

Community Resources

- **Alliance on Aging Senior Peer Counseling (free to seniors)**
 - **Bereavement:** Services include counseling, one-on-one support by a trained volunteer, support groups, individual workshop sessions (**no schedule, contact Estelle at 831-649-7734**, three months following loss). If support groups are not wanted, therapy with a Marriage and Family Therapist intern is available. No fees.
 - **Adult, Hospice House:** Services include support for a loss of a loved one. **Call Estelle at 831-649-7734.**
 - **Griefbusters:** Services provided are support for kids from a loss of a loved one. Primarily through schools where teachers are trained through Alliance to provide support. Parents are also offered a separate group meeting while their child is in meetings, therapy, etc. **Call Eva at 831-649-7758**
 - **Widow/Widower/Life Partners: Call 831-658-3772**
- **Behavioral Health, Adult Services of Monterey County Health Department: Salinas 888-258-6029 and Marina 831-647-7652; www.mtyhd.org**
 - **To schedule an appointment for an initial screening, call (888)-258-6029. If you are an existing client, you will be transferred to your social worker.** During your initial call, a member of the Behavioral Health team will provide a brief screening and then either connect you to appropriate community resources or schedule an appointment for a mental health assessment. Assessments and an orientation to mental health services are also available without an appointment on a first-come, first-served basis during Walk-in Wednesdays at the Salinas or Marina sites above.
- **Outpatient Mental Health Counseling and C.A.T.S. Program, Operated by Community Human Services: Salinas 831-757-7915, Monterey 831-394-4622; www.chservices.org**
 - Licensed therapists and supervised interns provide individual, group, and individual counseling for a variety of emotional and mental health issues. Medi-Cal is accepted on referral by Monterey County Behavioral Health; sliding scale fees are assessed for private pay clients. Services in English and Spanish offered.
 - Under the C.A.T.S. program, individual and group therapy is provided for those impacted by HIV/AIDS, as well as gay, lesbian, bisexual, transgender, and questioning individuals and their families.
- **Breakthrough For Men: 831-375-5441; <http://breakthroughformen.org/>**
 - Breakthrough Men's Community actively creates a new community and culture of men, where listening, feeling and discussion have replaced suppression, self-medication and

violence. At its core, Breakthrough is an education program that has transformed the lives of over 1,800 men on the Central Coast. For each Breakthrough graduate, this includes gaining the ability to eliminate negative self-images, and to take control of anger, fear, addictions, shame, and hopelessness. The Breakthrough program offers all of this in a supportive group-learning setting in Monterey County. Breakthrough provides a resource for men who want to reassess and enhance the direction of their lives.

- **Catholic Charities: 831-393-3100; www.catholiccharitiescentralcoast.org**
 - General clinical counseling, in English and Spanish, for individuals (children, teens, and adults), couples, and families. Extended bereavement counseling (Counseling services in Seaside office only). Sliding fee scale. Family Support Services Program provides limited financial assistance with rent, move-in, and utility expenses, as well as assisting with Cal Fresh application process. Immigration assistance provided through the Salinas office.
- **Celebrate Recovery through First Presbyterian Church: 831-422-7811; www.fpcsalinass.org**
 - Faith-based support groups for individuals dealing with a variety of recovery issues, including addiction, codependency, financial problems, divorce, blended families, abuse, grief, and depression. Separate groups for men and women. No fees.
- **Clinica de Salud del Valle de Salinas; www.csvs.org**
 - A psychologist offers services on a sliding fee scale to patients at four of the Clinica de Salud sites: Clinica, Circle Drive in Salinas (831-757-6237); Clinica, Sanborn Road in Salinas (831-757-1365); Clinica, King City (831-385-5944); and Clinica, Castroville (831-633-1514).
- **Confidence Pregnancy Center: Salinas 831-757-5500; www.pregnancysalinass.com and Monterey 831-373-8535; www.montereycpc.com**
 - Confidential counseling and pregnancy information for women and crisis pregnancy. Post-abortion counseling. Limited practical assistance (maternity, baby clothes, etc.) for clients who use program services. No charge for services.
- **District Attorney, Victim/Witness Assistance Program: 831-755-5072; 24/7 Crisis Line Operated by the YWCA: (800) 992-2151; www.co.monterey.ca.us/da**
 - Provides services to victims/witnesses of all types of crimes, including homicide, assault, domestic violence, and rape. Services include crisis intervention, emergency assistance, resource counseling, and orientation to the criminal justice system and court escort.
- **Family Service Center: 831-373-4421**

- Services include counseling for general crisis. Fees are charge on a sliding fee scale based on monthly income.
- **Interim, Inc. 831-649-4522, MCHOME 831-883-3030; www.interiminc.org**
 - Provides affordable housing, residential treatment, social support, homeless outreach and support (MCHOME), family outreach, and supported education and employment services (SEES) for adults who have serious mental illnesses. Interim also provides two peer-led support programs for adults with mental illness: Our Voices in Monterey and The OMNI Resource Center in Salinas.
- **Monterey County Health Department Patient Rights Advocacy Program: 831-755-4518**
 - A patient services representative provides advocacy for people seeking or receiving county mental health services.
- **Monterey Rape Crisis Center: 831-375-3955, 24-hour Crisis Line 831-375-HELP; www.mtryrapecrisis.org**
 - Services include counseling for rape victims, prevention services (child abuse prevention, rape prevention education, "My Strength", self-defense, and predator drugs education). Services available for teens and men also.
- **National Alliance on Mental Illness, Monterey County: 831-375-6264; www.namimonterey.org**
 - A local affiliate of NAMI National and NAMI California providing education, advocacy, service access, and support for families and their loved ones living with mental illness.
- **National Suicide Prevention Hotline: 24 Hour Crisis Line (800) 784-2433, (800) 273-8255; www.suicidepreventionlifeline.org**
 - Provides information and support for suicide prevention in English and Spanish.
- **Natividad Medical Center Crisis Team: 831-755-4111; www.natividad.com**
 - Crisis intervention counseling provided seven days a week, 24 hours a day. Individuals should call above number or come into emergency room. Crisis team will be paged; individual might need to wait a few minutes. Services available in English and Spanish.
- **Prevention and Recovery in Early Psychosis- The PREP Program: 831-424-5033; www.prepwellness.org**

- Using early intervention and rigorous diagnosis, as well as a comprehensive collection of evidence-based services, the PREP program is considered a breakthrough in the treatment of early psychosis. Targeted for Monterey County residents between the ages of 14-35, the PREP program provides services to youth who are experiencing an onset of psychosis within the last two years.
- **Rape Crisis/Sexual Harassment: 831-375-4357; 24-hour Hotline 831-373-4773**
 - Services include counseling and prevention in both school and community. Sliding fee scale.
- **Suicide.org; www.suicide.org**
 - This web-based non-profit organization provides information on suicide and support for those contemplating suicide. It also offers a private, online support forum exclusively for suicide survivors (those who have lost loved ones to suicide).
- **Suicide Prevention Services of the Central Coast: Toll Free Crisis Line (877) 663-5433; www.fsa-cc.org**
 - 24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Services also offered to individuals who have lost a person to suicide.
- **The Village Project: 831-392-1500; www.thevillageprojectinc.org**
 - This African-American family resource center provides counseling for adults, couples, children, and families; cultural competency trainings; after-school tutoring for students in second through twelfth grade; and teen groups on anger management and self-esteem. Focus on African-Americans, but open to serve anyone in need. Some services are offered off-site.
- **Veterans Suicide Prevention Hotline: Nation-wide 24-hour Crisis Line (800) 273-8255 or (800) 784-2433; www.veteranscrisisline.net**
 - Connects veterans in crisis and their loved ones with qualified, caring responders.
- **YWCA: 831-422-8602; www.ywcamc.org**
 - Services include domestic violence shelter for women and children, counseling for adult women and children pertaining to domestic violence, restraining orders, legal advocacy during court, and moral support. Fees are on a sliding fee scale depending on client's income and are only charged for counseling/therapy. **Restraining orders have no charge.**

Internet Websites (provided by NAMI)

- **NAMI California: www.namicalifornia.org**
 - A great website to find out what is going on in the state, what legislative bills to vote for and how to become involved.
- **Mental Health America: www.mentalhealthamerica.net**
 - This is the national website for Mental Health America, useful information, advocacy and latest research.
- **Child and Adolescent Bipolar Foundation: www.thebalancedmind.org/**
 - Latest information with a network of parents and experts who can help.
- **Pendulum: www.pendulum.org**
 - A private website that contains information on bipolar, chat rooms and discussion forums.
- **Depression and Bipolar Support Alliance: www.dbsalliance.org**
 - Maintains discussion forums as well as links and information on other resources.
- **Choices in Recovery: www.choicesinrecovery.com**
 - For those with bipolar, schizoaffective and schizophrenia free newsletter.

Magazines

- **Bipolar Magazine: www.bphope.com**
 - For those with bipolar and their family members.
- **NAMI Advocate and NAMI New Beginnings and NAMI Avanza: www.nami.org**
 - Free with membership.

Books

- **Bipolar Disorder: A Guide for Patients and Families, Francis Mark Mondimore, MD**
 - A comprehensive summary of what is known about bipolar disorder and co-occurring problems.
- **The Depression Workbook and Living with Depression and Manic Depression, Mary Ellen Copeland**
 - A must-read for all living with depression and bipolar disorder.

- **I Am Not Sick, I Don't Need Help!- Helping the Seriously Mentally Ill Accept Treatment, Xavier Amador with Anna-Lisa Johanson**
 - Why so many do not believe they are ill and refuse treatment and how you can help.
- **Surviving Schizophrenia, E. Fuller Torrey**
 - A family manual.
- **Ill Not Insane, Bonnie Busick**
 - Understanding the chronically mentally ill.
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 - A great website to find out what is going on in the state, what legislative bills to vote for and how to become involved.
- **Mental Health America: www.mentalhealthamerica.net**
 - This is the national website for Mental Health America, useful information, advocacy and latest research.
- **Child and Adolescent Bipolar Foundation: www.thebalancedmind.org/**
 - Latest information with a network of parents and experts who can help.
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