

NOVATO RESOURCE GUIDE FOR MENTAL HEALTH RESOURCES

Prepared for Novato Unified School District, Children/Teens and their Parents and Caregivers

It is difficult at times to know if the behavior you are seeing in yourself, your child or teen is a part of growing up, or is a result of challenges or changes happening in the family or environment. Children and teens may either “act out” or, “act in” when faced with stressful or challenging situations. The most common contributors are changes in the family (divorce, death, illness, loss of housing or unemployment, new baby, a parent’s new partner or a new caregiver) or changes in the child/teens environment (housing, schools, friends, teachers and so forth).

ARE YOU NOTICING ANY OF THE FOLLOWING TROUBLESOME BEHAVIORS?

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| <ul style="list-style-type: none">• Talking back• Refusing to follow the rules• Difficulty paying attention• Frequent fights verbal and/or physical• Disruptive around others• Expressing thoughts of hurting themselves or others• Acting on thoughts of hurting themselves | <ul style="list-style-type: none">• Using substances or alcohol• Withdrawing from friends and/or adults• Crying• Fear of separation• Frequent bad dreams• Writing or drawing about scary, or violent things• Running away | <ul style="list-style-type: none">• Acting younger than they normally do• Angry outbursts• Temper tantrums• Bedwetting when there was no difficulty before• Clinging• Irritability |
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STEPS YOU CAN TAKE:

- For an emergency mental health crisis, please call (415) 473-6666 or 911.
- Contact your child/teen’s doctor, insurance company, or health care provider for information.
- Talk to your school administrator about school-based counseling services available.
- Contact a mental health provider (see list below for sliding scale and affordable options).

PROFESSIONAL MENTAL HEALTH SUPPORT RESOURCES IN NOVATO (2013)

Novato Youth Center’s Youth & Family Counseling Program

For children, teens and their families. English and Spanish counselors available.

Affordable fees (sliding scale), MediCal accepted.

Call (415) 892-1643 ext 239 for a free, confidential assessment.

Visit www.novatoyouthcenter.org, clinic located at 680 Wilson Avenue, Novato

Novato Wellness Center’s Monday Teen Clinic, 2-5pm

Free counseling for teens ages 12-19. Teens can meet with a counselor by dropping in from 2-5 each Monday. No appointment necessary. English and Spanish counselors available.

Call (415) 898-1100 or visit www.novatoyouthcenter.org, clinic located at 1767 Grant Avenue, Novato

Marin Community Clinics

For children, teens and their families. English and Spanish counselors available.

Affordable fees (sliding scale), MediCal accepted.

Call (415) 448-1500 or visit www.marinclinic.org, clinic located at 6100 Redwood Boulevard, Novato

Other County-wide Services, call 211 for a complete Bay Area listing:

Bay Area Community Resources (BACR), www.bacr.org, (415) 444-5580

Family Service Agency, www.fsamarin.org, (415) 491-5700

Huckleberry Youth Programs, www.huckleberryyouth.org, Tuesday Teen Clinic (1-5 pm), (415) 386-9398

Partners Counseling Services, www.dr bassi.com, (415) 497-0356