

Mental Health Resources

Mental Health Counseling - Humboldt IPA

In-person on the Eureka campus and virtual sessions available with Shawna Bell, MFT. Students should text, email Shawna Bell directly for scheduling and/or services.
Text: 707-496-2856
Email: shawnabmft@gmail.com

TimelyMD/TimelyCare

24/7 On-demand support for students at no cost. Includes three tiers of support including Talk Now for in-the-moment care, scheduled counseling with a licensed therapist, and psychiatric care by referral. Basic Needs, self-care workshops, peer communities, meditation, and yoga resources are also available on the platform (web-based and app).

Website: <https://app.timelycare.com/auth/login>

1. Access TimelyCare.
Scan this QR code.



2. Log in with your school email address.
Use the one that ends in .edu.
3. Fill out some information. Nothing too complicated!
TimelyCare is confidential, secure, and HIPAA compliant.
4. Click "Get Care."
Well, you get it.
5. Don't need a visit right away? Check out our Explore page.
It's self-care at your fingertips.



Soluna

Welcome to Soluna — your space to destress, bounce back, and reset. Completely free and confidential for California teens and young adults aged 13-25. Free 1:1 coaching, mental health support, digital journal and health coaching.



Da'luk Counseling Services

Da'luk Counseling Services focuses on delivering culturally-informed care to promote self-awareness, resiliency, and a sense of security and stability. Da'luk offers one-on-one counseling, group therapy, prevention treatment and recovery support, and more. Contact Vincent Feliz, ASW (Chumash) for more information.

Phone: 707-445-8451
Email: vincentf@ncidc.org

The Be Well Line Online Services

BeWellLine is dedicated to making mental health care, life guidance, and community-based counseling available to everyone across California, free of charge. Our mission is to provide a wide range of resources that support all people to feel better about their mental health. Peer support, chat line, counseling, and more.

Website: www.bewellline.com
Phone: 855-838-6910

24 Hour Crisis Lines

- Project Healthy Minds: Text HOME to 741741
- Alcoholics Anonymous: 1-844-442-0711
- Domestic Violence: 1-866-668-6543
- LGBTQ National Help Center: 1-888-843-4564
- Mental Health Services: 707-445-7715
- Narcotics Anonymous: 707-444-8645
- North Coast Rape Crisis: 707-445-2881
- National Suicide Prevention Lifeline: 1-800-273-8255
- Suicide and Crisis LIFELINE: 988

Student Veteran Health Program - VA Healthcare

Developed to be a direct link between student veterans and the VA healthcare system, the SVHP provides VA Healthcare Enrollment, Social Work Services, Psychological Services, and more. Appointments and consultations available both on campus and in the community. Contact Forest Harpham, LCSW

Phone: 707-476-4139
Email: forest.harpham@va.gov



FOR MORE INFORMATION:
Visit www.redwoods.edu/Services/

Eureka
7351 Tompkins Hill Rd
Eureka, CA 95501
(707) 476-4100

Del Norte
883 W. Washington Blvd
Crescent City, CA 95531
(707) 465-2380

Eureka Downtown
525 D Street
Eureka, CA 95501
(707) 476-4500

Klamath-Trinity
65 Orchard St.
Hoopa, CA 95546
(530) 625-4821

NEED ADDITIONAL SUPPORT?

Schedule an appointment with
the Wellness Center in the
Multicultural & Equity Center
(MEC)

Thursdays 9:00AM-3:30PM

Care Coordination

Community
referrals and
off-campus
information to
find resources
for students
and their
families



Wellness Education

Wellness
presentations and
evidence-based
interventions for
students wanting
to learn more
about a variety of
wellness topics

To reserve your appointment, scan
the code, call, text, or email:

707-672-5459

RHOLLINGER@HUMBOLDTIPA.CO

Want to learn more? Visit us online!
Instagram: [@humboldt看wellnesscenters](https://www.instagram.com/humboldt看wellnesscenters)