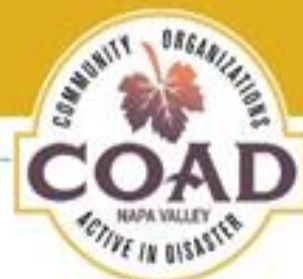


# COVID-19 PANDEMIC MENTAL HEALTH RESOURCES

## NAPA COUNTYWIDE



### Mental Health Crisis Hotlines 24/7

**National Suicide Hotline: 1-800-273-8255**

**Crisis Text Line: Text "GO" to 741741**

Crisis counselors are available to listen and help with coping skills

**Trevor Project Hotline: 1-866-488-7386 or Text 678678**

Crisis intervention and suicide prevention hotline + text message line for LGBTQ Youth

**Crisis Stabilization Services / Exodus: 707-253-4711**

For anyone age 5+ in immediate crisis, needing evaluation and crisis intervention  
HHSA South Campus - 2751 Napa Valley Corporate Way, Building B

### Mental Health Support Lines

**Aldea Bilingual Family Wellness Support Line: 707-543-1152**

8am-8pm, 7 days/week Help for parents and guardians who are dealing with their children's anxiety and worry related to COVID-19

**Mentis Healthy Minds Healthy Aging: English 707-299-1885**

Spanish **707-299-1884**. 9am-5pm, Monday-Friday. Help for Older Adults (60+) experiencing heightened anxiety and worry due to COVID-19

**Postpartum Support International: Bilingual helpline 1-800-944.4773**

Text **503-894-9453** for peri or post-natal moms

**Napa County Mental Health Access: 707-259-8151 or 800-648-8650**

For assessment and referrals, if eligible

### Mental Health Treatment Resources

**Mentis Mental Health Services:** Call Bilingual Intake: **707-255-0966** ext.132  
For all ages available by phone or video | [mentisnapa.org](http://mentisnapa.org)

**Aldea Mental Health Services:** For youth age 5-21 with mental health needs and Medi-Cal coverage, and persons age 12-30 dealing with psychosis call Bilingual Intake: **707-253-0123**. Teens age 14-21 in need of drug & alcohol treatment, regardless of insurance, call **707-255-1855**.

More information at [aldeainc.org](http://aldeainc.org)