

## Sonoma County Community Resources (updated February 2022)

### **Call 1-855-4APARENT for Pandemic Support**

For parents and youth during the pandemic, the California Department of Social Services California Parent and Youth Helpline provides support and resource information seven days a week, 8 a.m.-8 p.m. Call or text 1-855-4APARENT (855)-427-2736 for services in English, Spanish and other languages. For information, visit [caparentyouthhelpline.org](http://caparentyouthhelpline.org).

### **Accessing Shelter and Housing at COTS**

COTS Emergency Shelter and Permanent Supportive Housing programs are accessed through Sonoma County Coordinated Entry System. Please call (866) 542.5480 to enroll with Coordinated Entry.

### **Sonoma County Mental Health Access**

Our Access Team is the first contact for requesting mental health services. They determine the level of need for mental health services, provide assessment, linkage, and information and referral for mental health services for children, youth, and adults. Referrals are made to community providers or to Behavioral Health treatment teams.

Mental Health Hotline: (707) 565-6900 or (800) 870-8786

24-hour Crisis Services: (707) 576-8181

### **Sonoma County Behavioral Health**

Our mission is to promote recovery and wellness to Sonoma County residents. We provide mental health and substance use disorder services across the service spectrum, from prevention, early intervention and treatment to aftercare and recovery. We provide these services directly or through partnerships with community-based agencies. Services are provided in all languages.

(707) 565-4850

2227 Capricorn Way Suite #207  
Santa Rosa, CA 95407