



# Mental Health Agencies & Resources

## for California's Early Learning and Care Community

### General Mental Health Resources

- **California Peer-Run Warm Line:** Provides free non-emergency emotional support and referrals.
  - **Phone:** 1-855-845-7415
  - **Website:** [Mental Health Warm Line](#)
- **CalHOPE:** Offers support for coping with stress caused by the COVID-19 pandemic.
  - **Phone:** 1-833-317-HOPE (4673)
  - **Website:** [CalHOPE](#)
- **California IECMHC Network:** Provides mental health consultation to support the social-emotional development of young children in various childcare settings, including FFN care.
  - **Services:** On-site consultation, training for child care providers, support for families, and resources to improve child care environments.
  - **Contact:** Visit their [website](#) for more information and contact details.
- **Early Childhood Mental Health (ECMH) Programs in California:**
  - **Programs:** Include Early Head Start, Head Start, and local First 5 initiatives that integrate mental health services into early childhood education settings.
  - **Services:** Screening and assessment, parent education, and professional development for childcare providers.
  - **Contact:** Reach out to local Early Head Start or Head Start programs, or visit [First 5 California](#) for more information.
- **California Inclusion and Behavior Consultation (CIBC) Network:** Offers behavior consultation services to childcare providers, including those in FFN settings, to promote inclusion and address challenging behaviors.
  - **Services:** Consultation, coaching, and training to improve childcare practices and environments.
  - **Contact:** Visit the [CIBC Network](#) for more information.
- **Help Me Grow California:** Connects families and childcare providers to developmental services and support, including mental health resources.
  - **Services:** Developmental screenings, referrals to services, and caregiver support.
  - **Contact:** Visit [Help Me Grow California](#) for more details.
- **Mental Health America (MHA):** MHA provides comprehensive resources and toolkits to support mental health for both adults and children, including childcare providers.
  - **Resources:** Screening tools, educational materials, and support networks.
  - **Website:** [Mental Health America](#)
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** SAMHSA offers a range of programs and resources aimed at improving mental health services in communities, including resources for childcare providers.
  - **Resources:** Training programs, crisis services, and educational materials.
  - **Contact:** 1-877-SAMHSA7 (1-877-726-4727)
  - **Website:** [SAMHSA](#)

## General Mental Health Resources (cont.)

- **National Child Traumatic Stress Network (NCTSN):** NCTSN provides resources to help childcare providers understand and address trauma in children.
  - **Resources:** Educational materials, training programs, and tools for creating trauma-informed care environments.
  - **Website:** [NCTSN](#)
- **Children's Institute:** Offers a range of support services, including parenting classes, support groups, and counseling for parents and caregivers. They also provide skill-building and social support, employment support, and community activities.
  - **Contact:** Learn more at the [Children's Institute website \(Children's Institute Inc.\)](#).
- **Family Resource Centers Network of California (FRCNCA):** Offers support for families with children who have special needs, including mental health services.
  - **Website:** [FRCNCA](#)
- **National Parent Helpline:** Offers emotional support and advice from trained advocates.
  - **Contact:** You can contact them at 1-855-427-2736 or visit their [website \(First 5 California\)](#).
- **StarVista's Early Childhood Services:** Provides mental health consultation, early intervention services, and support groups for parents and caregivers. Services are available in person and via telehealth.
  - **Contact:** For more details, visit the [StarVista website \(StarVista\)](#).
- **First 5 California Family Resource Centers:** These centers support parents and caregivers with various services, including parent groups, sibling support groups, classes, and play groups. They can also provide referrals for additional community resources.
  - **Contact:** Find more information and locate your nearest center on the [First 5 California website \(First 5 California\)](#) ([First 5 California](#)).

## National Providers with California Services

- **Zero to Three:** Supports early childhood professionals and caregivers with resources and training focused on the mental health and development of infants and toddlers.
  - **Services:** Professional development, educational materials, and support networks.
  - **Contact:** Visit [Zero to Three](#) for resources and information.
- **Child Care Aware of America:** Provides resources and advocacy for childcare providers, including those in FFN settings, to promote mental health and wellness.
  - **Services:** Training programs, health and safety resources, and policy advocacy.
  - **Contact:** Visit [Child Care Aware](#) for more information.
- **The National Association for Family Child Care (NAFCC):** NAFCC supports family childcare providers with resources to promote mental health and well-being.
  - **Resources:** Professional development, accreditation, and support networks.
  - **Website:** [NAFCC](#)



## Crisis and Helpline Services



- **National Suicide Prevention Lifeline**
  - **Contact:** 1-800-273-TALK (1-800-273-8255)
  - **Text Line:** Text "HELLO" to 741741 for 24/7 support.
- **National Alliance on Mental Illness (NAMI) HelpLine:** Provides free, confidential support and information on mental health issues.
  - **Contact:** 1-800-950-NAMI (1-800-950-6264)
  - **Website:** [NAMI](#)

## Trauma and Therapy Resources

- **National Child Traumatic Stress Network (NCTSN):** Provides resources to help childcare providers understand and address trauma in children, including free continuing education credits and e-learning resources.
  - **Languages:** English and Spanish.
  - **Website:** [NCTSN](#)
- **Mind Remake Project:** Offers links to over 500 free printable workbooks, manuals, toolkits, and guides for mental health professionals or self-help.
  - **Languages:** English, with some resources available in Spanish.
  - **Website:** [Mind Remake Project](#)

## Meditation and Mindfulness Resources

- **Calm:** A popular meditation and relaxation app offering guided meditations, breathing exercises, and sleep stories.
  - **Languages:** English, with some content in Spanish.
  - **Website:** [Calm](#)
- **Insight Timer:** A free meditation app with thousands of guided meditations and mindfulness practices.
  - **Languages:** English and Spanish.
  - **Website:** [Insight Timer](#)



## Additional Support

- **7 Cups:** Offers free online therapy and emotional support through trained volunteer listeners.
  - **Languages:** English and Spanish.
  - **Website:** [7 Cups](#)





# Resources by Counties in California

## ALAMEDA COUNTY

- **First 5 Alameda:** Provides a range of programs for children 0-5 and their families, including developmental screenings, mental health support, and parent education.
  - **Website:** [First 5 Alameda](#)
- **Brighter Beginnings:** Offers mental health services for children 0-21 with full-scope Medi-Cal, including therapy services in various settings.
  - **Website:** [Brighter Beginnings](#)
- **Asian Health Services:** Provides social-emotional support through screening, assessment, and therapy for children 5-21.
  - **Website:** [Asian Health Services](#)
- **La Familia Counseling Service:** Specializes in mental health services for infants, young children, and parenting teens, using play therapy and supporting parent-child relationships.
  - **Website:** [La Familia Counseling Service](#)
- **NAMI Alameda County:**
  - **Contact:** (510) 835-5010
  - **Address:** 954 60th Street, Suite 10, Oakland, CA 94608
  - **Website:** [NAMI Alameda](#)

## ALPINE COUNTY

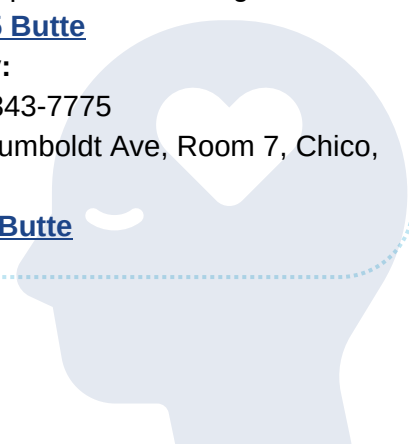
- **Alpine County Behavioral Health Services:** Offers mental health services for young children and families, including counseling and early intervention programs.
  - **Contact:** (530) 694-1816
  - **Address:** 75-A Diamond Valley Rd, Markleeville, CA 96120

## AMADOR COUNTY

- **First 5 Amador:** Provides programs and resources focused on early childhood mental health, parent support, and developmental screenings.
  - **Contact:** (209) 257-1092
  - **Address:** 975 Broadway, Jackson, CA 95642
  - **Website:** [First 5 Amador](#)
- **NAMI Amador:**
  - **Contact:** (209) 223-1485
  - **Address:** 10877 Conductor Blvd, Sutter Creek, CA 95685
  - **Website:** [NAMI Amador](#)

## BUTTE COUNTY

- **First 5 Butte County:** Offers early childhood mental health services, including home visiting programs and developmental screenings.
  - **Website:** [First 5 Butte](#)
- **NAMI Butte County:**
  - **Contact:** (530) 343-7775
  - **Address:** 350 Humboldt Ave, Room 7, Chico, CA 95928
  - **Website:** [NAMI Butte](#)



## CALAVERAS COUNTY

- **First 5 Calaveras:** Provides mental health resources, parenting support, and developmental screenings for children 0-5.
  - **Website:** [First 5 Calaveras](#)
- **NAMI Calaveras County:**
  - **Contact:** (209) 728-2061
  - **Address:** 86 Main Street, Suite F, Jackson, CA 95642
  - **Website:** [NAMI Calaveras](#)

## EL DORADO COUNTY

- **First 5 El Dorado:** Provides mental health services, early intervention programs, and parent support for children 0-5.
  - **Website:** [First 5 El Dorado](#)
- **NAMI El Dorado County:**
  - **Contact:** (530) 677-2676
  - **Address:** P.O. Box 3931, Placerville, CA 95667
  - **Website:** [NAMI El Dorado](#)

## COLUSA COUNTY

- **Colusa County Department of Health and Human Services:** Offers mental health services for young children, including counseling and early intervention.
  - **Contact:** (530) 458-0250

## FRESNO COUNTY

- **Fresno County Department of Behavioral Health:** Offers mental health services for children, including early childhood mental health programs.
  - **Website:** [Fresno County Mental Health](#)
- **NAMI Fresno:**
  - **Contact:** (559) 224-2469
  - **Address:** 7545 N. Del Mar Ave, Fresno, CA 93711
  - **Website:** [NAMI Fresno](#)

## CONTRA COSTA COUNTY

- **First 5 Contra Costa:** Provides mental health resources, developmental screenings, and parent support programs for children 0-5.
  - **Website:** [First 5 Contra Costa](#)
- **NAMI Contra Costa**
  - **Contact:** (925) 942-0767
  - **Address:** 2151 Salvio Street, Suite V, Concord, CA 94520
  - **Website:** [NAMI Contra Costa](#)

## GLENN COUNTY

- **Glenn County Health and Human Services Agency:** Provides mental health services for young children, including counseling and support programs.
  - **Contact:** (530) 934-6582
- **NAMI Glenn County:**
  - **Contact:** (530) 809-0960
  - **Address:** 120 S. Marshall Avenue, Willows, CA 95988

## DEL NORTE COUNTY

- **Del Norte County Department of Health and Human Services:** Offers mental health services for young children, including counseling and support programs.
  - **Contact:** (707) 464-3191

## HUMBOLDT COUNTY

- **First 5 Humboldt:** Offers mental health resources, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 Humboldt](#)
- **NAMI Humboldt:**
  - **Contact:** 707-845-3233
  - **Address:** 3410 Ribeiro Lane Arcata, CA 95211
  - **Website:** [NAMI Humboldt](#)
  - **Email:** [NAMI.humboldt@gmail.com](mailto:NAMI.humboldt@gmail.com)



## IMPERIAL COUNTY

- **Imperial County Behavioral Health Services:** Provides mental health services for young children, including early intervention and counseling.
  - **Contact:** (442) 265-1525
- **NAMI San Diego & Imperial Counties:**
  - **Contact:** (760) 970-4615
  - **Address:** 1503 N Imperial Ave #205, El Centro, CA 92243
  - **Website:** [NAMI San Diego & Imperial Counties](#)

## INYO COUNTY

- **First 5 Inyo County:** Offers mental health resources, developmental screenings, and parent support programs.
  - **Website:** [First 5 Inyo](#)

## LASSEN COUNTY

- **Lassen County Behavioral Health:** Offers mental health services for young children, including counseling and early intervention programs.
  - **Contact:** (530) 251-8108

## KERN COUNTY

- **First 5 Kern:** Provides mental health services, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 Kern](#)
- **NAMI Kern County:**
  - **Contact:** (661) 247-5426
  - **Address:** 2001 28th Street, Bakersfield, CA 93301
  - **Website:** [NAMI Kern County](#)

## LONG BEACH COUNTY

- **Long Beach Department of Health and Human Services:** Provides mental health services for young children, including early intervention and counseling programs.
  - **Website:** [Long Beach Health Department](#)
- **NAMI Greater Los Angeles County - Long Beach Area:**
  - **Contact:** (562) 435-2264
  - **Address:** 1971 E. 4th Street, Suite 103, Long Beach, CA 90802
  - **Website:** [NAMI Greater Los Angeles County](#)

## KINGS COUNTY

- **Kings County Behavioral Health:** Offers mental health services for young children, including early intervention and counseling programs.
  - **Contact:** (559) 852-2444

## LAKE COUNTY

- **First 5 Lake:** Provides mental health resources, developmental screenings, and parent support for children 0-5.
  - **Website:** [First 5 Lake](#)

## LOS ANGELES COUNTY

- **First 5 LA:** Offers mental health services, developmental screenings, and parent support for children 0-5.
  - **Website:** [First 5 LA](#)
- **NAMI Urban Los Angeles**
  - **Contact:** (323) 294-7814
  - **Address:** 4305 Degnan Blvd. Suite 104. Los Angeles, CA 90008
  - **Website:** [NAMI Urban Los Angeles](#)

## MADERA COUNTY

- **First 5 Madera:** Provides mental health resources, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 Madera](#)
- **NAMI Fresno** (serving Madera County):
  - **Contact:** (559) 224-2469
  - **Address:** 7545 N. Del Mar Ave, Fresno, CA 93711
  - **Website:** [NAMI Fresno](#)

## MARIN COUNTY

- **First 5 Marin:** Offers mental health services, parent support, and developmental screenings for children 0-5.
  - **Website:** [First 5 Marin](#)
- **NAMI Marin County:**
  - **Contact:** (415) 444-0480
  - **Address:** 555 Northgate Dr, Suite 101, San Rafael, CA 94903
  - **Website:** [NAMI Marin](#)

## MARIPOSA COUNTY

- **Mariposa County Behavioral Health and Recovery Services:** Provides mental health services for young children, including early intervention and counseling programs.
  - **Contact:** (209) 966-2000
- **NAMI Merced County** (serving Mariposa County):
  - **Contact:** (209) 381-6800
  - **Address:** 480 E. 13th Street, Merced, CA 95341
  - **Website:** [NAMI Merced](#)

## MENDOCINO COUNTY

- **First 5 Mendocino:** Provides mental health resources, developmental screenings, and parent support for children 0-5.
  - **Website:** [First 5 Mendocino](#)
- **NAMI Mendocino County:**
  - **Contact:** (707) 485-2084
  - **Address:** P.O. Box 1605, Ukiah, CA 95482
  - **Website:** [NAMI Mendocino](#)

## MERCED COUNTY

- **First 5 Merced:** Offers mental health services, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 Merced](#)
- **NAMI Merced County:**
  - **Contact:** (209) 381-6800
  - **Address:** 480 E. 13th Street, Merced, CA 95341
  - **Website:** [NAMI Merced](#)

## MODOC COUNTY

- **Modoc County Behavioral Health:** Provides mental health services for young children, including counseling and early intervention programs.
  - **Contact:** (530) 233-6312
- **NAMI Shasta County** (serving Modoc County):
  - **Contact:** (530) 605-8705
  - **Address:** P.O. Box 496645, Redding, CA 96049
  - **Website:** [NAMI Shasta County](#)

## MONO COUNTY

- **First 5 Mono:** Offers mental health resources, developmental screenings, and parent support programs.
  - **Website:** [First 5 Mono](#)



## MONTEREY COUNTY

- **First 5 Monterey:** Provides mental health services, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 Monterey](#)
- **NAMI Monterey County:**
  - **Contact:** (831) 422-6264
  - **Address:** P.O. Box 1367, Salinas, CA 93902
  - **Website:** [NAMI Monterey](#)

## NAPA COUNTY

- **First 5 Napa:** Offers mental health resources, developmental screenings, and parent support for children 0-5.
  - **Website:** [First 5 Napa](#)
- **NAMI Solano County** (serving Napa County):
  - **Contact:** (707) 422-7792
  - **Address:** P.O. Box 3334, Fairfield, CA 94533
  - **Website:** [NAMI Solano](#)

## NEVADA COUNTY

- **First 5 Nevada:** Provides mental health services, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 Nevada](#)
- **NAMI Nevada County:**
  - **Contact:** (530) 648-0186
  - **Address:** 10063 Valley View Drive, Nevada City, CA 95959
  - **Website:** [NAMI Nevada](#)

## ORANGE COUNTY

- **Children's Hospital of Orange County (CHOC):** Provides specialized mental health services for young children and offers support through psychologists and psychiatrists.
  - **Website:** [CHOC Pediatric Mental Health](#)
- **NAMI Orange County:**
  - **Contact:** (714) 544-8488
  - **Address:** 1810 East 17th Street, Santa Ana, CA 92705
  - **Website:** [NAMI Orange County](#)

## PLACER COUNTY

- **First 5 Placer:** Offers mental health resources, developmental screenings, and parent support programs.
  - **Website:** [First 5 Placer](#)

## PLUMAS COUNTY

- **First 5 Plumas:** Provides mental health services, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 Plumas](#)

## RIVERSIDE COUNTY

- **First 5 Riverside:** Offers mental health resources, developmental screenings, and parent support programs.
  - **Website:** [First 5 Riverside](#)
- **NAMI Mt. San Jacinto** (serving Riverside County):
  - **Contact:** (951) 672-2089
  - **Address:** P.O. Box 716, San Jacinto, CA 92581
  - **Website:** [NAMI Mt. San Jacinto](#)

## SACRAMENTO COUNTY

- **First 5 Sacramento:** Provides mental health services, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 Sacramento](#)
- **NAMI Sacramento:**
  - **Contact:** (916) 890-5467
  - **Address:** 3440 Viking Drive, Suite 104A, Sacramento, CA 95827
  - **Website:** [NAMI Sacramento](#)



## SAN BENITO COUNTY

- **First 5 San Benito:** Offers mental health resources, developmental screenings, and parent support programs.
  - **Website:** [First 5 San Benito](#)

## SAN BERNARDINO COUNTY

- **First 5 San Bernardino:** Provides mental health services, parent education, and developmental screenings for children 0-5.
  - **Website:** [First 5 San Bernardino](#)
- **NAMI San Bernardino Area:**
  - **Contact:** (909) 399-0305
  - **Address:** 1686 N. Mountain Avenue, Suite 106, Upland, CA 91784
  - **Website:** [NAMI San Bernardino Area](#)

## SAN DIEGO COUNTY

- **First 5 San Diego:** Offers mental health services, developmental screenings, and parent support for children 0-5.
  - **Website:** [First 5 San Diego](#)
- **NAMI San Diego:**
  - **Contact:** (858) 634-6580
  - **Address:** 5095 Murphy Canyon Road, Suite 320, San Diego, CA 92123
  - **Website:** [NAMI San Diego](#)

## SAN FRANCISCO CITY & COUNTY

- **First 5 San Francisco:** Provides mental health resources, developmental screenings, and parent support programs.
  - **Website:** [First 5 San Mateo](#)
- **NAMI San Francisco:**
  - **Contact:** (415) 237-0039
  - **Address:** 1615 California Street, Suite 211, San Francisco, CA 94109
  - **Website:** [NAMI San Francisco](#)

## SAN JOAQUIN COUNTY

- **San Joaquin County Behavioral Health Services - Children and Youth Services:** Provides individual, group, and family therapy, psychiatric medication services, case management, and psycho-education services throughout the county.
  - **Contact:** (209) 468-8700 (General Information), (209) 468-9370 (Helpline)
  - **Address:** 1414 North California Street, Stockton, CA 95202
  - **Website:** [San Joaquin County Behavioral Health Services](#)
- **NAMI San Joaquin County:**
  - **Contact:** (209) 468-3755
  - **Address:** 401 S. San Joaquin Street, Stockton, CA 95203
  - **Website:** [NAMI San Joaquin](#)

## SAN LUIS OBISPO COUNTY

- **First 5 San Luis Obispo:** Offers mental health services, developmental screenings, and parent support for children 0-5.
  - **Contact:** (805) 781-4058
  - **Address:** 3220 S Higuera St, San Luis Obispo, CA 93401
  - **Website:** [First 5 San Luis Obispo](#)
- **NAMI San Luis Obispo County:**
  - **Contact:** (805) 540-6571
  - **Address:** 4025 South Higuera Street, Suite 126, San Luis Obispo, CA 93401
  - **Website:** [NAMI San Luis Obispo](#)



## SAN MATEO COUNTY

- **First 5 San Mateo:** Provides mental health resources, parent education, and developmental screenings for children 0-5.
  - **Contact:** (650) 372-9500
  - **Address:** 1700 S El Camino Real, Suite 405, San Mateo, CA 94402
  - **Website:** [First 5 San Mateo](#)
- **NAMI San Mateo County:**
  - **Contact:** (650) 638-0800
  - **Address:** 1650 Borel Place, Suite 130, San Mateo, CA 94402
  - **Website:** [NAMI San Mateo](#)

## SANTA BARBARA COUNTY

- **First 5 Santa Barbara:** Offers mental health services, developmental screenings, and parent support programs for young children.
  - **Contact:** (805) 884-8085
  - **Address:** 128 E. Canon Perdido Street, Santa Barbara, CA 93101
  - **Website:** [First 5 Santa Barbara](#)
- **NAMI Southern Santa Barbara County:**
  - **Contact:** (805) 884-8440
  - **Address:** 617 Garden Street, Santa Barbara, CA 93101
  - **Website:** [NAMI Southern Santa Barbara](#)

## SANTA CLARA COUNTY

- **First 5 Santa Clara:** Provides a range of mental health services, developmental screenings, and support for parents with children aged 0-5.
  - **Contact:** (408) 260-3700
  - **Address:** 4000 Moorpark Ave, Suite 200, San Jose, CA 95117
  - **Website:** [First 5 Santa Clara](#)
- **NAMI Santa Clara County:**
  - **Contact:** (408) 453-0400
  - **Address:** 1150 S. Bascom Ave, Suite 24, San Jose, CA 95128
  - **Website:** [NAMI Santa Clara](#)

## SANTA CRUZ COUNTY

- **First 5 Santa Cruz:** Offers mental health resources, developmental screenings, and parent education programs.
  - **Contact:** (831) 465-2217
  - **Address:** 701 Ocean Street, Room 350, Santa Cruz, CA 95060
  - **Website:** [First 5 Santa Cruz](#)
- **NAMI Santa Cruz County:**
  - **Contact:** (831) 427-8020
  - **Address:** 542 Ocean Street, Suite F. Santa Cruz, CA 95060
  - **Website:** [NAMI Santa Cruz County](#)

## SHASTA COUNTY

- **First 5 Shasta:** Provides mental health services, developmental screenings, and support for parents with young children.
  - **Contact:** (530) 646-3781
  - **Address:** 393 Park Marina Circle, Redding, CA 96001
  - **Website:** [First 5 Shasta](#)
- **NAMI Shasta County:**
  - **Contact:** (530) 691-4450
  - **Address:** 1401 Gold Street, Redding, CA 96001
  - **Website:** [NAMI Shasta](#)

## SIERRA COUNTY

- **Sierra County Health and Human Services:** Offers mental health services, including early intervention and counseling for young children and their families.
  - **Contact:** (530) 993-6700
  - **Address:** 202 Front Street, Loyalton, CA 96118

## SISKIYOU COUNTY

- **Siskiyou County Behavioral Health:** Provides mental health services, including counseling and early intervention programs for young children.
  - **Contact:** (530) 841-4100
  - **Address:** 2060 Campus Drive, Yreka, CA 96097

## STANISLAUS COUNTY

- **First 5 Stanislaus:** Offers mental health resources, developmental screenings, and parent education for young children.
  - **Contact:** (209) 558-6218
  - **Address:** 930 15th Street, Modesto, CA 95354
  - **Website:** [First 5 Stanislaus](#)
- **NAMI Stanislaus County**
  - **Contact:** (209) 558-4555
  - **Address:** PO Box 4120, Modesto, CA 95352
  - **Website:** [NAMI Stanislaus County](#)
  - **Email:** info@namistanislaus.org

## SOLANO COUNTY

- **First 5 Solano:** Offers mental health resources, developmental screenings, and parent education for children 0-5.
  - **Contact:** (707) 784-1332
  - **Address:** 601 Texas Street, Suite 210, Fairfield, CA 94533
  - **Website:** [First 5 Solano](#)

## SUTTER COUNTY

- **First 5 Sutter:** Provides mental health services, developmental screenings, and support for parents with children aged 0-5.
  - **Contact:** (530) 822-7505
  - **Address:** 1531-A Butte House Road, Yuba City, CA 95993
  - **Website:** [First 5 Sutter](#)

## TEHAMA COUNTY

- **First 5 Tehama:** Offers mental health resources, developmental screenings, and parent education programs.
  - **Contact:** (530) 528-1395
  - **Address:** 1135 Lincoln Street, Suite B, Red Bluff, CA 96080
  - **Website:** [First 5 Tehama](#)

## TRINITY COUNTY

- **Trinity County Behavioral Health:** Provides mental health services for young children, including early intervention and counseling programs.
  - **Contact:** (530) 623-1362
  - **Address:** 1450 Main Street, Weaverville, CA 96093

## SONOMA COUNTY

- **First 5 Sonoma:** Provides mental health services, developmental screenings, and parent support programs.
  - **Contact:** (707) 565-6686
  - **Address:** 490 Mendocino Avenue, Suite 201, Santa Rosa, CA 95401
  - **Website:** [First 5 Sonoma](#)
- **NAMI Solano County:**
  - **Contact:** (707) 422-7792
  - **Address:** P.O. Box 3334, Fairfield, CA 94533
  - **Website:** [NAMI Solano](#)

## TULARE COUNTY

- **First 5 Tulare:** Offers mental health resources, developmental screenings, and parent education for children 0-5.
  - **Contact:** (559) 622-8650
  - **Address:** 2407 W. Whitendale Ave, Suite B, Visalia, CA 93277
  - **Website:** [First 5 Tulare](#)
- **NAMI Tulare County:**
  - **Contact:** (559) 732-4227
  - **Address:** P.O. Box 3435, Visalia, CA 93278
  - **Website:** [NAMI Tulare](#)

## TUOLUMNE COUNTY

- **First 5 Tuolumne:** Provides mental health services, developmental screenings, and support for parents with young children.
  - **Contact:** (209) 536-2070
  - **Address:** 20111 Cedar Road North, Sonora, CA 95370
  - **Website:** [First 5 Tuolumne](#)
- **NAMI Gold Country** (serving Tuolumne County):
  - **Contact:** (209) 223-1485
  - **Address:** P.O. Box 627, Jackson, CA 95642
  - **Website:** [NAMI Gold Country](#)

## VENTURA COUNTY

- **First 5 Ventura:** Offers mental health resources, developmental screenings, and parent education programs.
  - **Contact:** (805) 648-9990
  - **Address:** 2580 E. Main Street, Suite 203, Ventura, CA 93003
  - **Website:** [First 5 Ventura](#)
- **NAMI Ventura County:**
  - **Contact:** (805) 500-6264
  - **Address:** 555 Airport Way, Suite F, Camarillo, CA 93010
  - **Website:** [NAMI Ventura](#)

## YOLO COUNTY

- **First 5 Yolo:** Provides mental health services, developmental screenings, and parent support for children 0-5.
  - **Contact:** (530) 419-2473
  - **Address:** 600 A Street, Suite C, Davis, CA 95616
  - **Website:** [First 5 Yolo](#)
- **NAMI Yolo County:**
  - **Contact:** (530) 756-8181
  - **Address:** 505 2nd Street, Suite 117, Davis, CA 95616
  - **Website:** [NAMI Yolo](#)

## YUBA COUNTY

- **First 5 Yuba:** Offers mental health resources, developmental screenings, and parent education for young children.
  - **Contact:** (530) 749-4877
  - **Address:** 1114 Yuba Street, Suite 250, Marysville, CA 95901
  - **Website:** [First 5 Yuba](#)

