

### SERVICIOS PARA PERSONAS MAYORES

Area Agency on Aging	262-4517
Community Care	468-9347
Indian Senior Center	462-5595
Ukiah Senior Center	462-4343
Mendocino County In Home Support Services	463-7900
Ukiah Senior Peer Counseling	472-0551
Hospice of Ukiah	462-3141

### SERVICIOS DE EMERGENCIA

Todos los Servicios de Emergencia  
911

Ukiah Fire Department	459-5330
Poison Control Center	(800) 876-4766
Sheriff's Office	463-4086
Ukiah Police Department	463-6262
Child Protective Services	463-7992
Adult Protective Services	(800) 350-2237

### SERVICIOS DE EMPLEO

Ford Street Project	462-1934
CalWORKS Job Services	463-5627
Mendocino Works	467-5900
CA Dept. of Rehabilitation	463-4791

### SERVICIOS DE EDUCACIÓN

Mendocino County Office of Education	467-5000
Mendocino College	468-3000
Ukiah Adult School	463-5217
Foster / Homeless Youth	467-5104
NAMI	namimendocino.org

Plan de Salud Mental del Condado de Mendocino (MHP) ofrece asistencia gratuita de interpretación, lenguaje de Sígnos Americano y servicios de difusión de California (TTY/TDD) para los beneficiarios que soliciten o acceso a los servicios.

Estos servicios pueden ser requeridos con cualquier proveedor del Plan de Salud Mental o llamando al 1-800-555-5906.



Para acceder a más recursos de la comunidad.

### **Hablar en Contra del Silencio**

North Bay Prevención del Suicidio  
del Condado de Mendocino  
Teléfono 1-855-587-6373

# **Recursos del Consumidor**

## **Área de Ukiah**



**Condado de Mendocino**  
**Salud y Servicios**  
**Humanos**

**Comportamiento**  
**saludable y Servicios**  
**de Recuperación**

**Oficina de Administración**  
1120 S. Dora St.  
Ukiah CA 95482  
(707) 472-2300

### **SERVICIOS MEDICOS/DENTALES**

Consolidated Tribal Health	485-5115
Community Health Services	472-2600
Mendocino Community Health Clinic	468-1010
MCAVHN-HIV/AIDS & HCV & CUSOC Program	462-1932
Medi-Cal	(800) 786-4346
Ukiah Valley Medical Center/Hospital	462-3111
Veterans Health Clinic	468-7700
Partnership Health Plan of CA	(800) 809-1350
Public Health Services	472-2777

### **SERVICIOS DE RECUPERACIÓN**

Mendocino County Substance Use Disorders Treatment	472-2637
Ford Street Project	462-1934
Narcotics Anonymous	485-9110
Alcoholics Anonymous	462-7323
MCAVHN	462-1932
Lucky Deuce	485-1267
Red Road	485-0361
Drug Free USA of Ukiah (Drug and Alcohol testing)	462-9448

### **SERVICIOS ESENCIALES**

#### **Comida**

Plowshares	462-8582
UCC Food Bank	462-8879
Ukiah Senior Center	462-4343

#### **Servicios de Vivienda**

Ukiah Community Center UCC Services	462-8879
MCAVHN (for those with HIV/HCV)	462-1932
CDC/Housing Authority	463-5462
United Native Housing Development Corporation (Non-Profit)	468-1336
Rural Community Housing Development Corporation (Non-Profit)	463-1975

### **SERVICIOS DE SALUD MENTAL**

Access / Crisis Line	(800) 555-5906
Suicide Prevention Lifeline	(800) 273-8255
Manzanita Services	463-0405
Redwood Community Services (RCS)	472-2922
Arbor on Main	462-7267
Tapestry Services	463-3300
Mendocino County Youth Project (MCYP)	463-4915
Integrated Case Management Services (ICMS)	(800) 555-5906
MCAVHN	462-1932

### **AGENCIA DE SALUD Y SERVICIOS HUMANOS DEL CONDADO DE MENDOCINO**

Adult and Aging Services	463-7900
Children and Family Services	463-7990
CalWORKS Job Services	467-5500
Public Guardian/Administrator	472-2393
Veterans Services	463-4226
In Home Support Services	463-7900

### **VIOLENCIA DOMÉSTICA**

Project Sanctuary	462-9196
Victims Witness Program	462-1471

### **SERVICIOS FINANCIEROS**

Child Support/DA's Office	(866) 901-3212
Social Security Office	(888) 590-2706

### **OTROS SERVICIOS**

Redwood Coast Regional Center	(800) 281-3832
Gambler's Anonymous Hotline	(855)222-5542
Mendocino County Transit Authority (MTA)	(800) 696-4682
Legal Services of Northern CA	462-1471