

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

Jenna Johnson, PsyD

209-432-3616

Sonora

Loretta West LMFT

209-768-5114

Sonora

Shaune Brady LMFT

209-736-7246

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

American Foundation for Suicide Prevention

<https://afsp.org>

Alliance of Hope for suicide loss survivors

<https://allianceofhope.org>

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

Robert & Jodi Ditler 209-533-1121

If you are struggling with suicide ideation, or wanting to hurt yourself or someone else, please call 911.

If you would like counseling through Sierra Bible Church, please schedule with Pastor Ralph Milnik, 209-532-1381.

Grief Groups

Grief Share:

Sierra Bible Church

Meets on Tuesdays at 4:00PM

Celebrate Recovery

Sierra Bible Church

Meets on Thursdays at 6:00PM