

Community/Family Mental Health Resources, Developed for California Montessori Project-Shingle Springs During the COVID-19 Crisis

*If you are experiencing a mental health emergency, please call 911.

*Please check with your insurance provider for counseling service referrals before reaching out to these agencies.

Counseling Agencies/Centers

- **El Dorado County Behavioral Health** – (530) 621-6290
Individual and group counseling for adults and children; completing assessments over the phone during the statewide order to stay home and will connect you with Sierra Child & Family Services, New Morning, or Summitview edcgov.us/Government/MentalHealth
768 Pleasant Valley Road, Diamond Springs, CA 95619
24-Hour Crisis Line (530) 622-3345 or (800) 929-1955
- **HOPE Counseling Center** – (916) 780-1059
Only serving current and previous clients; You may call or visit their website to be put on a waitlist to be seen in person in about 2-3 weeks
www.hope-counselingcenter.org
530 Plaza Drive, Suite 130, Folsom, CA 95630
- **New Morning: Youth & Family Services** — (530) 622-5551
Offering crisis counseling services for stress and anxiety in response to COVID-19. Call the number above or email lara@newmorningyfs.org or carrie@newmorningyfs.org to make an appointment.
6765 Green Valley Rd., Placerville, CA 95667

Local/National Hotlines Available 24/7

- **National Suicide Prevention Lifeline** – (800) 273-8255
Free and confidential support www.suicidepreventionlifeline.org
- **Crisis Text Line** —741741
Free texting service to talk with a trained crisis counselor
- **Trevor Life Line** – (866) 488-7386
The Trevor Project is focused on suicide prevention for lesbian, gay, bisexual, transgender, and questioning youth and provides a free, safe, nonjudgmental place to talk.
- **NAMI (National Alliance for Mental Illness)**
Crisis Line: (800) 950-NAMI
Crisis Text Line: Text “NAMI” to 741-741
- **El Dorado County Psychiatric Emergency Services** – (530) 622-3345