

Humboldt & Del Norte County Resources

We at UIHS Behavioral Health want to provide these community resources for you while you wait for care. We also want to share about the types of services we cannot provide at this time, so you don't wait unnecessarily.

Our services are provided in accordance with Accreditation Association for Ambulatory Health CARE (AAAHC) and the standards of California State and Federal Law.

The following are outside our scope of practice: complex mental health conditions such as, but not limited to: Serious Mental Illness, sociopathy, and paraphilia; active or unmanaged psychosis; clients needing complex psychiatric medication management; treatment of children 5 years and younger; treatment of developmental disorders (excluding ADHD); custody evaluations and recommendations and court-ordered co-parenting or child-parent psychotherapy related to custody disputes; Mental Health Evaluation for employment or legal purposes; psychological testing; acute psychiatric or substance abuse disorders in need of inpatient care; and, couples counseling with an unmarried and non-Native partner.

Redwood Coast Regional Center can provide autism and developmental disability services that are beyond our scope. Some of these services include diagnosis and eligibility assessment, information and referral, individualized planning and service coordination, purchase of necessary services included in a person's individual program plan, advocacy for the protection of legal, civil and service rights, and family support. Learn more at <https://redwoodcoastrc.org/> or contact Crescent City office: (707) 464-7488; Eureka office: (707) 445-0893

Existing UIHS clients can access child, adult, and geriatric psychiatry while on the waitlist for Behavioral Health services. Request a referral from your primary care provider in medical if interested.

Our Substance Use Program can refer to detox or residential treatment and provides outpatient and intensive outpatient care. UIHS medical also offers Medication Assisted Treatment for opioid dependence. Please call us at 707-825-5060 for these services, there typically is no wait.

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Through your PCP, you can be referred to receive Occupational Therapy at UIHS for the following interventions, including but not limited to:

- Stress & pain management
- Sleep hygiene & relaxation training
- Eating, medication, & exercise routines
- Activity pacing, fatigue management, energy conservation & nervous system regulation
- Work accommodations
- Self-awareness and self-advocacy training
- Adaptive equipment & technology use
- Body mechanics & ergonomics
- Community access & community reintegration
- Chronic condition management & flare-up planning

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Crisis Services

- **Humboldt County Crisis Stabilization Unit**

This outpatient program provides crisis intervention and stabilization services to individuals in need of immediate and emergency services. A treatment team consisting of physicians, nurses, mental health workers, and clinicians who provide care and assistance including linkage to community providers and/or outpatient services.

720 Wood Street Eureka, CA 95501

24-Hour Crisis Line: (707) 445-7715

Toll Free Line: (888) 849-5728

- **Humboldt County Crisis Line**

(707) 445-7715: Same day crisis services for Humboldt County residents

- **Del Norte County Crisis Line**

(707) 464-7224: Same day crisis services for Del Norte County residents

- **988 Suicide and Crisis Lifeline**

If you're in suicidal crisis or emotional distress, there are options available to help you cope—dial 988 from anywhere in the US to get connected. Press 1 for Veterans, 2 for Spanish and 3 for the LGBTQ+ community. Call: 988 or text: 988

- **CalHope Redline**

Call 1-888-368-4090 or Text 1-916-252-5002: The CalHope Redline provides resources, referrals and trauma-informed support for Urban Indian and Tribal populations. Connect via call, text, or video chat.

- **Crisis Text Line**

Text “Home” to 741-741: Crisis Text Line is here for any crisis. A Crisis Counselor receives the text and responds from a secure online platform. Here to help you move from a hot moment to a cool moment.

- **StrongHearts Native Helpline**

StrongHearts Native Helpline is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

1 (844) 762-8483

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- **We R Native Text Crisis Line**

Text “Native” to 741741: Text, call or chat for Indigenous youth, young adults and adults on topics like culture, mental health and wellness.

Outside Behavioral Health

- **NCAMHP**

Directory of mental health professionals

<https://ncamhp.org>

- **Psychology Today**

Directory of Mental Health Professionals:

<https://www.psychologytoday.com/us/therapists>

- **North American Mental Health Services**

800 West Harris St. Suite #33, Eureka, CA 95503

(707) 240-4212

Services: Psychiatry, Medication Management, and Psychotherapy

Payment: Carelon (Partnership)/CCAH/Cash Pay

- **Humboldt NeuroHealth**

2313 I Street, Eureka, CA, 3429 Renner Dr., Fortuna, CA, 991 10th Street Arcata, CA, and 1508 Main Street Fortuna, CA

(707) 296-9295

Services: Neurofeedback, wraparound, counseling

- **Rhizome Wellness Collective**

822 G Steet, Suite 4, Arcata, California 95521

(707) 502-2083

Services: individual therapy, gender-affirming care, youth and family counseling, relationship counseling.

Payment: Carelon (partnership), Aetna, Anthem (Blue Cross Blue Shield)

- **Six Rivers Wellness**

920 Samoa BLVD # 209 Arcata, CA 95521

(707) 940-9528

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Services: individual therapy, LGBTQ2+ therapy, couples therapy, children & youth therapy.

Payment: Carelon (Partnership), cash pay, out of network

- **Evolve Youth Services**

685 F Street, Arcata CA 95521

(707) 825-1173

Services: local post-adopted foster youth and their care providers.

Payment: call for information.

- **Path to Healing Counseling**

427 F St, Suite 234, Eureka, CA

(707) 954-7060

Services: Anxiety, Depression, and Trauma Counseling for Individuals, Kids, Teens, Parents, and Families.

Payment: Medi-Cal or the Partnership Health Plan and Medicare. Out of Network.

- **Humboldt Family Service Center**

1802 California Street, Eureka, CA 95501

(707) 443-7358

Services: individual, couples, children & adolescents, family, anger management, family violence program, child abuse prevention program.

Payment: call for information.

- **Changing Tides Mental and Behavioral Health Services**

2259 Myrtle Avenue, Eureka, CA 95501

(707) 444-8293

Services: outpatient behavioral health services to children and youth (0 -20) who have full scope Medi-Cal insurance. Services are provided throughout Humboldt County on school sites, at community locations and in the child or youth's home.

Payment: Medi-Cal

- **Lost Coast Family Therapy**

Jennifer "Scully" Powell

(707) 502-6564

Please call to inquire about services for mental health counseling.

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Youth

- **NCIDC Da'luk Youth Program**

The Da'luk Tribal Youth Program aims to promote healing through culturally rooted lessons, to develop social/emotional competency, and to support training and development of youth advocates on policy, systems, and environmental change to prevent substance use, while promoting positive cultural identity and tribal wellness among middle and high school Native American students in Humboldt County. In collaboration with traditional cultural bearers, the Da'luk Youth Program will cultivate healthy life outcomes for Native youth to flourish into future leaders.
ncidc.org

- **Two Feathers Native American Family Services**

Complementary programming includes open and closed groups, youth leadership programs, equine therapy, and cultural programming. Additionally, family members are offered support and invited to participate in services when appropriate and indicated.

1560 Betty Court Suite A McKinleyville, CA 95519
(707) 839-1933

Twofeathers-nafs.org

- **Transition-Age Youth Program (TAY)**

The TAY Division includes Behavioral Health, Independent Living Skills (ILS), Extended Foster Care (EFC) and Humboldt County Transition-Age Youth Collaboration (HCTAYC). The TAY Center is a drop-in space where young people ages 16-26 can access computers, clothing closet, and meet with a peer coach. TAY offers counseling, case management, peer support, workshops, transition age skills, youth leadership, advocacy and wellness activities. Each TAY program has specific eligibility criteria. The TAY Center is open Mondays, Wednesdays and Fridays, 8:30-10 a.m. and 1-4 p.m. for drop-in.

433 M St. Eureka, CA 95501
(707) 476-4944

- **Remi Vista Youth and Family Service Provider**

3960 Walnut Dr. Eureka, CA 95503, (707) 268-8722

Services include group homes, school-based and clinic-based mental health services, wrap-around programs, supported living for developmentally disabled adults and affordable mental health counseling.

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- **Teens Helping Teens**

Call: 1-800-852-8336

Text: YLNATIVE to 839 863

www.theyouthline.org

- **Caring Messages**

To remind you of how awesome you are!

Text: CARING to 65664

Text: COLLEGE to 65664

- **WeRNative**

For Native youth, by Native youth.

Text: CARING to 65664

<https://www.wernative.org>

Job Training

- **NCIDC**

The Northern California Indian Development Council, Inc aims to assist Native American individuals in reaching employment goals, providing quality employment and training services to assist eligible individuals in finding and qualifying for meaningful employment.

241 F. St., Eureka, CA 95501

(707) 445-8451

Ncidc.org

- **Department of Rehabilitation**

DOR administers the largest vocational rehabilitation and independent living programs in the country. Vocational rehabilitation services are designed to help job seekers with disabilities obtain competitive employment in integrated work settings. Independent living services may include peer support, skill development, systems advocacy, referrals, assistive technology services, transition services, housing assistance, and personal assistance services.

1330 Bayshore Way, Suite 101, Eureka, CA 95501

(707) 445-6300

<https://www.dor.ca.gov/Home/Eureka>

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Language Classes

- **Wiyot**
Free Soulatluk Materials for Tribal Members

Email Lynnika Butler: lynnika@wiyot.us

- **Yurok**

yuroklanguage.com

(707) 482-1350

yuroklanguageprogram@yuroktribe.nsn.us

- **Karuk**

Karuk Language Classes with Julian Lang

Wednesdays, 5:30 p.m. to 6:30 p.m.

United Indian Health Services

1600 Wiyot Way, Arcata

(707) 825-5000

Karuk Language Program

<https://www.karuk.us/index.php/departments/language-program>

(530) 493-1600

- **Hupa**

Virtual Hupa Language Classes

Adults: Wednesdays & Fridays 12-1pm

Youth: Thursdays 4-5pm

Mommy & Me: Thursdays 12-1pm

(530) 625-4261 ext 0263

or email ginrenee@gmail.com

- **Tolowa Dee-Ni'**

Language Learning Site

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

(707) 487-9255

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Cultural Centers

- **Wiyot Tribe: Da Gou Rou Louwi' Cultural Center**
417 2nd Street, Eureka, CA 95501
Monday through Saturday
11 a.m. to 5:30 pm, except on holidays
- **Rou Dalagurr: Food Sovereignty Lab and Traditional Ecological Knowledges Institute**
<https://nasp.humboldt.edu/fsl>
nasfsl@humboldt.edu

Sweat

- **UIHS Sweat Lodge**
(707) 825-5060
1600 Weeot Way, Arcata, CA 95521
 - **Co-Ed**
Every 2nd and 4th Wednesday, 5:30pm – 9:00pm
When raining, meet in Boardroom 1 for prayer ties and talking circle. Attire should be modest, dress or skirt and top, and swim trunks or thick shorts. Please wash off perfumes and fragrances.
 - **Women's Purification Ceremony**
Every first Friday of the month 3:30pm-6:00pm
When raining, meet in Boardroom 1 for prayer ties and talking circle. Attire should be modest, dress or skirt and top, non-revealing when wet. Please wash off perfumes and fragrances.

Substance & Alcohol Use Treatment

- **UIHS Substance Use Treatment Services**
(707) 825-5060
1600 Weeot Way, Arcata, CA 95521
Regular and intensive outpatient substance abuse treatment program through the Behavioral Health department. Our program uses a cultural approach to healing and recovery, based in The Red Road to Wellbriety, which incorporates the Medicine Wheel and the 12-steps. SUD counselors can facilitate referrals to detox, MAT, and residential treatment

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- **Crossroads/North Coast Substance Abuse Council (NCSAC)**
1205 Myrtle Ave., Eureka, CA 95501 Mailing address: P.O. Box 1332 Eureka, CA 95502
(707) 445-0869
Hours: 24-hour service, seven days a week. Residential treatment program for men and women. Aftercare services provided to eligible recovery individuals, unlimited time frame. Fees are determined on a sliding scale based on ability to pay. Medi-Cal and Partnership eligible clients should call Beacon Health at 855-765-9703 to be referred for treatment.
- **Boys and Girls Club of the Redwoods Brief Intervention**
939 Harris St., Eureka, CA 95501
(707) 444-0153
For Substance-Using Adolescents. Anonymous and confidential. Alcohol and other drug early intervention for teens ages 13 to 19 at no cost. Two interactive sessions are one-on-one with an adult facilitator. A third session with parent/guardian is optional.
- **Waterfront Recovery Services**
Waterfront Recovery Services is the first detox program certified by the State of California Department of Health Care Services to provide medically assisted treatment for drug and alcohol withdrawal.
2413 2nd St. Eureka CA 95501
(707-269-9590) ext 203

Online Meetings

- **White Bison Circle Meetings**
Honoring the Circle merges the 12 Steps with Native American spirituality, promoting a balanced, sober lifestyle.
<https://whitebison.org/circle-meetings/>
- **SMART Recovery**
SMART Recovery is the leading, evidence-informed approach to overcoming addictive behaviors and leading a balanced life. SMART is stigma-free and emphasizes self-empowerment.
<https://smartrecovery.org/>

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- **LifeRing Secular Recovery**

Organization of people who share practical experiences and sobriety support. LifeRing's emphasis on the positive, practical present-day can turn anger and despair into hope and resolve. LifeRing respectfully embraces what works for each individual.

<https://lifering.org/online-meetings/>

Domestic Violence

- **Humboldt Domestic Violence Services**

Founded on the basic principles of consensus-based empowerment and non-violence, Humboldt Domestic Violence Services seeks to assist all those escaping from partner abuse by providing service and support to those who are transitioning out of domestic or intimate partner violence and to foster social and systemic change through services, education, and advocacy.

(707) 443-6042 or toll free (866) 668-6543

- **National Domestic Violence Hotline**

Call 800-799-7233. Text: BEGIN to 88788

Emergency Shelters

- **Humboldt Domestic Violence Services (Eureka)**

(707)444-9255

Emergency shelter is case by case and is only eligible for those fleeing IPV. Community members in crisis can receive immediate assistance through law enforcement or from a medical emergency setting.

- **Harrington House (Crescent City)**

(707)465-3013

Open 24/7 - no appointment necessary. Will accept clients from other counties. Emergency shelter STRICTLY for individuals fleeing IPV.

- **Women's Crisis Shelter in Southern Humboldt (WISH)**

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WISH offers temporary refuge for women and children in crisis and provides them with direct services that will assist them to move from trauma to self-empowerment.

<https://wishshelter.org/contact-us>

- **Strong Hearts Native Helpline**

StrongHearts Native Helpline is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

1-844-762-8483

<https://strongheartshelpline.org>

- **North Coast Rape Crisis Team**

In addition to the direct support services, NCRCT offers 24 hour hotlines, peer counseling services, accompaniment, advocacy, and educational services.

- 24 hour lines:

- Humboldt: (707) 445-2881
- Del Norte: (707) 465-2851

Domestic Violence Advocate Support

- **Yurok Tribe Wellness Court - Hey-wech-ek' Program**

Provides assistance and services for victims and survivors of domestic violence, sexual assault, dating violence, stalking, and family violence. Services are limited at this time. To reach an Advocate:

Erika Meyer, Klamath: (707) 951-9735

Vicky Bates, Eureka: (707) 951-8737

Program Hotline Number: (888) 225-8720

- **Victim Witness and CA Victim Compensation**

Humboldt County District Attorney 825 Fifth St., Eureka, CA 95501, (707) 445-7411

The D.A. Victim Witness Assistance Program provides the following services to victims of crime: crisis intervention, emergency assistance, case information and referral, case status, disposition and tracking information, court orientation, court escort and support, restraining order assistance, and assistance with applying and submitting California Victim of Crime Compensation applications for financial losses that occur due to crime.

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- **Bear River Rancheria Victim Services Program**

(707) 773-1900 Ext. 1326

The Bear River Band Tribal Victim Services Program envisions a place where Tribal Members have a dedicated, well-educated and efficient Multi-Disciplinary Team working for and with survivors to access services and resources to begin breaking the cycles of intergenerational trauma and restoring power to Indigenous peoples impacted by crime.

Services include: Emergency Shelter (5-night Lodging), Relocation Cost (Deposit & two months' rent), Regional Bus Passes and Transportation Assistance, Emergency Food Vouchers, Emergency Clothing Voucher, Emergency Shelter Supplies, Personal Care Kits for SART Exams, Outreach and Awareness Therapeutic Supplies Assistance with and access to forms and paperwork, other application processes Advocacy/Accompaniment Referrals/connecting to resources, Crisis Intervention.

- **Wiyot Tribe Dahaghuk Dishgamuk Ga Nuqh (Violence is not love)**

Providing counseling services to adult and youth of the Wiyot Tribe who are victims, survivors, and transgressors of domestic violence, dating violence, sexual assault, and crime. Can provide crisis calls, victim assistance, individual counseling services, and family counseling services. Due to the pandemic, services are currently being offered over the phone, via video conferencing, and 1:1 visitation outside of the Table Bluff Reservation.

(707) 733-5055

- **Project Connect**

Ki'ma:w Medical Center, Hoopa Valley Tribe, Airport Road, Hoopa, CA 95546

A public health initiative to address domestic violence and sexual assault through community interaction and education. Focus on prevention.

- **Mending the Circle Project**

(707) 825-5070

Provide education and trainings to service providers on trauma, domestic violence, sexual assault, and its impact on victims. Provides interactive trainings targeting healthcare and community partner providers, integrating how to identify domestic violence and sexual assault, its impact on victims, trauma-informed interventions, referral systems for care, and cultural considerations.

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LGBTQIA2S+

- **Queer Humboldt**

Queer Humboldt is an anti-racist, anti-settler-colonialist resource center, serving 2S/LGBTQIA+ individuals and groups in Humboldt County and local Indigenous Lands through community education, mental health services, micro- grants/mutual aid, the North Coast Two-Spirit Project, networking and resource sharing.

(707) 502-2890

info@queerhumboldt.org

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

- **Paths (Re)membered Project**

The Paths (Re)Membered Project centers the Two Spirit and LGBTQ+ community—its strengths, resiliencies, and histories—in our movement toward health equity

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

Apps

- **Calm Harm**

Calm Harm is a free app that helps you manage or resist the urge to self-harm.

<https://calmharm.stem4.org.uk/>

- **Mind Shift App**

Uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Family Resource Centers

- **McKinleyville Family Resource Center**

Offering an array of programs and services that support, enrich, and sustain healthy community life. These include: a food pantry, Humboldt Income Program, Youth Workforce Development, Community Outreach and more.

1615 Heartwood Drive, McKinleyville, CA 95519, (707) 840-0905

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- **Blue Lake Family Resource Center**

The community resource center offers referral information, classes, support groups and workshops for all community members. Walk-in consultations are welcome and all discussions are kept confidential.

111 Greenwood Avenue, Blue Lake, CA 95525, (707) 668-4281

- **Marshall Family Resource Center**

The Marshall Family Resource Center (MFRC) is part of Eureka City Schools and formed for families and students who need extra support. The MFRC seeks to improve health and resiliency in our community. Services are free.

ECS District Office, 2100 J Street, Eureka, CA 95501, (707) 441-2404

Please note that there are more family resource centers available. Any of these centers will be able to provide you with more information for other centers in the area.

Tribal Public Health

1600 Weeot Way, Arcata, CA 95521

(707) 825-4026

- **Ko'l Ho Koom' Mo (Youth Suicide Prevention Project)**

Provides suicide prevention, intervention, and postvention education and training to Tribal and non-Tribal community members/organizations through evidence- and culturally-based programming. The project also provides: prevention in schools for suicide, violence, bullying, and substance abuse by training youth and caring adults to increase resilience and to positively impact their world; prevention/intervention trainings on how to recognize suicide warning signs/risk factors, how conduct an intervention, and how to connect those at risk to mental health/helping services; postvention training in the event of a tragedy, including internal and external messaging protocols, safety plans, and ongoing support for employees and families; awareness education to community partners on UIHS' case management for youth at risk (ages 10-24) and their families.

<https://unitedindianhealthservices.org/tribal-public-health-old/youth-suicide-prevention/>

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- **NATIVE Tobacco Project**

The project accomplishes our goals by implementing tobacco prevention education, community organizing and policy activities which advocate for social norm changes that promote a Tobacco-Free community.

Educational materials are available upon request. This project also has specially designed quit kits for United Indian Health Services clients. Every clinic site has the quit kits available at the receptionist desk.

- **Tribal Opioid Response Project**

The Tribal Opioid Response project provides these FREE harm reduction materials. The following items are available to anyone:

- Medication lock bottles, boxes and organizers
- Sharps containers
- Naloxone (Narcan)
- Fentanyl test-strips
- Portable phone chargers
- Condoms, dental dams, and internal condoms
- Harm reduction kits

- **Elder Nutrition**

Elders who live in the Klamath, Crescent City, Smith River or Elk Valley areas are qualified to receive home meals 5 days per week, with the exception of holidays and closure days.

For more information, please contact the UIHS Elder Nutrition Program:

101 Indian Court, Smith River, CA 95567

(707) 487-0215 extension 3

Hours: 8:00 AM to 2:00 PM. Lunch served at 12:00 PM

Member Services at UIHS

- **Medi-Cal**

If you are in need of assistance applying for Medi-Cal, please call Member Services at (707) 825-4090 for Humboldt County, and (707) 465-2960 for Del Norte.