

Community Resources

[California Mental Health Resources Website](#)

Mental Health Outpatient Services:

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| MCBH ACCESS Team Medi-cal Therapy | 831-755-5505 | https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/bh-home |
| OHANA- CHOMP Private Insurance therapy | 831-642-6201 | https://www.montagehealth.org/locations/profile/ohana/ |
| Community Human Services Medi-cal and some free Counseling | 831-757-7915 | https://chservices.org/mental-health/ |
| Beacon Health Options Medi-cal and some private insurers | 855-765-9700 | https://www.beaconhealthoptions.com/ |
| Coastal Kids/Heal Together Free counseling for grief | 831-320-0947 | Grief support (children/adults) https://www.heal-together.org/contact |
| Victims Assistance Program Monterey County Free therapy for those that have been victims of crime (report needed) | 831-755-5072 | Provide free counseling to victims of crime |
| Grow Therapy (Telehealth Private insurance) | https://www.growththerapy.com | Take 6 different insurances including Kaiser |

Crisis Support:

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| MCBH Crisis Team (NMC) | 831-755-4111 | Ask to be connected to the crisis team |
| Youth Crisis Line | Text or call 800-843-5200 | 24/7 support |
| National Suicide Hotline | 877-663-5433 or 988 | https://suicidepreventionlifeline.org/ |
| Crisis Text Support | Text "HOME" to 741741 | |
| National Domestic Violence | 1-800-779-7233 | https://www.thehotline.org/ |
| Trevor Project | 866-488-7386 | https://www.thetrevorproject.org/careers/ |
| Monterey County Rape Crisis Center | 831-424-4357 | https://www.mtryrapecrisis.org/ Also provide telehealth therapy |
| Mobile Response Team | 831-687-4379 | https://senecafoa.org/kinship-centers-new-mobile-crisis-response-team/ |

Recursos de la Comunidad

[Sitio Web de Recursos de Salud Mental de California](#)

Servicios ambulatorios de salud mental:

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| Equipo de ACCESO de MCBH Se acepta Medi-Cal | 831-755-5505 | https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/bh-home |
| OHANA-CHOMP Se acepta seguro privado | 831-642-6201 | https://www.montagehealth.org/locations/profile/ohana/ |
| Servicios Humanos Comunitarios (CHS) Se acepta Medi-cal y consejería gratuita | 831-757-7915 | https://chservices.org/salud-mental/ |
| Opciones Beacon Health Se acepta Medi-cal y seguros privados | 855-765-9700 | https://www.beaconhealthoptions.com/ |
| Coastal Kids/Sanar Juntos Consejería gratuita (duelo o pérdida) | 831-320-0947 | Apoyo con duelo (niños/adultos) https://www.heal-together.org/contact |
| Programa de Asistencia a Víctimas, Condado Monterey Terapia gratuita para quienes han sido víctimas de delitos (necesita reporte) | 831-755-5072 | Proporcionar asesoramiento gratuito a las víctimas de delitos |
| Grow Therapy (Seguro Privado Telesalud) | https://www.growththerapy.com | Toma 6 seguros diferentes incluyendo Kaiser |

Apoyo en Crisis:

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| Equipo de crisis de MCBH (NMC) | 831-755-4111 | Pida ser conectado con el equipo de crisis |
| Línea de crisis juvenil | Envía un mensaje de texto o llama al 800-843-5200 | Apoyo las 24 horas al día, 7 días a la semana |
| Línea Directa Nacional de Suicidio | 877-663-5433 o 988 | https://suicidepreventionlifeline.org/ |
| Apoyo de crisis vía texto | Envíe "INICIO" al 741741 | |
| Violencia Doméstica Nacional | 1-800-779-7233 | https://www.thehotline.org/ |
| Proyecto Trevor | 866-488-7386 | https://www.thetrevorproject.org/careers/ |
| Centro de Crisis (violación) | 831-424-4357 | https://www.mtryrapecrisis.org/ También proporciona terapia de telesalud |
| Equipo de respuesta móvil | 831-687-4379 | https://senecafoa.org/kinship-centers-new-mobile-crisis-response-team/ |