

---

## North Bay Suicide Prevention Hotlines

The toll free 24/7 North Bay Suicide Prevention Hotline serves Marin, Sonoma, Lake and Mendocino Counties. The hotline is operated by Buckelew Programs, in partnership with its primary funders, the Marin, Sonoma, Lake and Mendocino County Mental Health Departments.

In Sonoma, Lake and Mendocino County, call **1-855-587-6373** to be connected with a trained crisis counselor.

In Marin County, call **415-499-1100**.

For grief support call **415-499-1195**.

<http://www.buckelew.org/programs/north-bay-suicide-prevention>

---

## National Suicide Prevention Hotlines

National Suicide Prevention Lifeline

(800) 273-8255

Línea Nacional de Prevención del Suicidio

(888) 628-9454

---

## Crisis text support

Text "BAY" to 741741

Free, 24/7, anonymous

<https://www.crisistextline.org/>

---

## Mobile Crisis Response Team (MCRT)

MCRT will provide rapid crisis intervention in the field to address and de-escalate, as well as stabilize, an immediate crisis in the least restrictive environment possible. These interventions include but are not limited to:

- Face-to-face crisis counseling and brief supportive interventions
- Assessment of the individuals mental health and/or substance abuse needs
- When necessary facilitate transportation to psychiatric emergency services (PES) aka "CSU"
- Coordination of appropriate and available community-based services for on-going treatment and follow-up
- Family support services
- Available for phone consultation to law enforcement, first responders, community providers, family members, and other community members

When to call the Mobile Crisis Response Team?

- Your family/friend/loved one is experiencing a mental health or a substance abuse crisis
- Someone is expressing or threatening suicide but has not yet acted

[https://www.marinhhs.org/sites/default/files/files/servicepages/2015\\_08/mcrt\\_brochure\\_8.31.15\\_final.pdf](https://www.marinhhs.org/sites/default/files/files/servicepages/2015_08/mcrt_brochure_8.31.15_final.pdf)

## Marin Crisis Stabilization Unit (CSU)

(Aka Psychiatric Emergency Services, PES)

250 Bon Air Road, Greenbrae, CA 94904

CSU services are available 24 hours a day, 7 days per week. Length of stay is limited to less than 24 hours.

## Crisis Stabilization Unit (CSU)

(415) 473-6666

Crisis Stabilization Unit (CSU) provides services to Marin County residents and visitors experiencing a mental health crisis, such as suicidal depression or psychotic behavior. The CSU Unit, located within Marin General Hospital at 250 Bon Air Rd. in Greenbrae, is open 24 hours/7 days a week and has 2 client rooms, a total of 4 beds; 3 couches and 4 chair-beds in common areas (to be used for overflow) to provide attention to adults in psychiatric crisis.

Every client undergoes a detailed psychiatric assessment, nursing assessment, and screening for drug and alcohol use. Marin County Crisis Stabilization Unit serves children, teenagers, young adults, adults, and older adults, regardless of financial status or whether or not they are insured.

### Crisis Stabilization Unit...

- Provides psychiatric assessments, referrals, recommendations and consultation on behalf of individuals who arrive on an involuntary basis (Pursuant: California Welfare and Institutions Code 5150), and for those who come to CSU voluntarily. Typically clients are experiencing a mental or emotional crisis; in that they may be deemed a danger to themselves or to others, or they may appear incapable of caring for their basic needs.
- Provides crisis stabilization; i.e., individualized interventions directed toward resolution of the presenting, psychiatric episode.
- Provides evaluations of clients for whom inpatient psychiatric hospitalization appears indicated. Admissions for inpatient, psychiatric hospitalization are arranged as necessary.
- Some clients may be referred to Bay Area Community Resources (BACR) or to work with Community Action Marin through the use of a Family Partner to address drug and/or alcohol use issues.
- The role of the Family Partner is to support the family (through the crisis) as an advocate and link them to community resources
- Provides referrals to other county and community-based agencies and services

<https://www.marinhhs.org/crisis-stabilization-unit-csu>

## 911

### When to call 911

- An individual is actively engaged in a suicide attempt
- Has experienced physical harm that requires medical attention
- An individual is violent, aggressive, destroying property, physically harming or threatening others

### Tips for Effective 911 Communication

- Stay calm
- Call away from a loved one
- Identify yourself and your relationship to the situation/individual
- Explain behaviors and any statements that have been made
- Ask for a CIT officer and for a 5150 evaluation

## **Non Emergency Behavioral and Mental Health Support**

Mental Health and Substance Use Access and Assessment  
(888) 818-1115

Warmline (peer phone support M-F 1-9pm)  
415-459-6330

Helen Vine Recovery Center  
415-492-0818

NAMI of Marin County (M-F 1-3pm)  
415-444-0480

Community Resources  
211