



## Our mental health clinic is open all summer with affordable rates. Therapy spots open. Contact us for a free intake assessment.

Are you or someone you know seeking mental health support? Our professional team of therapists provides integrated trauma-informed and culturally-centered services to children, adolescents, families, and adults who would benefit from mental health services and supports. All of our services are confidential.



### Individual and Family Therapy

North Marin Community Services offers **affordable** individual and family therapy in English and Spanish at our main clinic at 680 Wilson Ave or virtually. To get started with your free intake assessment, please call to speak with a Mental Health Navigator: **415-892-1643, x 239**.



### The Novato Teen Clinic

The Novato Teen Clinic offers free, confidential reproductive and mental health care for teens ages 12-25. We also offer case management and supportive services for youth and families. Our staff is LGBTQ+ knowledgeable, and we offer services in English and Spanish. Call or text the Teen Clinic at: **415-985-5012**.

### Are you experiencing a crisis right now?

If you or someone you know are thinking about suicide, thinking about harming someone else, experiencing severe emotional or behavioral distress, feeling out of touch with reality, out of control, or unable to care for one's basic needs, seek help right away:

- Call your medical doctor or your mental health provider.
- Call 911 for emergency services. Go to the nearest hospital emergency department.
- Call the Mobile Crisis Unit Response Team, M-F 8am – 9pm/Sat 1pm – 9pm 415-473-6392.
- Call or go to County of Marin's Crisis Stabilization Unit (CSU), available 24 hours a day, 7 days a week, and can be reached at 415-473-6666.
- Call the toll-free, 24-hour Buckelew Suicide Prevention Hotline at 415-499-1100 or 855-587-6373.
- Text MARIN to 741741. The Crisis Text Line offers free, 24/7, confidential crisis counseling via text and is a great place to turn when experiencing anxiety, depression, substance use, suicidal ideation or anything in between.

For more information, contact us at: [www.northmarincs.org/](http://www.northmarincs.org/)