

Mental Health

Friendship Line California

- 24-hour toll-free Friendship Line
- 1-888-670-1360
- It's a specialized phone line for people aged 60 years and older and adults living with disabilities.
- The line is staffed by trained volunteers who specialize in offering a caring ear, having a friendly conversation, and when needed, addressing depression and mental health concerns.
- <https://www.ioaging.org/friendship-line-california>

Virtual Support Groups for LGBTQ+ apart of the Fresno EOC Sanctuary LGBTQ Resource center

- Call/ text for more information at (559) 325-4527
- Zoom meeting code is: 937 458 8733
- Youth (17 and under) Monday, Tuesday, and Wednesday at 3PM
- Adults (18 and older) Monday at 12 PM, Tuesday and Wednesday at 4PM
- <https://fresnoeoc.org/lgbtq/>

FRESNO DEPARTMENT OF BEHAVIORAL HEALTH

[The County of Fresno Department of Behavioral Health](#) has established a COVID-19 “**Warm Line**” to provide non-emergency emotional and coping support to community members. Warm line operators provide supportive listening, practical coping ideas, and information on how to get connected to behavioral health services.

Fresno County Department of Behavioral Health COVID-19 Warm Line:

- 559-600-WARM (9276)
- Monday – Friday, 8:00AM to 5:00PM
- <https://www.co.fresno.ca.us/home/showdocument?id=42128>

Suicide & Crisis Hotline

- English: 1-800-273-8255
- En Espanol: 1-888-628-9454
- 24 Hour services
- Free and Confidential

Crisis Text Line

- US and Canada: text HOME to 741741 to connect with a Crisis Counselor
- Free 24/7

- 24 hour crisis text response
- <https://www.crisistextline.org/>

Transgender lifeline

- US: 877-565-8860
- Canada: 877-330-6366
- The hotline is open 24/7! We have operators guaranteed to be on call during the following hours:
- Hawaii: 5:00am-11:00pm
- Alaska: 6:00am-12:00am
- Pacific: 7:00am-1:00am
- Mountain: 8:00am-2:00am
- Central: 9:00am-3:00am
- Eastern: 10:00am-4:00am
- Operators are also frequently available during off-hours - when in doubt, give us a call.
- <https://translifeline.org/>

How is Trans Lifeline different from other hotlines?

- Our Hotline is staffed exclusively by trans operators, and we are the only crisis line with a policy against non-consensual active rescue.

Central Valley Suicide Prevention Hotline

- (888) 506-5991
- 24 hours a day, 365 days a year
- centralvalleysuicidepreventionhotline.org

Fresno County Dept. of Behavioral Health Access Line

- (800) 654-3937
- 24/7 information connecting to Mental Health Services
- <https://www.co.fresno.ca.us/departments/behavioral-health?locale=en>

Fresno National Alliance on Mental Illness (NAMI)

- (559) 224-2469
- 7545 N. Del Mar Avenue, Suite 105, Fresno
- <https://namifresno.org/>

Medical / GR Eligibility

- (877) 600-1377 (Automated)
- (855) 832-8082 (Live Person)

Substance Use Disorder Services

- (800) 654-3937
- <https://www.co.fresno.ca.us/departments/behavioral-health/substance-use-disorder-services/substance-use-disorder-prevention>
- <https://www.co.fresno.ca.us/departments/behavioral-health/substance-use-disorder-services>

Fresno County Resources and Information

- Website: <https://www.co.fresno.ca.us/home/showdocument?id=17156>

For Children & Adolescents

Children's Mental Health

- (559) 600-8918
- 3133 N. Millbrook Avenue, Fresno
- <https://www.co.fresno.ca.us/departments/behavioral-health/childrens-mental-health>

Exodus Recovery Youth Crisis Center

- (559) 512-8700
- 4411 E. Kings Canyon Rd., Fresno
- 24/7 Crisis Stabilization Services
- Website: <https://www.exodusrecovery.com/crisis-stabilization-center-fresno-youth-csc/>

Trevor Lifeline- LGBTQ+ Youth Crisis Hotline

- 1-866-488-7386
- 24 Hour services
- <https://www.thetrevorproject.org/>

For Adults

Urgent Care Wellness Center

- (559) 600-9171
- 4441 E. Kings Canyon Rd., Fresno
- <https://www.co.fresno.ca.us/departments/behavioral-health/adult-system-of-care>

Blue Sky Wellness Center

- (559) 230-2501
- 1617 E. Saginaw Way, #108, Fresno
- <http://www.kingsview.org/blue-sky-wellness-center>
- (559) 453-1008
- 4411 E. Kings Canyon Rd., Fresno

- 24/7 Crisis Stabilization Services

Low-Cost/Medi-Cal Psychological Services and Mental Health Providers

Search list of therapist locally, statewide, and nationally

With varying cost, insurance plans, and many other options:

- <https://www.psychologytoday.com/us/therapists/ca/fresno>

Fresno Family Counseling Center

- 5151 N Palm Ave, Suite 200 Fresno, CA 93704
- 559-229-3085
- Counseling programs: Individuals, family, couple, group, low cost child. Other groups are available
- Fees range from \$40 to \$60 for the first session and \$30 to \$50 for subsequent sessions based on household income.
- Fees are used to support the operation of the Fresno Family Counseling Center and are collected before each session.
- They do not accept insurances or Medi-Cal. Cash or check only.
- <http://fresnostate.edu/kremen/about/centers-projects/ffcc/index.html>

On-Site Counseling Program-Fresno Pacific University

- 4812 E. Butler Ave., Fresno CA
- 559-453-8050
- By Appointment, day, or early evening.
- Counseling for: Individuals, family, couples, group, and many more
- On-Site Counseling Program is a FPU subsidized, confidential, professional counseling service available to FPU students and members of the community who are experiencing personal obstacles.
- All sessions are currently taking place via Telehealth due to COVID-19. For more information, please call 559-453-8050 or e-mail onsite@fresno.edu.
- <https://www.fresno.edu/campus-life/student-support/site-counseling-program>

Marjorie Mason Center, Fresno

- 1600 M. St. Fresno, CA 93721
- 559-237-4706
- 24/7 Crisis Hotline (559) 233-HELP (4357)

- Provides legal assistance, · Counseling · safe houses & crisis support · group therapy for victims of domestic violence.
- <https://mmcenter.org/>

Central Valley Wellness Center Counseling Services

- 1478 W. Shaw Ave Fresno, CA 93711
- (559) 449-3419
- Spanish service available
- Night and weekend appointments.
- Medi-Cal.

Fresno County Behavioral Health - Adult Services

- 4441 E. Kings Canyon Road Fresno, Ca 93703
- 559-600-4099 (Adults)/ 559-600-5755 (Older Adults)
- Outpatient psychological services. ·
- Costs based on sliding scale ·
- Some insurance accepted, such as Medi-Cal

Fresno County Behavioral Health – Urgent Care Wellness Center

- 4441 E. Kings Canyon Road Fresno, Ca 93703
- 559-600-9171 Only treats adults.
- Spanish speaking.
- Medi-Cal and Medicaid, no sliding scale.
- <https://www.co.fresno.ca.us/departments/behavioral-health/adult-system-of-care>

Fresno County Behavioral Health –Child Services (Heritage Center)

- 3133 N. Millbrook Ave Fresno, CA 93703
- 559-600-8918
- Outpatient psychological services for children 0-17.·
- Some insurances accepted. Medi-Cal. No sliding scale
- <https://www.co.fresno.ca.us/departments/behavioral-health/adult-system-of-care>

Omega Mental health

- (559) 290-7142
- 2549 W. Shaw Ave., Fresno, CA 93711
- They accept MasterCard, Visa, Check or Cash as payment methods. We also accept the following insurance plans:
- Sliding Scale Cost

- Anthem Blue Cross – Medi-Cal
- MHN - Cal Viva Medi-Cal
- And others
- <https://www.omegamentalhealth.com/>

Alpha Behavioral Counseling Center

- 2547 W. Shaw Ave., Ste. 117
- Fresno, CA 93711
- (559) 412-7799
- Sliding Scale Cost
- Anthem Blue Cross- Medi-Cal
- MHN- Cal Viva Medi-Cal
- And others
- <https://www.abccenterinc.com/>

Turning Point- Rural Mental Health

- (559) 732-8086
- Pinedale Clinic: 40 East Minarets Ave ·
- Reedley Clinic: 1311 11th St. ·
- Sanger Clinic: 225 Academy Ave ·
- Kerman Clinic: 275 S. Madera St- Suite 404 855-343-1057 (one number for all clinics)
- Psychiatric services: children, adolescents, adult, older adult, seriously mentally ill clients. · Psychiatric evaluations · Medication management & health education · Educational/support groups, supportive housing placement, money management, ·
- Accepts Medi-Cal and individuals without insurance or source of income
- <https://www.tpocc.org/rmh>

Hinds Hospice Center for Grief and Healing.

- 2490 West Shaw Ave 3101 Fresno, CA 93711
- 559-248-8579
- Provides workshops and group counseling for all ages.
- Accepts almost all insurances depending on insurance plans including Medi-Cal.
- Offers a sliding scale
- <https://www.hindshospice.org/center-for-grief--healing.html>

Expressions Counseling Center

- 2501 W. Shaw Ave Suite 119 Fresno, CA 93711
- 559-573-7991

- Accepts Medi-Cal
- <https://expressionscc.com/>

Fresno Family Therapy

- 550 W. Alluvial Avenue Suite #108 Fresno, CA 93711
- 377 W. Fallbrook Avenue Suite #105 Fresno, CA 93711
- 559-795-5990
- Accepts Anthem Medi-Cal and does Reduced Rate appointments
- <https://fresnofamilytherapy.com/>

Sniffin Psychology Group

- 6777 N. Willow Ave. Fresno, CA 93710
- 559-377-6848
- Provides therapy for ages 6 – 65+ for grief, trauma, LGBTQ, PTSD, etc.
- Does not accept Medi-Cal but does have a sliding scale.
- <https://www.cerdasniffinpsychgroup.com/>

University Psychiatry Associates

- 2210 E. Illinois Avenue, Suite 401 Fresno, CA 93701
- 559-320-0580
- Provides outpatient diagnostic evaluation, medication management, psychotherapy, group therapy, etc
- Does not accept Med-Cal.
- They have a sliding scale if the patient does not have insurance.
- <https://www.universitymds.com/medical-practice-locations/university-psychiatry-associates/>

House Psychiatric Clinic

- 1322 E. Shaw ave. Suite 210 Fresno, CA 93710
- 559-226-1316
- Provides care (medication), individual and group therapy, family and couples therapy; and evaluations, including psychological and neuropsychological testing.
- Accepts Medi-Cal and has a sliding scale.
- <https://housepsychiatricclinic.com/new-patients/>

Swan Consulting Inc.

- 20 N Dewitt Ave Clovis, CA, 93612
- 559-575-8172
- Provides ABA therapy, individual therapy, support groups, educational counseling, social skills groups, early intervention services and diagnostic services.

- <https://www.forwardbmh.com/>

Valley Health Team

- Clovis: 559-203-6600 / Fresno: 559-203-6660
- Clovis Community Health Center – 180 W. Shaw Ave, Ste B Clovis, CA 93618
- Central Fresno Community Health Center – 4711 W. Ashlan Ave Fresno, CA 93722
- (More locations on website!)
- Medi-Cal & Covered CA Application Assistance · Behavioral Health · Family and Internal Medicine · Health Education
- <http://www.vht.org/>

You may also:

- contact your insurance carrier and request a list of psychotherapy providers;
- visit psychologytoday.com to search for local providers;
- contact your primary care physician for a referral;
- explore online forms of therapy such as talkspace.com and healthlinknow.com

Other sources to help with Mental Health and Well-Being

Fresno County Department of behavioral Health Sources:

<https://www.co.fresno.ca.us/departments/behavioral-health>

5 Ways to View Coverage of the Coronavirus:

<https://drive.google.com/file/d/1ce20CsrYC3xQjDf6f1y0RQpIao1zxH8z/view>

National Alliance on Mental Health COVID-19 Resource and information Guide

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Manage Stress for Health

<https://covid19.ca.gov/manage-stress-for-health/>

Resources for emotional support and well-being

<https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

USA Today tips during COVID-19

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>