**CRISIS INTERVENTION**

Suicide Prevention Services of the Central Coast  
Toll Free ............................... 1-877-663-5433  
Natividad Medical Center  
Ask for Crisis Team Member ...... 831-755-4111  
National Suicide Prevention  
Bilingual line ........................ 1-888-628-9454  
English .................................... 1-800-273-8255  
Community Human Services Crisis Line....241-0914  
Veterans Crisis Line..................1-800-273-8255  
Adult Protective Services.............1-800-510-2020  
Child Protective Services...............1-800-606-6618  
Rape Crisis Center Line  
Monterey Peninsula...............831-375-HELP (4357)  
Salinas/South County............831-424-HELP (4357)

**SUPPORT GROUPS CONTINUED:**

Suicide Survivors Support Group  
Monterey County .......................831-207-3783  
Al-Anon and AlaTeen…. support for family members dealing with alcohol and substance abuse  
English .....................................831-373-2532  
Spanish ....................................831-424-6207

**Monterey County Behavioral Health**

Access to Treatment

You can call the toll free number 1-888-258-6029, available 24 hours a day, 7 days a week, and talk with a Behavioral Health team member who will provide a brief screening and connect you to appropriate community resources, or schedule an appointment for a mental health assessment with one of our therapists.

Children Mental Health Services ......784-2150  
Patient Rights Advocate...............755-4518

One number, four regional offices to serve you: 1-888-258-6029

**What do they provide?**

- Information and education  
- Screening and assessment  
- Individual, group and family counseling  
- Case management  
- Social and life skills groups  
- Family support groups  
- Medication evaluation and treatment  
- Residential treatment  
- Referrals to community resources

**SUPPORT GROUPS**

Family Support  
NAMI Family Support Group, English..........422-6264  
MCBH, Salinas, English/Spanish……1-888-258-6029  
MCBH, Marina, English............................. 647-7652  
MCBH, King City, Spanish......................386-6868  
MCBH, Soledad, Bilingual, Soledad..........678-5125

Peer Support  
Monterey – NAMI Connection Support …422-6264  
Monterey - Our Voices Drop–in Center......649-4399  
Salinas - Pajaro St. OMNI Center..........800-7530  
No Estas Solo Peer support group........800-7530

Depression & Bipolar Support Alliance (DBSA)  
[www.dbsalliance.org](http://www.dbsalliance.org)  
OMNI Resource Center, Salinas ..........800-7530  
Alcoholics Anonymous [www.aamonterey.org](http://www.aamonterey.org)  
Monterey.........................................373-3713  
Salinas...........................................424-9874  
Narcotics Anonymous [www.monterey-sbna.org](http://www.monterey-sbna.org)  
Monterey helpline.............................624-2055  
Salinas helpline..............................758-1630  
Online Support [www.strengthofus.org](http://www.strengthofus.org)
Community Hospital of the Monterey Peninsula  
www.chomp.org
Inpatient Mental Health Services......................... 625-4775  
Outpatient Behavioral Health Services.....625-4600

Natividad Medical Center  
www.natividad.com
Main Number.........................755-4111  
Behavioral Health Services........796-1700

National Alliance on Mental Illness
NAMI National  www.nami.org
3803 N. Fairfax Drive, Ste. 100  
Arlington, VA 22203
Information helpline: 800-950-6264

Police/Sheriff/Fire/Ambulance Emergency......911
Monterey County Police Departments Non-emergency:
CA State Univ. of Monterey Bay Police...831-655-0268  
Carmel Police..........................831-624-6403  
Del Rey Oaks Police......................831-375-8525  
Gonzales..................................831-675-5010  
Greenfield Police........................831-674-5111  
King City Police Department..............831-385-4848  
Marina Police Department.................831-384-7575  
Monterey Co. Sheriff.......................831-647-7911  
Monterey Police Department...............831-646-3830  
Pacific Grove Police Department.........831-648-3153  
Salinas CHP................................831-796-2100  
Salinas Police Department...............831-758-7090  
Sand City Police.........................831-394-1451  
Seaside Police Department................831-899-6748  
Soledad Police..........................831-678-1332

**Remember to ask for a Crisis Intervention trained (CIT) officer to respond. These officers have had training on mental health.**

You can also remain calm and inform the dispatcher they are responding to a call for a person with mental illness who is depressed, suicidal, anxious, etc.

The more information officers have prior to engaging your family member, the better equipped they will be to negotiate a favorable outcome. Ask if the Monterey County Mobile Crisis team can respond with law enforcement.

Additional Resources:

**INTERIM Inc**  
www.interiminc.org
Support services for people with mental health challenges. Services include help with employment, accommodation and recovery. * Some of the programs first require registration by the county mental health department.
Office........................................649-4522  
MCHOME, Homeless Outreach Services  
Marina........................................883-3030  
Our Voices Client Drop In Center  
Monterey .....................................649-4399  
OMNI Client Wellness Center  
Salinas........................................800-7530  
CHOICES, Day Treatment Intensive Program,  
a Peer based recovery model  
Dual Recovery Services - outpatient recovery support  
for adults with co-occurring psychiatric disability and substance use disorders.....................676-3715  
Marina..........................384-6741Ext 300  
Salinas............................800-7530 Ext 420

**CENTRAL COAST CENTER FOR INDEPENDENT LIVING**  
www.cccil.org
Central Office, Monterey County  
Salinas........................................757-2968
Help for all disabilities, apply for SSI or MediCal,  
housing assistance, assistive technology, and  
information and referral to other services are available.

Another option during a mental health crisis:  
**Monterey County Mobile Crisis Team**  
Is an option by calling 911

The Mobile Crisis Team is made up of crisis social workers assigned to different areas of the county. If available, a team member will go to your location and assess or help to de-escalate the situation and determine the best options.