

Resources and Support for Students & the Community



To support students and the general community we've compiled a partial list of resources available on and off campus.



PLEASE ASK FOR HELP IF YOU NEED IT.

COLLEGE RESOURCES

COUNSELING

Need to speak with a counselor go to www.mendocino.edu/counseling-online, email counselingappointments@mendocino.edu or call 707.468.3048.

Speak with a mental health counselor at 707.468.3048 or visit www.mendocino.edu/counseling-online.

MENTAL HEALTH COUNSELING

EMERGENCY FUND

To apply for a \$250 grant, go to www.mendocino.edu/resources-online and complete the form: Student Services Emergency Funds Application.

To apply for a grocery store gift card, email kbartolo@mendocino.edu

FOOD PANTRY

GENERAL STUDENT RESOURCES

For info on books, tutoring, internet access etc. www.mendocino.edu/resources-online 707.468.3000.

COMMUNITY RESOURCES

DOMESTIC VIOLENCE or SEXUAL ASSAULT

Call a Project Sanctuary advocate 24/7 at 707.463.4357 for inland Mendocino County or 707.964.4357 for the coast.

Visit Plowshares Community Dining Room - they serve a free hot lunch Monday through Friday at 11:30AM. Located at 1346 South State St., Ukiah.

FREE HOT MEALS IN UKIAH

NCO's "People Helping People" GRANT

www.ncoinc.org/disaster-recovery/people-helping-people

Information for obtaining food, child care services, rent and housing needs go to <https://www.ncoinc.org/about-us/news/covid-19-resources/>

ADDITIONAL NCO RESOURCES

MENTAL HEALTH SUPPORT SERVICES

During this time of extreme difficulty, it is not uncommon to have feelings of loss, anxiety, depression and extreme stress. In addition to your self-care, the following mental health agencies can offer resources and assist in coping with mental health concerns.

Suicide Prevention Hotline 800-555-5906 or text EMM 741741

MENDOCINO COUNTY MENTAL HEALTH SUPPORT SERVICES

Mendocino County Mental Health
707.472.2300

Redwood Community Crisis Services
855.838.0404

Redwood Community Services
707.467.2010

Consolidated Tribal Health
707.485.5115

Project Sanctuary
707.462.9196

Ft. Bragg Mental Health Services Mendocino
707.961.2665

Mendocino County Youth Project
776 S. State Street, #107 Ukiah, 707.463.4915

Round Valley Indian Health Center
707.983.6181

Willits Mendocino Health Community
707.456.0500

Mendocino County Warm Line (non-crisis emotional support)
707.472.2311

LAKE COUNTY MENTAL HEALTH SUPPORT SERVICES

Lake County Mental Health Dept
707.994.7090

Lake County Behavioral Health
707.274.9101

Lake Family Resource Center
707.279.0563

