

**Mental Health Resources
Suggestions for Help, Information and Advocacy**

Compiled by Rabbi Lee Bycel

Please note: The list below is not comprehensive, it is designed as a resource for our community and suggestions are welcome of other organizations.

A. Help – Napa County

1. Napa County Mental Health:

<http://countyofnapa.org/Pages/Department.aspx?id=4294967360>

“Who do I call if I am having a mental health crisis?

If you or someone you know may have a mental health crisis or mental health emergency please call us at 707-253-4711 24 hours a day.

Our services are available to Napa County residents of all ages. Any person in crisis will be seen and assessed regardless of eligibility. Bilingual (English/ Spanish) services are available. The unit serves as an intake point into other mental health services and provides referrals for other services. Aldea community mental health services empower people to improve their mental health and family functions, creating a safer and healthier community for all of us.”

2. Suicide Prevention Hotline: 855-587-6373,

3. Aldea Children and Family Services - <http://www.aldeainc.org/services> (707) 253-0123, ext. 625

“Aldea community mental health services empower people to improve their mental health and family functions, creating a safer and healthier community for all of us.”

4. Napa Valley Hospice and Adult Day Service: <http://nvhads.org/> 707 258-9080

They provide: Caregiver Support & Respite Adult Day Health Care Alzheimer's Resource Center Transitions Palliative Care Hospice Care Grief Support

5. Area Agency on Aging - <http://www.aaans.org/> 707 644-6612

“Older adults are a vital part of our community, and our organization exists to provide leadership in addressing the issues that impact their quality of life. We are committed to providing services that support seniors in their own homes and communities for as long as possible.”

6. Family Service of Napa Valley - <http://familyservicenapa.org/about-us/> 707 255-0966

“For over 60 years, Family Service of Napa Valley has been dedicated to the emotional health and wellness of our community through accessible and affordable mental health services. We are the only agency in Napa County that provides professional counseling to individuals, couples, and families of all ages, in both English and Spanish, as well as supportive housing for mentally disabled adults.”

7. North Bay Regional Center - <http://nbrc.net/> 256-1100 “North Bay Regional Center provides services and support to individuals diagnosed with a developmental disability.”

B. Information/Research

- National Alliance on Mental Health – namica.org
 - Network of Care [www.Networkofcare.org](http://www.networkofcare.org)
 - National Institute on Mental Health - <http://www.nimh.nih.gov/index.shtml>
 - California Institute for Mental Health - <http://www.cimh.org/>
 - American Foundation for Suicide Prevention – <http://www.afsp.org/>
 - Anxiety and Depression Association of America - <http://www.adaa.org/understanding-anxiety/related-illnesses/bipolar-disorder>
 - UCSF Medical Center - <http://www.ucsfhealth.org/clinics/psychiatry/>
 - UCSF Depression Center - <http://depressioncenter.ucsf.edu/>

C. Advocacy

- National Alliance on Mental Health – namica.org
- Mental Health of America - <http://www.mentalhealthamerica.net>
- Mental Health Association of California - <http://www.mhac.org/about/index.cfm>
- California Council of Community Mental Health Agencies - <http://www.cccmha.org/>
- Depression and Bi-Polar Alliance California Mental Health Services Authority - www.calmhsa.org
- Mental Health Act – Proposition 63 www.prop63.org

- D. General – For those suffering from stress, the angst of contemporary living, anxiety and a variety of physical/mental ailments. (There are also many other programs like this).

Mindfulness - Based Stress Reduction

<http://www.mindfullivingprograms.com/whatMBSR.php>

This program is often a number of sites in the Bay Area. It was developed by Jon Kabat-Zinn and has received national recognition for its effectiveness. Generally, the program is 6-8 weeks in length, one day or night a week, two and a half –to three hours.

“Acknowledging that sometimes, often at very crucial times, you really have no idea where you are going or even where the path lies. At the same time, you can very well know something about where you are now (even if it is knowing that you are lost, confused, enraged or without hope)... Perhaps the most "spiritual" thing any of us can do is simply to look through our own eyes, see with eyes of wholeness, and act with integrity and kindness.” Jon Kabat-Zinn

- *Jordana Steinberg's Story - <http://www.sacbee.com/static/sinclair/jordana/index.html>*