

DIGITAL PEER RESOURCES

Marin Suicide Hotline 415-499-1100 Mobile Crisis 415-473-6392
Crisis Text Line Text HELP 741741
WARMLINE (415) 459-6300 M-F 9 am-12 am
Spanish (415) 457-4026 M-F 9 am- 6 pm
Older Adult Friendship Line 1-888-670-1360 24/7
ACCESS 1-888-818-1115

Trevor Project (LGBTQ Crisis Support) www.trevorproject.org
Empowerment Clubhouse admin@empowermentclubhouse.org
Youth Support Group Tuesdays, 2 PM mparker@marincounty.org
Family Support Group Thursdays, 7 PM mrea@marincounty.org

MHASF Groups

lisa-sun@mentalhealthsf.org

MHASF Groups include support for people of color, ways to manage depression and/or anxiety and collecting behaviors MHASF also offers weekly coffee talks with staff. Email or click link above for more info!

BHRS Community Events

BHRSPreventionAndOutreach@marincounty.org

BHRS provides many community events throughout the year, including awareness events, training opportunities, parenting support, and townhalls. Click link above for updated list of events.

CAM Groups

MHGroups@camarin.org

Community Action Marin provides support groups throughout the week with groups on mindfulness, support for women and daily skill management. Click link or call 415-457-4554

Older Adults in need of food service delivered?

Call Meals on Wheels @ 415-457-4636



WELLNESS • RECOVERY • RESILIENCE



DEPARTMENT OF HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH AND
RECOVERY SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

