

COUNSELING AND MENTAL HEALTH

"You cannot teach a man anything; you can only help him find it within himself"
— Galileo

Good mental health is as important as good physical health. The following resources provide help treating a variety of cognitive impairments in different settings.

Adult Day Treatment Programs

Adult day treatment programs provide a therapeutic and safe environment for cognitively impaired elders and adults to spend the day. They can also provide respite for caregivers. See page 16 for listings of adult day health care providers.

Community Independence Program

3289 Edgewood Drive, Eureka, CA 95501
(707) 445-8841

Web Site: www.noca.easterseals.org

Community based day program for persons over 18 with disabilities or early stage Alzheimer's disease.

Humboldt Community Access and Resource Center (HCAR)

1707 E Street, Eureka, CA 95501
(707) 443-7077

E-Mail: hcar@hcar.us

Web Site: www.hcar.us

Day programs and services for people with developmental disabilities. Education, community outreach, employment services, respite care.

Departments of Mental Health

720 Wood Street, Eureka, CA 95501
(707) 268-2945 **Humboldt**

206 Williams Drive, Crescent City, CA 95531
(707) 464-7224 **Del Norte**
(888) 446-4408 **Toll Free**

General counseling services. Outpatient counseling for medication, and for alcohol and substance abuse. Older Adults program in Humboldt County.

Alcohol and Drug Abuse Treatment

If you have a problem with alcohol and/or the mis-use of prescription drugs, over-the-counter medications, or other chemical dependency, call a treatment program.

Many inpatient and outpatient treatment programs accept Medicare, Medi-Cal, private insurance, or have a sliding-scale fee schedule. Refer to the Yellow Pages of your telephone directory for a listing of Alcohol Information and Treatment Centers, or Drug Abuse Information and Treatment Centers. The County Public Health Department may also have resources and referrals to offer.

County Drug and Alcohol Programs

(707) 476-4054

Humboldt

(707) 464-4813

Del Norte

Counseling

Counseling and support services are available in Humboldt and Del Norte Counties to help people during crisis or life transitions. The following listings include agencies that provide inpatient and outpatient psychotherapy; supportive individual and group counseling; and information and educational resources.

Del Norte Community Health Center

550 E. Washington Blvd.
Crescent City, CA 95531
(707) 465-6925

Mental health counseling.

Counseling and Mental Health

Departments of Mental Health

206 Williams Drive, Crescent City, CA 95531
(707) 464-7224 **Del Norte**

720 Wood Street, Eureka, CA 95501
(707) 268-2945 **Humboldt**

Outpatient services including: assessment/evaluation, crisis intervention, individual, group and family psychotherapy, psychiatric services, including medication support, case management, day rehabilitation, consultation and education.

(707) 476-2100 **Older Adult Program**

General counseling services. Outpatient counseling for medication, and for alcohol and substance abuse. Also offers in-patient services and an Older Adults Program specializing in services for seniors 60+. Mental Health counseling.

Emma Center

920 Samoa Blvd., Suite 207, Arcata CA 95521
(707) 825-6680

Web Site: www.emmacenter.org

Educational and therapeutic resources; support groups and counseling assistance for women who have survived abuse or trauma.

Eureka Community Health Center

2412 Buhne Street, Eureka, CA 95501
(707) 441-1624

Grief Hotline

(800) 445-4808

Hotline for persons in grief.

Humboldt Domestic Violence Services

(707) 443-6042 **Hotline**

Humboldt Family Service Center

1802 California Street, Eureka, CA 95501
(707) 443-7358

Counseling for adults and children: individual marriage, and family counseling. Outreach available in Fortuna and Arcata.

Humboldt Open Door

Community Health Centers

770 10th Street, Arcata, CA 95521
(707) 826-8616

Mental health counseling.

Making Headway Center for Brain Injury Recovery

305 O Street, Eureka CA 95501
(707) 442-7668

www.mhwcenter.org

Counseling, support groups, advocacy and integrated services for survivors of Traumatic Brain Injury (TBI).

NorthCounty Clinic

785 18th Street, Arcata, CA 95521

(707) 822-2481

Medical

(707) 822-1385

Counseling and OB

E-Mail: ncrctdn@gte.net

Mental health counseling.

North Coast Rape Crisis Team

P.O. Box 543, Eureka, CA 95502

(707) 443-2737

Humboldt

(707) 445-2881

Crisis Humboldt

(707) 465-6961

Crisis Del Norte

(707) 465-2851

Advocacy and accompaniment to legal and medical proceedings. Counseling for all ages and genders. Self defense training. Community outreach and education.

Redwood Caregiver Resource Center

350 E Street, Suite 510 Eureka, CA 95501

(707) 443-4875

(800) 834-1636

Web Site: www.redwoodcrc.org

Support groups and counseling for families and caregivers of brain-impaired adults with onset after age 18.

Redwood Rural Health Center

101 West Coast Road, Redway, CA 95560

(707) 923-7236

Mental health services and occupational therapy. Counseling available by appointment.

Redwood Veteran's Center

2830 G Street, Eureka, CA 95501

(707) 444-8271

Provides a broad range of counseling, outreach and referral services to eligible veterans and their families.

Southern Humboldt Community Clinic

733 Cedar Street, Garberville, CA 95542

(707) 923-3925

General medical services, counseling.
Open Saturdays.

United Indian Health Clinics

1600 Weeot Way, Arcata, CA 95503

(707) 825-5000 Arcata

2298 Norris Street, Suite A

Crescent City, CA 95531

(707) 464-2919 Crescent City

241 Salmon Ave, Klamath, CA 95548

(707) 482-2181 Klamath

501 N. Indian Rd., Smith River, CA 95567

(707) 487-0215 Smith River

Health and wellness center, drug and alcohol prevention and counseling for Native American population.

Support Groups

Support and encouragement from a peer or person facing similar problems can make a big difference in how we adjust to situations. Many support groups serve friends as well as patients and family. Most have regular monthly meetings; some provide 24-hour on-call support. Call for more information.

Depression and Bi-Polar Support Alliance Humboldt County

(707) 443-9659

Mind Mender Peer Support Group

(707) 443-9659

For all Mental health diagnoses.

Senior Information and Assistance

(707) 442-9591 Humboldt

(707) 464-7876 Del Norte

(800) 408-4636 Toll Free

Call for a comprehensive list of various support groups in the area.

Traumatic Brain Injury Survivor Support Group

(707) 442-7668

Common Myths about Counseling

Counseling is a sign of weakness.

Nothing could be further from the truth. It takes courage to acknowledge a problem or difficulty. Entering counseling is an important first step in resolving the problem.

Counseling is only for people with serious emotional problems.

Although counseling can be beneficial for people who do have serious emotional problems, it is also helpful for people with everyday concerns such as adjustment or phase of life issues.

Counseling is advice giving. By the time many people come to counseling, they have had more advice than they can handle. Counseling operates from the premise that the counselor is knowledgeable about the change process, but that you are the expert on your life. In some ways counseling is like working with a coach. You do the work, but by working with someone who has training and experience with facilitating positive change, you are likely to work more effectively and see results more quickly.

Counseling is a last resort. Most of us do not think that we have to have a heart attack before we can see a doctor, it is OK to go if we merely have a sprained ankle. The same applies to counseling - you don't have to have the emotional equivalent of a heart attack to see a counselor. By working with a counselor you can often get back on track much faster and save yourself a lot of unnecessary distress.