

Sound Mind

Mental Health Resources



RESOURCES

Counseling

Christy Maxson Marriage & Family Therapist

209-536-8061

Sonora

Sarah S. Collie LMFT

209-454-0094

Sonora

info@hopecounselingforall.com

Michael McCratic EMDR

209-728-9118

Murphys

Dr. Jenna Johnson

209-432-3616

Sonora

Loretta West LMFT

209-768-5114

Sonora

Shaune Brady LMFT

209-340-8697

Murphys

Suicide Prevention & Support

24/7 TEXT or CALL 988

Lantern Of Light

Cynthia Halman 209-559-0840

Kim Garro 209-247-7406

lanternoflight365@gmail.com

lanternoflight.org

National Action Alliance for Suicide Prevention

theactionalliance.org/faith-hope-life

Video link: Faith Leaders' Guide to Self Care After Suicide Crisis

<https://go.edc.org/dsfn>

American Foundation for Suicide Prevention

<https://afsp.org/find-a-support-group/>

<https://afsp.org/teens-and-suicide-what-parents-should-know>

Booklet link for children affected by suicide loss

<https://aws->

[fetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=30](https://aws-fetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=30)

Alliance of Hope for suicide loss survivors

<https://allianceofhope.org/find-support/for-new-survivors/>

Guy & Kathy Holmes 209-559-0332 209-532-1328

Robert & Jodi Ditler 209-533-1121

Grief Groups

Grief Share:

Sierra Bible Church

Meets on Tuesdays at 4:00PM

Celebrate Recovery

Sierra Bible Church

Meets on Thursdays at 6:00PM

NON PROFITS

Center For A Non Violent Community

24 hour crisis hot line
209-533-3401
542 West Stockton St. Sonora
Peniel Wilk-Whitner

COUNTY YOUTH

Teen Works

209-840-9044
209-602-8781
info@twmentoring.com
Bill Morse

Friday Night Live

An ATCAA Program
209-532-1397
Sonora High 209-532-5511
Summerville High 209-928-4228

TC Behavioral Health

209-533-7000 24/7
102 Hospital Rd. Sonora
Tami Mariscal

Tuolumne County Network of Care Teen Health Articles & Fact Sheets

<https://tuolumne.networkofcare.org/mh/library/article.aspx?hwid=center1036>

YOUTH CENTERS

Jamestown Youth Center

209-984-4188
10540 7th St. Jamestown
Monica Hirschfeld

Groveland Youth Center

209-962-7263
10950 CA 120 Groveland
Donica Graf

Tuolumne Youth Center

209-928-4527
18636 Main St. Tuolumne
Cheryl Atwood

SCHOOLS

Sonora High School

Heather Albertson: Site Therapist
halberson@sonorahs.k12.ca.us
209-532-5511 x 5128

Serenity Waldie: Counseling Secretary
swaldie@sonorahigh.org
209-532-5511 x 5124

Stacy Kroeze: A-K Counselor
skroeze@sonorahs.k12.ca.us
209-532-5511 x 5120

Courtney Castle: L-Z Counselor
ccastle@sonorahs.k12.ca.us
209-532-5511 x 5119

Self Care Space
<https://sites.google.com/sonorahs.k12.ca.us/shscounseling/>

Summerville High School

Mental Health Crisis Counselor

Jennifer Weller: Grade Level Coordinator
M - Z
jweller@summbears.net
209-928-4228 6230

Kelly MacDonald: College & Career
Counselor
kmacdonald@summbears.net
209-928-4228 6221

Eric Knapp: Student Intervention Counselor
eknapp@summbears.net
209-928-4228 6262

HOT LINES

TC Alcohol & Drug Services
209-533-7000

Homeless / Runaway
800-231-6946

TC Behavioral Health
209-533-7000

Youth Crisis
800-448-4663

TC Suicide Prevention
209-533-7000

Teen Dating Abuse
866-331-9474

TC Public Health
209-533-7401

Teen Line
800-852-8336

TUOLUMNE ME-WUK INDIAN HEALTH

Tuolumne Me-Wuk Indian Health Center
209-928-5400

Accepts Medi-Cal and most insurances

Tuolumne
18880 Cherry Valley Boulevard, Tuolumne
Sonora

19969 Greenley Road, Suite A, Sonora

Mariposa
5078 Bullion St. Ste 4, Mariposa

MEWAU:YA | The Family Healing Place

18670 Carter St. Tuolumne
209-928-5400

PRIVATE

Mathiesen Memorial Health Center
Wellness Center

Accepts Medi-Cal and most private
insurances

209-984-4820

18144 Seco St. Ste A, Jamestown

NOT MY KID

Not My Kid
notmykid.life

24 Hour Confidential Crisis Hotlines
text HOME to 741741
call 988 to reach a crisis counselor