family Counseling. Medi-Cal or private pay. Sliding Scale.
San Rafael, Sausalito.

Beacon Health Options formerly Beacon Health Strategies 855-765-9703
Referral source for Health Care Services

MarinHealth Adult Outpatient Services

MarinHealth (formerly Marin General Hospital) Intensive Outpatient Programs (IOP) and Partial Hospitalization (PHP) for young adults 18+. Medi-cal is ONLY accepted as secondary insurance
See flyer at

<https://www.mymarinhealth.org/programs-services/behavioral-health/outpatient-services/>

For more detailed information.

goodtherapy.org – Therapist referral service

Psychologytoday.com – Therapist referral service

Community Institute for Psychotherapy

415-459-5999 www.cipmarin.org, Individual, family and couples counseling. Sliding Scale.

Jewish Family and Children's Services

415-449-3700 415 449-1212

<https://www.jfcs.org/find-help/adults-families/counseling-consultation/> Individual, family and couples counseling. Sliding Scale from \$100 - 185. For mild to moderate mental health challenges. Not for crises.

Managing Voices and Negative Thoughts Medi-Cal accepted. 415-497-0651,

bucherir@usfca.edu 2nd Tuesday, 12-1pm, Enterprise Resource Center, 3270 Kerner Blvd, San Rafael. Free.

Depression and Bipolar Support Alliance

<https://www.dbsasf.org/>

Providing help, support, and education to improve the lives of people living with mood disorders

PostPartum Support Center

Expectant and new parents often have difficulty in finding the help they need. They may not have adequate access to social, emotional, practical, or informational support. At the PPSC, we provide the perinatal population with all of this—and in the context of a supportive community.

[Support Line](#) [Postpartum Support Groups](#) [Mom to Mom Peer Counseling](#) [Marin Diaper Bank](#), [The ROSE - PPD Prevention program](#).

www.postpartumsc.org

Caminar Olivios

Private, comprehensive mental health care

Olivos, a division of Caminar for Mental Health, is an innovative, well organized model that closes the treatment gap. For over 50 years, Caminar, a nonprofit, and Olivos, its parent organization, have been leaders in providing services for people with mental, physical and developmental disabilities. We work with individuals in various stages of recovery -- from those with highly acute serious mental illness, to those dealing with the life-long effects of trauma, to those seeking to improve their mental health and wellness and strive to reach their full potential. Insurance not accepted. Based in San Mateo.

CONTACT INFO: INFO@CAMINAROLIVOS.ORG

PHONE: (415) 264-8186

650-781-4148

In Home Support Services

415-473-7118. Low-income. Assistance to live independently.

North Marin Community Services (Novato)

www.northmarincs.org

info@northmarincs.org

415-892-1643

- Mental health services for youth and adults.
- Novato Teen Clinic in partnership with Marin Community Clinics, which includes brief behavioral health

- h care at no cost to youth ages 12-25
- Community-based mental health services for all ages (in person at 680 Wilson in Novato and via telehealth) through sliding scale, MediCal ACCESS referral and at no cost for uninsured Spanish-speakers (PEI funded)
- School-based mental health services in throughout Novato Unified School District
- Case Management (including rental assistance, weekly food pantry, enrollment assistance, and more), Child Care, and Latinx Services (Promotores and Newcomer Supports programs).

- Nursing Home Abuse help
<https://www.nursinghomeabusecenter.com/nursing-home-neglect/>

[NursingHomeAbuseCenter.com](https://www.nursinghomeabusecenter.com)
[1330 Boylston Street, Suite 400](#)
[Chestnut Hill, MA 02467](#)
(800) 478-0520

YOUTH SUPPORT

[Access: Medi-Cal for Children: Early Periodic Screening, Diagnostic and Treatment \(EPSDT\)](#)

415 473-3068

This team provides assessments and referrals for children and adolescents who are full-scope Medi-Cal eligible and are in need of mental health services

[Children and Youth Medication Clinic](#)

Access Line: (888) 818-1115

Under direction of the Mental Health and Substance Use Division Medical Director, a half time child psychiatrist, two part time psychiatrists

[Katie A. Implementation](#)

Katie A is a case that was brought on behalf of a young girl who experienced multiple placements and inadequate mental health services while in the foster care system.

[Parenting Classes](#)

Classes offered in 10-week series in the fall and spring, co-led by a clinician and Family Support Specialist. There are separate groups for children up to age twelve and another for teenagers

[School Age Prevention and Early Intervention](#)

Community based organizations are working with schools (Kindergarten through eighth grade) to prevent mental health concerns, as well as identify and respond to mental health provider: Bay Area Community Resources

Shoreline School District

171 Carlos /Drive, San Rafael
415-444-5580

Sausalito Marin City School District

Provider Marin City Community Services District

610 Drake Ave, Sausalito; 415-332-1441

San Rafael City Schools

6925 Chabot Rd. Oakland,

510-317-1426

Substance Use Early Intervention and Outpatient Treatment Services

[Huckleberry Youth Programs](#)

415-258-4944

Huckleberry Youth Programs provides Screening, Brief Intervention and Referral (SBIRT) services through the San Rafael

Marin County Side by Side

<https://www.sidebysideyouth.org/region/marin-county>

Side by Side is a Joint Commission accredited mental and behavioral health organization. They provide services related to behavioral and mental health, early intervention in schools, LBGTQ issues, transitional housing and special education.

Ambassadors of Hope and Opportunity (AHO)

<http://www.ahoproject.org/>

415 381-7173

Marin non-profit serving homeless teens and at-risk young adults ages 18 to 25.

Bay Area Community Resources (BACR)

<https://www.bacr.org/>

415 444-5580

Brief substance abuse intervention for youth ages 13-18. Long term (6 months) family therapy for youth on probation. Mental health services include counseling, case management, trauma response, parent education, teacher consultation, and other assistance.

Paradigm Treatment Center

<https://paradigmatreatment.com>

855 797-1112

Residential treatment for teens 12-17, young adults 18-26. Treatment for 35 days costs \$60000. Some might be covered by insurance. Kaiser is sending patients here and paying for at least two weeks.

Newport Academy

<https://www.newportacademy.com/>

877-929-5105

Treats individuals, ages 12-24, struggling with teenage depression, teen anxiety, and trauma-related issues, along with co-occurring eating disorders and teenage substance abuse. VERY expensive - might take insurance.

Muir Wood Adolescent and Family Services

We have 17 idyllic treatment campuses in Northern (Sonoma), Southern (Riverside), and Central (Clovis) California. Our gender-separate programs include: girls residential dual-diagnosis, girls residential primary mental health, boys residential dual-diagnosis, and boys residential primary mental health. We also provide outpatient treatment in Petaluma, CA. Muir Wood enjoys in-network agreements with 95% of California payers. **No medi_CAL**. Cost on 1/12/2022 is \$1800/day.

Muir Wood Adolescent and Family Services

855 684-7966

Information on Youth and Parent Support

Actionable tools to make diagnosis and treatment less of a guessing game and more of a data-driven solution for early detection and intervention of mental illness and disorders in teens. Extensive resource guide for mental health services for teens.

<http://www.wellifyteen.org/>

Wellifyteen runs a teen drop in and hang out space in Northgate mall called Karma Club.

www.karma-club.org

Children's Mental Health Resource Center

The CMHRCr provides guidance and resources for the early identification and management of mood disorders, bipolar disorder, and Fear of Harm.

CMHRC offers a series of programs and services designed to support and educate families as well as the practitioners who treat them. Through this work we seek to expand the depth and breadth of services available to families and providers, and to provide education on the unique presentation of mood disorders, bipolar disorder, and Fear of Harm in children.

<https://cmhrc.org>

PSYCHIATRIC SERVICES

Kaiser Psychiatric Services 415-491-3000 Appointments & medication refills, San Rafael & Petaluma

Marin City Health & Wellness 415-339-8813 marincityclinic.org, Medical, dental, behavioral health care and recovery.

Marin Community Clinics 415-448-1500, marinclinic.org Medical, psychiatric and dental services. Larkspur, San Rafael & Novato.

West Marin Health & Human Services Center 415-473-3800.
BHRS satellite clinic. 100 6th Street, Point Reyes

Ritter Center 415-457-8182 ext 111 16 Ritter St., San Rafael. Drop-in psychiatric assessment and counseling, vocational training, and medication management. "RISE program," San Rafael
Charlotte Stanton, Ritter Center.

Behavioral Health Outreach Van

The van serves as a mobile mental health office, providing a safe and private space for mental health services, telehealth appointments, case management, screenings, vaccinations, and food assistance. Managed by Ritter Center 415-457-8182 ext 111

RotaCare Clinic 415-482-6906 M-Thur, 6-8:30pm. Medical Orientation every Tuesday. at noon. Psychiatric Services. Be there by 4:50pm to get in lottery line, San Rafael

Early Psychosis Programs in CA:

Are you looking for evidence-based Early Psychosis Treatment in California? Here's a quick list for your reference of the 12 services we have found so far. You can view the providers' full profile by searching "early psychosis" in the BHRN app which you can download at

www.bhrnapp.com

- BEAM - San Francisco 415-614-5970
- CARE - San Diego 619-543-7745
- Early Psychosis Program - Alameda 510-318-6100
- Early Psychosis Program - Monterey 831-424-5033
- EDAPT - Sacramento 916-734-5076
- Inspire - Palo Alto 650-498-9111

- PREP - San Francisco 415-614-5970
- PREP - San Mateo 650-458-0026
- PREP - Stockton 209-603-5936
- REACH- San Jose 855-273-2248
- SOAR - Napa 707-253-0123
- UCSF Path Program - San Francisco 415-476-7278

NOTE! that PREP is now called (re)MIND and Felton BEAM UP.

In Marin: (re)MIND is located in Montecito Shopping Center in San Rafael. 361 Third St. Suite B, San Rafael 94901. Serves ages 15-30, have had a first psychotic episode within the last two years, have Marin County Medi-Cal. Intake through BHRS ACCESS, 888-818-1115. All around treatment for early psychosis. Additional contact is Natalie at 628 888-5075. Family members can call Natalie directly/

Mind Therapy Clinic

A team of psychiatrists, psychologists, and expert specialists when you need more... for your emotional wellbeing. VERY EXPENSIVE, private.

An IOP costs from \$7000 to \$15000 per month.

UCSF Child, Teen and Family Center

<https://psych.ucsf.edu/ctfc>

Our mission at the UCSF Child, Teen and Family Center is to provide exceptional care for children, adolescents, young adults, and families with mental health and developmental concerns while advancing scientific knowledge, and clinical training.

We treat children, adolescents, young adults, and families struggling with:

- Attention-deficit/hyperactivity disorder (ADHD)
- School issues
- Autism
- Depression
- Bipolar disorder
- Worry or anxiety
- Psychosis (hallucinations and delusions)
- Post-traumatic stress disorder (PTSD)
- Eating disorders
- Suicidality, cutting and other intentional self-injury
- Obsessive-compulsive disorder (OCD)

- Tourette's disorder and other tic disorders
- Family challenges

If you are interested in obtaining treatment for your child or family, please call (415) 476-7000 to request an appointment.

Rosebay Behavioral Health

<https://www.rosebaybh.com>

415-526-6360

Located in San Anselmo

Ages 18 - 59

Partial Hospitalization Program (PHP) 26-34 days

Intensive Outpatient Program (IOP) 6-7 weeks

Inpatient Treatment Program

Wellness Support Services Program

Takes most private insurance. Does NOT take MediCAL

Private pay \$50000 for 30 days

IOP - \$1000/day

Website is comprehensive and has more information.

Residential treatment for teens 12-17, young adults 18-26. Treatment for 35 days costs \$60000. Some might be covered by insurance. Kaiser is sending patients here and paying for at least two weeks.

SUPPORT GROUPS

NAMI Family Support Groups

A confidential, **drop-in** support group for family members, caregivers, partners and friends of someone with mental illness.

NAMI Family Support Groups - In Person

A confidential, **drop-in** support group for adult family members, caregivers, partners and friends of someone with mental illness. Please, no pets (except service animals)

Vaccination recommended but not required..

San Rafael Family Support Group - In Person

Every Wednesday evening , 7-8:30pm

4340 Redwood Hwy Suite 18a, San Rafael

West Marin Family Support Group - online only

Every Friday midday , noon -1:30pm

To attend online use this link:

<https://us02web.zoom.us/j/815orH3Wsl>

Marin City Family Support Group - In Person

Every Friday evening , 7-8:30pm

First Missionary Baptist Church

501 Drake Ave, Marin City

Canal Alliance Family Support Group - In Person

Every Saturday morning , 10 - 11:30am

711 Grand Ave, San Rafael

Español Family Support Group – In Person

1st & 3rd Thursday, 7-8:30pm

4340 Redwood Hwy Suite 18a, San Rafael

BHRS Family Support Group (Online)

We are a group of clinical staff and family support specialist who offer time each week to provide support, guidance, and a safe place to share your stories, connect with others who are having similar experiences, and provide education and information that may be helpful as you navigate the complexities of behavioral health challenges.

Every Thursday from 7:00 to 8:30 pm. Starting on June 18, 2020, we have moved our groups to Zoom.

Go to <https://www.marinbhhs.org/>

then scroll down and click on “Join Telehealth Appointment Now”. This button is a Zoom link

Bay Area Outside of Marin

SF NAMI Parent Support offers a virtual support group for parents/guardians of youth and young adults ages 12-25 the **fourth Sunday of each month from 4-5:30pm**. To register, please use this form on the [NAMI San Francisco website](#).

Sonoma NAMI Family Support Groups - online

2nd & 4th Tuesdays - 4:30 PM

1st and 3rd Tuesdays, 6:00 PM - 7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/83836105956?pwd=d3Njd2RWN0hOZ3d3NGppRHpXdGQvdz0>

[9](#)

Family Sanity offers monthly support groups via zoom for parents of older teens and young adults on the **third Tuesday of the month from 7-9pm**. Certified Parent Coach Sarah MacKay Lynch facilitates. To register, go to: www.familysanity.org.

FAMILY AND PEER SUPPORT & EDUCATION

NAMI Marin Helpline 415-444-0480.

NAMI (National) Helpline 800-950-6264 www.chaddnorcal.org to 6 pm EST, Mon-Fri.
Text “**HELPLINE**” to **62640** between **10 a.m.–10 p.m. EST, Monday–Friday**,

BHRS Family Support Group, by staff and Family Support Specialist. No cost, all families welcome.

www.marinhhs.org/family-support-meetings

Family Support Specialist see Mental Health Services and Resources

www.marinhhs.org

California Peer Run Warmline

Phone 855 845-7415 or Chat via IM

For hours and details see - www.mentalhealthsf.org/peer-run-warmline/

Hope Program 415-473-4306 For Seniors over age 60. Peer Counseling.

Children And Adults with AD/HD (CHADD) 415-789-9464 www.chaddnorcal.org, Family/Adult support/education for AD/HD, learning/organizing.

Hoarding Alliance of Marin County

Information for people with too much clutter and those who love them.

This guide provides information about Hoarding and helpful resources.

Website <https://www.marinhhs.org/hoardingguide>

Dialectical Behavior Therapy (DBT) Center of Marin 415-459-5206. www.dbtmarin.com

Monthly drop-in family support & psychoeducation group. First Tuesday, 7-8:30pm

Grief Counseling 415-499-1195, Free 24-hour warmline

Institute on Aging Grief Services 415-750-4111. 3575 Geary Blvd., San Francisco.

Individual traumatic loss grief support

Free drop-in grief group. Saturday mornings 10:30-12 noon

8-week traumatic loss grief group

Side By Side sidebysideyouth.org 415-870-9298

Child and Youth welfare organization with many programs, includes drop-in counseling, education, exercise, and others.

Parents Place, Jewish Family & Children's Services 415-449-7959, www.parentsplaceonline.org, San Rafael. Parenting skills/support, individual, family and group therapy, social skills groups, grief support groups, case management.

Matrix Parent Network & Resource Center 800-578-2592 matrixparents.org.

Education/advocacy for disability education rights. Matrix also has resources for parents who are dealing with IEPs (Individualized Educational Programs). Family Partners also has resources for dealing with IEPs.

Family Works Therapy and Life Skills Center

415-492-0720 familyworks.org

Hospice by the Bay 415 927-2273

Has a bereavement group for people who have lost loved one to suicide. Direct line - 415 526-5699

Felton Institute's LOSS Team 415 444-6000, or 415 726-4685

<https://felton.org/social-services/adult/local-outreach-to-suicide-survivors-loss/>

Felton Institute's LOSS Team is made up of staff and trained volunteers – many of whom are survivors of a suicide loss. LOSS provides resources, support, connection, and understanding immediately after a suicide loss and for the months and years that follow.

This program provides:

- Support services for family members/friends who've lost a loved one to suicide
- Information on services, resources, and connection to suicide survivor support groups

Our team is dispatched by the Marin County's Sheriff's Department and/or designated law enforcement personnel to support those who have experienced a loss due to suicide. Within an hour, the LOSS Team responds to care for those who have experienced or witnessed the loss of a loved one.

Suicide loss support group 415.444-6000

Support group for young adults and teens who have lost a friend, family member, classmate, co-worker or partner to suicide.

[From Compassion to Action Guide](#) (English)

[De La Compasión A La Acción](#) (Spanish)

A booklet from Marin Health and Human Services

A Community Guide to Suicide Prevention

And Support in Marin County 2022

Buckelew Programs **SOS: Allies For Hope** Survivors Of Suicide Bereavement Support Group is offered the **2nd** and **4th** Wednesdays of every month from 6:00-8:30 pm virtually. Please call 415.492.0614 for a zoom link or email SOSinfo@Buckelew.org

NAMI Marin Family to Family 415-444-0480

[For those with loved ones living with mental illness] - educational weekly meetings for twelve weeks.

Enterprise Resource Center (ERC)

<https://www.mhamarin.org/>

Group Schedule: <https://www.mhamarin.org/groups>

Phone: 415-457-4554

Peer operated. 3270 Kerner Blvd., Suite C, San Rafael.

Offers Peer Companion Program, peer counselor training, peer counseling, crisis planning, support groups for bipolar, depression, etc. Bilingual advocate.

Warmline 415-459-6330 9am - 9pm

NAMI Marin Website - Peer Resource Guide

Goto <https://www.namimarin.org/> and search for “peer resource guide”. This guide is a comprehensive guide to peer resources.

Empowerment Clubhouse Marin City

www.marincitycdc.org/empowerment-clubhouse

(415) 339.2839

441 Drake Avenue

Marin City, CA 94965

A recovery-oriented, strengths-based community mental health organization serving individuals recovering from mental illness. No cost and entirely voluntary, free, and available to any Marin County resident over 18 years of age living with a diagnosed mental health disorder.

Hours of Operation:

Monday through Friday,
10:00 am to 2:00 pm

YMCA 415-492-9622, ymcasf.org, Friendly atmosphere. Fee scholarships
1500 Los Gatos Drive, North San Rafael
Socialization. Companionship, outings.

Beyond Hunger 415-459-2270, www.beyondhunger.org, Eating Disorder programs.

National Eating Disorder Association:

800-931-2237 Hours: 9:00 AM - 9:00 PM (ET) Mon-Thurs; and 9:00 AM to 5:00 PM (ET)
Fri For 24/7 crisis support, text 'NEDA' to 741741
<https://www.nationaleatingdisorders.org>

Eating Disorder Specialists:

877 248-8951 <https://centerfordiscovery.com/>
Center For Discovery has a longstanding commitment to understanding eating disorders
and developing the very best programs for treating them.

California Quit Smoking HelpLine

1-800-662-8887 www.nobutts.org

Institute on Aging Friendship Line 800-971-0016. Peer phone support available nationwide.

Anova (Sonoma, Contra Costa) Anova is Northern California's **most trusted provider** of
educational, behavioral, and therapy services for children and teens (ages 5 through 22) diagnosed
with high functioning autism, social and emotional challenges, learning differences, and other
neuro-developmental impairments. (707) 527-7032 <https://www.anovaeducation.org>

ALCOHOL & DRUG RECOVERY

County Access Line (and **BHRS** access line) 888-818-1115.

Entry point to referrals for both county and private providers.

Substance Abuse And Mental Health Services Administration (SAMHSA) 800-662-4357

[samhas.gov](https://www.samhas.gov)

Treatment locator and wealth of information.

Behavioral Health & Recovery Services (BHRS)

Road To Recovery [formerly Alliance in Recovery (AIR)] 415-473-2555 Mental health and substance abuse (dual diagnosis). (moderate to severe)

Buckelew Programs (formerly Family Service Agency) 415-491-5700 for Counseling Services and 415-457-6964 for Administration. Sliding scale.

The Helen Vine Recovery Center (detox)

415-492-0818. [buckelew.org/programs/helm-vine-recovery-center](https://www.buckelew.org/programs/helm-vine-recovery-center) A 26-bed co-ed Detox program. Come in with meds. and prescriptions. Sliding scale.

CenterPoint 415-456-6655 [cpinc.org](https://www.cpinc.org)

Residential & outpatient programs for teens, adults. San Rafael.

Marin Treatment Center 415-457-3755

[marintreatmentcenter.org](https://www.marintreatmentcenter.org) Outpatient services. Sliding scale

Children and Teens

Side By Side Transitional Age Youth (TAY) 415-870-9298 [sidebysideyouth.org](https://www.sidebysideyouth.org)

615 B Street, Suite 1A, San Rafael (drop-in) No fee

Alcoholics Anonymous 415-674-1871 (24 hours) www.aasf.org

San Francisco and Marin County, over 250 meetings listed

Bayside Marin Treatment Center for Mental Health Disorder & Substance Abuse

874-434-0107 baysidemarin.com Dual diagnosis treatment. San Rafael. Cost is \$1875/day before insurance as of July, 2021

Alta Mira Recovery Programs 866-837-9404 altamirarecovery.com. Alta Mira is a premier residential treatment center specializing in alcohol and drug addiction, and complex co-occurring disorders. Dual diagnosis treatment.

LGBTQI SERVICES

Gaylesta The Psychotherapist Association for
Gender & Sexual Diversity <https://www.gaylesta.org>

HOUSING

NAMI Marin Housing Directory: Call NAMI Marin HelpLine for updated information. 415.444.0480.

Buckelew Housing for BHRS clients/those who meet the criteria. Contact the Access Team at 888-818-1115.

Elpida Residential Programs, Inc. 415-720-8162, www.elpidahouse.org - Supportive Independent Living Housing Environment, private pay. San Rafael and Novato. Rent/program fees include a private room, utilities, meals, morning walk/fitness groups, therapeutic/psychoeducational groups, individual therapy sessions, medication monitoring, monthly community outings, and case management services. Neither private insurance or Medi-Cal is accepted as a payor source. Section 8 vouchers are accepted to cover the rent portion of the fees. Rates have ranged from \$4295-\$6095, but are determined based on assessment of support needs and financial information provided by or on behalf of the resident and/or their family or designee. Call 415-720-8162 or send an email to admissions@elpidahouse.org for more information about services and to have your individual case assessed to determine rent/program fees.

Housing First - 415-457-8182 x 105. For those living homeless in Marin for more than 5 years. Colin McDonnell, Ritter Center. Requires medical referral.

Jonathon's Place (formerly Mill Street Center) 415-457-9651, 190 Mill St., San Rafael. Shelter Community members can call in 10am - 1pm on Mondays to make an intake appointment for Tuesday, Wednesday and Thursday intake. Beds may not be available. Agencies can also refer people if beds are available. **NOT A DROP-IN SHELTER.** They provide a shared living environment to help individuals get stabilized. They provide breakfast and dinner only. They have bathrooms, showers and laundry on site.

Ritter Center 415-457-8182, 16 Ritter St., San Rafael www.rittercenter.org

Ritter Center serves families and individuals in Marin County who are homeless or at-risk of becoming homeless.

They have Case Managers & Benefits Specialists who help anyone sign up for SSI, Disability benefits, MediCal, Cal Fresh, etc. They have rental assistance. They have sliding scale therapists. They have Representative Payees who can help folks manage their money.

Homeward Bound of Marin 415-382-3363, www.hbofm.org

Operates Jonathan's Place (formerly Mill Street Center), New Beginnings Center in Novato, Transition to Wellness, The Next Key Center, Fourth Street Center, Fireside Apartments, Warner Creek Senior Housing. Some of these places are for Homeless adults, for those leaving the hospital, seniors, and vets. Housing specifically for mentally ill people in Palm Court and the Voyager Carmel Center. See the website for details of each program.

St. Vincent de Paul Society of Marin

WWW.vinnies.org Info from the site: St. Vincent's Housing Help Desk provides a variety of services to help individuals or families experiencing homelessness. No appointment is needed at our drop-In Help Desk located safely outside for in-person requests every Wednesday from 1:30-3:30 pm, next to our Free Dining Room at 820 B Street in San Rafael, or we are available by phone (415-454-3303 ext. 25) Monday through Friday from 9:00 am – 5:00 pm.

Ecumenical Association for Housing (EAH)

Facilitates creation of low and moderate income housing in Marin for families, people with disabilities, and older adults. Develops, manages and promotes quality affordable housing. Assists anyone who meets local standards of low or moderate income. Manages over 400 units with subsidized rents in Marin County of which two thirds are for elderly or disabled persons.

(415) 258-1800 [http://www.eahhousing.org\(link is external\)](http://www.eahhousing.org(link is external))

2169 E. Francisco Boulevard Suite B San Rafael, CA 94901

Casa Rene

Casa Rene, offers those in need of short term residential mental health services a calm and comforting place to get well. Buckelew staff provides counseling, medication support and therapeutic activities in a home-like setting, for up to 30 days. Referral through Marin County Psychiatric Emergency Services only. For more information, call (415) 457-6964.

House Match

Not specifically for mentally ill clients.

A Covia Community Service

Shared Housing - Individuals seeking a shared home must currently live, work, or study in Marin County, as well as earn less than \$107K annual gross.

<https://covia.org/services/home-match/> <https://covia.org/services/home-match/>
(415) 456-9068

Marin Continuum of Care

Designed to serve individuals and families in Marin County who are experiencing homelessness including those who are:

- Unsheltered (e.g., living outside, in a car, on the streets, or in an encampment),
- Sheltered (e.g., in emergency shelter or transitional housing), or
- Fleeing Domestic Violence (persons fleeing DV are also encouraged to call the Center for Domestic Peace Domestic Violence Hotline: 415.924.6616 (English) or 415.924.3456 (Spanish)).

Services::

- Emergency Shelter for Families: Short-term, temporary place to stay
- Rapid Re-Housing (RRH): Time-limited rental assistance with case management
- Permanent Supportive Housing (PSH): Long-term housing assistance with services

For homeless for two weeks or longer, call (415) 491-2559 (adults) or (415) 457- 2115 (families with children).

For homeless less than two weeks, contact the St. Vincent de Paul helpdesk at (415) 454-0366 and leave a voicemail.

Progress Foundation

Grand Avenue San Rafael

Transitional Residential Treatment Program (16 beds for adults 18+)

Clients are referred to this level of care from psychiatric inpatient units, Crisis Residential Treatment Programs, and skilled nursing facilities

920 Grand Avenue San Rafael, CA 94901

Phone: 415 376-2310

Email: grandavenue@progeessfoundation.org

VOCATIONAL RESOURCES & BENEFITS COUNSELING

College of Marin, Student Accessibility, San Rafael & Petaluma Services (SAS) 415-485-9406.
www.marin.edu/sas

For students recovering from mental health issues. Learning Center, Rm 115

Integrated Community Services 415-455- 8481 connectICS.org Employment, independent living skills, recreational and referral services, estate planning referrals, special needs trust referrals, private case manager referrals. Mental health, learning disabilities, brain injuries.

Bucklew Employment Services 415-456-9350 Pre-employment, vocational training, job development, placement, and job coaching. Orientation every Tuesday at noon. [manager Yolandah Marquez x 146; Janet Moore x 149; Rachelle Pierre x 148]

People With Disabilities Foundation

Education, advocacy, referral, legal representation for SSDI/SSI benefits, abuse, other. Help for people who have been denied SSI/SSDI or who have been terminated from SSI/SSDI. San Francisco. 415-931-3070 www.pwdf.org

LEGAL

www.Legalmatch.com - lawyer referral service

Good information about conservatorship
<https://namila.org/resources/guide-to-lps-conservatorship/>

Marin Bar Association

415-989-1616 marinbar.org
[\$35 per one referral; no fee if: Vet, over 65 years old]
Public Guardian's Office 415-473-6186

Adult Protective Services 415-473-2774

Pooled Special Needs Trust Information

(Planned Lifetime Assistance Network) Proxy Parent Foundation
Information on fiduciaries and trustees.
proxyparentfoundation.org

Legal Aid of Marin

1401 Los Gatos Drive Suite 101
San Rafael, CA 94903
Phone: 628 253-5755
Legal assistance including estate planning help to seniors over 60

Law Office of Baron L. Miller

Special Needs Trusts, Information on fiduciaries and trustees.

Protect and preserve assets set aside for a loved one who lacks the ability to handle her own finances, or who would lose crucial public benefits if given control of these assets.

1388 Sutter Street, Suite 710
San Francisco, CA 94109
baron@baronmillerlaw.com
415-522-0500

Law Office of Patricia Tobin

Special Needs Trust Information and LPS Conservatorship Information
Information on fiduciaries and trustees.
802 B Street, San Rafael, CA 9490; 415-847-0547

Professional Fiduciary Association of California

Education, Advocacy and Advancement for Professional Fiduciaries

Find a fiduciary trustee for a special needs trust or find a conservator.

Profession organization

[Professional Fiduciary Association of California](#)

JAIL

Marin County Prisoner Services

415-473-7268. Inmate visiting assistance.

Tues, Weds, Thurs – 6am-3:30pm Fri – 6am-1pm

Marin County Jail Mental Health Team 415-473-6648.

What to do if your loved one is arrested

https://docs.google.com/document/d/1UiAbpOXlgy-fiBh-UIOA7nQtYd5WS6E/edit?usp=drive_link&oid=106796102199278118303&rtpof=true&sd=true

Release of Information (ROI) forms

<https://www.marinbhhs.org/clients-caregivers/medical-records>

VETERANS

Marin County Veterans Service Office

415- 499-6193, 10 N. San Pedro Rd, #1010 Mon – Thurs, 8:30 am – 4 pm
stephens2@co.marin.ca.us Sean Stephens

Veterans Crisis Line & Suicide Prevention 800-273-8255 x 1

or online chat at veteranscrisisline.net/et/

Counseling Services for Veterans

Dr. Jesse Wade can be contacted at 415-473-7565, and the Veterans Services Office staff can be reached at 415-473-6193. Both offices are at 10 North San Pedro Road in San Rafael, across the street from the Marin County Civic Center. More information about services is on the [Marin County Department of Health and Human Services website](#).

OTHER NAMI RESOURCES

Volunteer Family Share your time and expertise to strengthen NAMI and become part of our friendship and support circle of volunteers.

Contact our Offices at 415-444-0480

Speakers Bureau

We offer speakers for all types of events, by family members or In Our Own Voice presentations by trained speakers who share compelling personal stories about living with mental illness and achieving recovery.

415-444-0480

Library

Members may borrow from an extensive collection of self-help guides, articles and classics.

415-444-0480

Family To Family. 415-444-0480, to sign up for the next class, reservations are required.

The free 8 week course, NAMI's Family to Family Education Program, is offered to family and friends of people with mental illness. The course is taught by trained, experienced, family member volunteers.

Topics Include Evidence-Based Information About Major Mental Illnesses including:

Major Depression

Bi-Polar Disorders

Schizophrenia

Panic Disorder

Obsessive Compulsive Disorder

Information about commonly used psychiatric medications

Coping skills and crisis management

Communication and listening techniques

Problem solving skills

Relapse and recovery information

Self-care around worry and stress

ADDITIONAL RESOURCES

Matrix Parent Network & Resource Center 800-578-2592 matrixparents.org,
Education/advocacy for disability education rights.

UCSF Dept. of Psychiatry 415-476-7278.
PATH program psych.ucsf.edu/path
Treatment for ages 12-35. Medi-Cal not accepted.

HIPAA questions and answers

Excellent resource - a FAQ about the HIPAA law and privacy.
<https://www.hhs.gov/sites/default/files/hipaa-privacy-rule-and-sharing-info-related-to-mental-health.pdf>

HIPAA decision tree

When can I obtain treatment information about my loved one?
<https://www.hhs.gov/sites/default/files/families-hipaa-decision-tree-adult-patients.pdf>

Adult Case Management Dept. 415-473-2100 via County Access Line

San Rafael Police Dept. Mental Health. Lynn Murphy, Mental Health Outreach Liaison for the San Rafael police.
Works with the homeless and mentally ill population.
Police Department. Emergency 911, non-emergency **(415) 485-3000**

ABLE account information (Achieving a Better Life Experience) Hour long youtube presentation by Stephen Dale about the ABLE law which may allow SSI recipients to accumulate money. <https://www.youtube.com/watch?v=by75bw8J0IE> To qualify for an ABLE account you must prove you were “disabled” before age 26.

Sample [CONFIDENTIAL MENTAL HEALTH HISTORY](#)

Patients’ Rights Advocate – 415 473-2960
<https://www.marinhhs.org/patients-rights-advocate-services>

Investigates complaints of abuse and neglect
Monitors psychiatric facilities for compliance with codes and regulations
Represents patients at hearings regarding involuntary treatment
Provides education to treatment providers, consumers and family members
Provides consultation to treatment staff and administrators

Video on CBTp, Informed Caring for Schizophrenia by Dr. Douglas Turkington

Cognitive Behavioral Therapy Informed Care for Psychosis for Families and Caregivers

Workshop Materials: <https://namimarin.org/resources/cognitive-behavioral-therapy/>

Five EXCELLENT videos by Doug Turkington on the following subjects:

- 1) Befriending/communication with loved ones with mental illness
- 2) Techniques with individuals who have reduced insight into their illness
- 3) Working with delusions and voices
- 4) Negative symptoms (lack of motivation, flat affect, etc)
- 5) Effective coping for families and other caregivers

Excellent book on laws relevant to mental illness by Baron L. Miller, J.D.

Laws We Need to Know: Understanding Rules and Programs for Persons with Mental Illness

Some of the subjects covered:

Communications with Authorities and Institutions

Hospitalizations

Arrests and Criminal Justice

Restraining Orders

Government Programs and Benefits

Estate Planning

ABLE Accounts

Strategies for Dealing with Recalcitrant Authorities

And More Subjects

For Senior and Aging Resources

Vivalon - <https://vivalon.org/> -

Vivalon helps Marin County's older adults and vulnerable residents thrive through the power of human connection with rides, meals, classes, care, advice and more.

Vivalon Healthy Aging Center

930 Tamalpais Ave.

San Rafael, CA 94901

415-456-9062 M-F 9am – 5pm

Lewy Body Dementia Association (LBDA)

800 539-9767

<https://www.lbda.org>

A Caregiver's Guide to Coping with Stress and Burnout from [Caring.com](https://www.caring.com)

Family caregivers tend to the health and well-being of their aging parents, spouses and other loved ones, often while juggling careers, children and other obligations. [Here](#) are some key resources to help you better navigate caregiving.

If you're caring for an older loved one, you know how easy it is to prioritize their well-being over your own. However, over time this tendency can lead to caregiver burnout, characterized by symptoms like chronic stress, depression, trouble sleeping and worsened physical health—<https://www.caring.com/caregivers/burnout/>

Release of Information (ROI) forms

<https://www.marinbhhs.org/clients-caregivers/medical-records>

Marin BHRS resource guide

This guide is large but may not be up to date:

<https://www.marinbhhs.org/community-resource-guide>