

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.



Behavior Intervention Team (BIT)

This team is comprised of student services, student life, and campus safety professionals across the District. BIT provides prevention, intervention, and resources for students in an effort to address student behavioral issues and promote academic success and safety through appropriate and timely responses. In general, a behavior that interrupts the learning environment. Website: www.redwoods.edu/bit
Email: BIT-Eureka@redwoods.edu
Phone: 707-476-4242
Public Safety: 707-476-4111

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