

Name of Organization	Services	Address	Phone #	Website
Mono County Behavioral Health	Counseling for mental health and substance use issues, case management, psychotherapy, prevention, crisis intervention and stabilization, Tele-Psychiatry	452 Old Mammoth Rd, Sierra Center Mall, 3rd Floor Mammoth Lakes CA 93546	(760) 924-1740	https://www.monocounty.ca.gov/behavioral-health
Northstar Counseling Center	Counseling for mental health and substance use issues, case management	365 Sierra Park Rd, Mammoth High School campus Mammoth Lakes CA 93546	(760) 924-7926	
Wild Iris	One-on-one peer counseling is available and is designed to support you while you are working through a crisis or an abusive situation	625 Old Mammoth Rd, #201, Mammoth Lakes CA 93546	(760) 934-2491	www.wild-iris.org
Insight Counseling Center	Psychotherapy, Couples Therapy, Brief/Short-term Therapy, Organization Development & Life Coaching	272 Sierra Manor Rd, Ste B1, Mammoth Lakes CA 93546	(408) 768-8636	www.christinacarophd.com
Mary Prentice	Marriage and Family Therapist	549 Old Mammoth Rd, Mammoth Lakes CA 93546	(760) 934-0355	
Keith Andersen, Ph. D	Children, adolescents, adults, Private Insurance	Bishop Pediatrics: 152 Pioneer Ln, Ste H, Bishop CA 93514	(760) 873-6373	www.drkeithandersen.com
Owens Valley Wellness	Screenings for anxiety, depression, developmental disorders, other mental health problems; Cognitive behavioral therapy, Exposure with response prevention, Habit reversal, Parenting support, Behavioral plans, Perfectionism, Play therapy, Adoption support, Consultation, Family Therapy, Internet Sessions (Telehealth), Group therapy, Workshops, Therapy for foster parents Therapy, Organization Development & Life Coaching	686 W Line St, Bishop CA 93514	(760) 670-4870	http://www.owensvalleywellness.com/
North Star Counseling Center	Behavioral Problems, Issues in the Home, Grief, Separation, Divorce, Anxiety, Fear, Low Self-Esteem, Bullying, Depression, Eating Disorders, Communication Issues, Conflict Resolution, Family Crisis, Anger Management	800 W Elm St, #6, Bishop CA 93514	(760) 873-4206	www.northstar-counseling.org
Anxiety and Depression Association of America (ADAA)	Online resources for anxiety, depression, OCD, PTSD, etc.	Online Services		https://adaa.org/living-with-anxiety/ask-and-learn/resources
Turn2Me	We are a community of fully qualified and accredited mental health professionals working online to provide a high quality, safe, anonymous and confidential space for you to gain support - wherever you are, whenever you need us, for whatever you are going through.	Online Services		https://turn2me.ie/
7 Cups	Get support from an online therapist, Chat online with caring listeners and meet people who understand. You can find support and friendship in chat rooms and forums for many issues, like depression, anxiety, relationships, LGBTQ+ and more.	Online Services		https://www.7cups.com/
The Tribe	Peer-to-peer support group for those coping with fear and stress associated with various anxiety disorders.	Online Services		https://support.therapytribe.com/anxiety-support-group/
Daily Strength	Most active Anxiety forum where the community and those affected by anxiety can come together	Online Services		https://www.dailystrength.org/group/anxiety
The Jed Foundation	Youth, teen, school, and college students mental health and suicide prevention resource	Online Services		https://www.jedfoundation.org/
National Council on Aging- Behavioral Health	Promotes programs to aid seniors cope with mental health issues such as anxiety, stress, depression, addiction, etc.	Online Services		https://www.ncoa.org/center-for-healthy-aging/behavioral-health/
Turning Point	Counseling; Case Management; Psychiatry	Telehealth	(916) 786-3750	tcp.org/programs/coloma-center/
Uplift	Counseling; Psychiatry; Food Shelter	Telehealth	(916) 921-0828	upliftfs.org
Insights Counseling	Counseling	Telehealth	(916) 751-1534	insightsinfo@insightscounselinggroup.org
Kaiser	Counseling; Psychiatry	Telephone; online	(916) 973-5300	thrive.kaiserpermanente.org
Keaton's Child Cancer Alliance	Mental Health; Food; Primary Care	Remote	(916) 784-6786	childcancer.org