

Mendocino Coast Provider Directory

Rev. January 2026

For information about or updates to this list:

Lisa@bitterrootfamilytherapy.com

The directory is a volunteer effort by an informal association of mental health providers on the coast. Information has been provided by each participant and has not been screened or verified.

If you or someone you know is encountering a mental health crisis contact:

988

text 741741

call the local crisis service (855) 838-0404

or go to the nearest Emergency Department

When in doubt, dial 9-1-1

Mendocino Coast Provider Directory - January 2026

Provider Information	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurance, Language(s), Locations and Fee Information
Beeney, Joseph, PhD Psychology, (707) 412-8884 drbeeney@gmail.com Fort Bragg, M - F, 8am - 5pm; evenings & Sat by appt	11+	x	x and couples		Specialize in treating complex and developmental trauma and disorders that commonly arise from trauma and diversity, including depression, anxiety, PTSD and personality disorders. I use an integrative approach and am trained in Interpersonal Therapies, Psychodynamic Therapies, CBT, DBT, Motivational Interviewing Gottman Couples Approach and Neuroaffective Relational Model.	Insurance Info: Magellan BH, Optum One, Evernorth BH, Blue Shield, Caredon (Partnership); Medicare and Medi-Cal, Languages: English; Fee: \$150/session Some sliding scale down to \$95, based on income; Locations: Phone Telehealth Limited Outside
Blanceagle, Gloria (Glory), Psy.D., (707) 813-4186 gblanceagle@gmail.com Fort Bragg, Mondays and Wednesdays, 9am to 6:00pm; by appointment only.			x		Specializes in working with seniors, anxiety, depression, grief, women issues, life transitions, relationship concerns, stress, veterans. Conducts long-term depth-oriented therapy: psychodynamic, psychoanalytic, relational and interpersonal, feminist, multicultural, eclectic approaches.	Insurance Info: Medicare, out-of pocket and sliding scale fees., Languages: English; Fee: \$120 per session; Free 15-minute introductory phone call.; Locations: In-person
Buckley, Linda, LMFT, 27050 N. Hwy 1 (707) 964-7236 lbuckley555@gmail.com Fort Bragg, Tues & Wed - by appt.	x	x	x	x	Child development, family therapy and individual, assessments. Trauma, communication, trust, recovery, FOO, developmental, Autism spectrum, EMDR, art therapy; Family Law mediation.	Insurance Info: Some insurances, Languages: English; Fee: \$100 for 50 min; \$125 for mediation evaluation; Locations:
Bull, Hannah-Leigh, LMFT, 1035 Cedar Street Fort Bragg, CA (505) 901-1476 llamadeara@gmail.com holistone.com/LMFTcounseling/ Fort Bragg, Mon-Thurs, 8am - 6pm	x	x	x and couples	x	Building healthy relationships with self and others, communication skills, anxiety, depression, abuse, trauma, suicide, grief, bullying and harassment, support navigating judicial system and surviving violent crime, serious medical illness, compulsive behaviors and codependency. Certified in Level 1/2 of EMDR for 24 yrs. Body-oriented somatic therapy and cognitive processing therapy. Internal Family Systems.	Insurance Info: Caredon (Partnership) , Languages: English; Fee: \$125/hr; some sliding scale; Locations: In Person Sessions, Out or Indoors

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Burtis, Peter, LMFT, 347 Cypress St. , Ste. A (707) 962-3161 pete@bitterrootfamilytherapy.com bitterrootfamilytherapy.com Fort Bragg, Mondays, Wednesdays, Thursdays, 9-5	x	x	x and couples	x	Strategic Family Therapy, CBT, TF-CBT, DBT; Internalized and externalized behavioral challenges with children within a family context; life-cycle transitions, anger management, depression, anxiety and trauma using a mindfulness-based cognitive approach	Insurance Info: Several: See profile on Headway Carelon (Partnership), Languages: English; Fee: \$150/hr; Locations: Telehealth In-person
Clark, Renee, LMFT, Mailing address: P.O. Box 44 Albion, CA (707) 200-3973 rclarkmft@gmail.com, Caspar office Outdoor sessions: Elk Fort Bragg, T, W, Th by appt	by therapist referral	x	x		Integrative and holistic: nature based ecotherapy, mindfulness, somatic (body oriented), and attachment oriented psychotherapy. Support for anxiety, grief, depression, trauma, parenting, relationships, healthy boundaries, and life transitions, Offering crisis and growthy counseling. Professional Ecotherapy Certified (Wilderness Reflections). Sensorimotor Psychotherapy for Trauma (Level 1 Certified). LGBTQ+ Affirming, transpersonal/animism, adolescents.	Insurance Info: Various (pending) Receipt for out of network reimbursement, Languages: English; Fee: \$125-\$150 (depending on treatment unit); some sliding scale; Locations: Phone Telehealth Outdoor In-Person
Cox, Tamie, LPCC, 347 Cypress Street, Ste. E (707) 380-3245 tamiecox@sacredgroundhealing.org Fort Bragg, By appt.		16+	x		I have specialties in treating complex and developmental trauma and disorders that commonly arise from trauma and diversity, including depression, anxiety, PTSD, as well as Bipolar disorder, schizophrenia and personality disorders. I use an integrative approach and am trained in Interpersonal Therapies, Psychodynamic Therapies, CBT, DBT, and an integrative approach.	Insurance Info: Several: Please see profile on Rula and Grow Therapy; Languages: English; Fee: \$100 per session; Locations: Telehealth, in-person.
Devore, Diane, LCSW, 30581 Simpson Lane (858) 444-7126 ddevorelcsww@gmail.com Fort Bragg, By appt.			x		Anxiety, depression, stress-related conditions; relationships and communication; recovery. Mindfulness-based, trauma-informed; short and long term	Insurance Info: Medicare Cigna Magellan Some EAP's , Languages: English Spanish; Fee: \$90 - \$130; Locations: Telehealth

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Faber, Esther, LMFT, Mail: PO Box 455, Little River, 95456 (707) 937-9916 es@mcn.org, Little River, Mondays, by appt.		x	x		Humanistic, interpersonal, gestalt, mindfulness, psychodynamic. Childhood trauma, domestic abuse, sexual assault, anxiety, depression, relationships, grief, loss, addiction, recovery, gender identity, chronic illness, life transition, self esteem.	Insurance Info: None will provide superbill once a month, Languages: English; Fee: Sliding scale, \$60-\$180; Locations: In person (indoors or outdoors) Facetime Phone
Faber, Fanshen, LMFT, Albion Home Office Mail: (707) 937-1807 or (707) 684-0141 fmagic@mcn.org , Albion, By appt.			x and couples	x	Trauma therapy; healing from childhood trauma; insight awareness therapy; guided meditation; somatic mind/body work; EMDR	Insurance Info: Medi-Cal; Anthem BC; some EAP's, Languages: English; Fee: ; Locations: Telehealth
Fishman, Isaac, LMFT, 327 E. Redwood, Ste. A (707) 397-0404 isaacfishmanmft@gmail.com, Fort Bragg, By appt.	x	x	x	x	Experience with children and adolescents; addiction and recovery; trauma, emotional disturbance, anxiety, depression. CBT, mindfulness, solution-focused, psychodynamic, and narrative.	Insurance Info: None, Languages: English; Fee: \$100/Sliding Scale; Locations:
Gallo, Wendy, LMFT, 45021 Little Lake Road 707-409-0177 wendy.gallo.mft@gmail.com Mendocino, M-F, hours vary	x	x	x and couples	x	CBT, Nature-based, short and long term, adults, couples, youth, anxiety, depression, transitions, peri and postnatal, equine therapy, meditation, life visioning, and skill building	Insurance Info: VA; willing to superbill private insurance, Languages: English; Fee: \$125/60 min; \$150/90 min; sliding scale available to \$75; Locations: Phone Telehealth Outdoor sessions
Gardner, Robert, LMFT, P.O. Box 127 (415) 820-9650 robert.c.gard@gmail.com robertgardnertherapy.com Mendocino, W, Th, Sat by appt			x and couples	x	Schema therapy, personality disorders, somatically focused, mood regulation, anxiety, grief, life transitions, relationships, spirituality, parts, trauma informed	Insurance Info: Will provide superbill for PPO, Languages: English; Fee: \$120-\$180; Locations: Phone Telehealth
Gardner, Sharon, LMFT P.O. Box 127 (415) 742-2105 shgard88@gmail.com sharongardnertherapy.com Mendocino, W, Th, Sat by appt			x and couples	x	Somatically focused (certified in Hakomi), anxiety, grief, life transitions, relationships, spirituality, parts, trauma-informed	Insurance Info: Will provide superbill for PPO, Languages: English; Fee: \$120-\$170; Locations: Phone Telehealth
Gibb, Richard, DMH Office: 17700 Ocean Drive Mail: PO Box 1208 (707) 964-6191 rgibb@mcn.org, Fort Bragg M-Th, 8a-6p	x	x	x	x	Long term, depth-oriented psychotherapy; professional consultation; diagnostic consultation	Insurance Info: None, Languages: English; Fee: \$150; Fees negotiable for longer term therapies; Locations: Call for details

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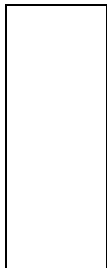
Provider Information	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurance, Language(s), Locations and Fee Information
Glasscock, Jenna, LMFT, 331 E. Redwood Ave., Ste. E (707) 409-5040 jennaglasscock@gmail.com, Fort Bragg, By appt.			x		Co-occurring disorders, mood disorders, trauma; trained in Somatic Experiencing	Insurance Info: Carelon (Partnership), Medicare, Languages: English; Fee: \$160/Intake (90 minutes); \$140/Session (60 minutes); Locations: In-person Telehealth
Goertzen, Vanesa, PhD, 32924 Odom La. (707) 357-3460 formula1girl@comcast.net, Fort Bragg, M-F, 8a-4p			x	x	Veterans; PTSD, EMDR; geropsychology, therapeutic yoga.	Insurance Info: VA, Tri-West, Tri-Care, Medicare, Languages: English; Fee: \$150; sliding scale to \$100; Locations: Phone In person Telehealth Outdoors
Hammond, Lorelei, LCSW, 190 Main St. (707) 462-4154 realtherapy@gmail.com 406 W. Standley St. 707-882-3227 Point Arena Ukiah, Wed & Thurs Mon & Tues			x and couples		EMDR, hypnotherapy, behavioral cognitive interventions, psychodynamic work.	Insurance Info: Medicare, Languages: English; Fee: 120; Locations:
Kazan, Zoy, LMFT, PO Box 261 (707) 391-4548 zoykazan@gmail.com psychologytoday.com, Fort Bragg, Tues & Thurs, by appt.			x		Depression, anxiety, trauma, gender identity, sexual identity, addictions. Narrative Therapy. EMDR, CBT	Insurance Info: None. Will provide a super bill for private insurance., Languages: English; Fee: Sliding Scale: \$120-\$150; Locations: Office Telehealth Phone
Keller, Susan, PhD, 347 Cypress St., Ste. D susankeller6000@gmail.com (707) 937-6000, Fort Bragg, T-F, by appt.	x		x	x	Depression, Anxiety and Stress	Insurance Info: All, Languages: English or with a translator; Fee: \$90-\$125; Locations: Telehealth Phone
Kerruish, Danny, LMFT, 45121 Ukiah St, Suite E (707) 357-2372 mftdk@hotmail.com www.mftdk.com, Mendocino, M-F, 8.30a-7p; Tuesday until 2p			x	x	Trauma, depression, anxiety, impulse disorder, family therapy, child/youth psychotherapy, dream work, imaginal psychology	Insurance Info: None. Will provide a super bill for private insurance., Languages: English; Fee: \$160/50-minute session; \$240/80-minute session ; Locations: In-person Telehealth

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Larimer Burtis, Lisa, LMFT, 347 Cypress St. , Ste. A (707) 962-3161 lisa@bitterrootfamilytherapy.com, Fort Bragg , One Saturday per month			couples	x	Certified EMDR Therapist; Certified Imago Relationship Therapist	Insurance Info: Several: See profile on Headway Caelon (Partnership), Medicare, Tri Care West, Languages: English; will work with interpreter; Fee: \$150/hr.; Locations: Telehealth
Maness, Jessi, LCSW, PO Box 2077 (701) 690-2798 jmaness3@icloud.com jessimanesslcsw.com, Fort Bragg, Wed & Saturday		x	x		Trauma and dissociation; certified in EMDR and animal assisted interventions. Certified in Ego State Therapy interventions.	Insurance Info: Medicare Caelon (Partnership) Optum, Languages: English; Fee: \$120/hr. Sliding Scale; 60-90 Min. sessions; check in's available; Locations: Phone Telehealth
Mendell, Janet, LCSW, 514 S. School Street (707) 272-4531 mendell@pacific.net, Ukiah, varies; not Wednesdays; occasional Saturdays	x	x	x	x	General psychotherapy for depression, anxiety, trauma, adjustment, etc. EMDR, Art, Erickson strength based, CBT, Sand tray; talk therapy	Insurance Info: BC/BS; Medicare; Caelon (Partnership); Noridian; HCP; Magellan; EAP's, Languages: English very basic Spanish; Fee: \$100/hr.; Locations: Limited in-office appts. Telehealth
Michelson, Carol, LMFT, 347-B Cypress St. (707) 962-4696 cmichelsonmft@gmail.com, Fort Bragg, M-F, 9a - 5p			x and couples	x	Couples counseling; relationship issues; depression and anxiety management; personal growth; issues related to cancer and chronic or terminal illness; issues related to caregiving of patients; grief and bereavement	Insurance Info: Caelon (Partnership) , Languages: English; Fee: \$120-\$140; some sliding fee ; Locations: Phone Telehealth Indoors
Morton, Elizabeth, LCSW Dance Therapy, MA, 347 Cypress Street, Ste. D (707) 466-6787 elizabethmortonlcsw@gmail.com, Fort Bragg, Tues., Wed. & Thurs.			x		Anxiety, depression, stress, life transitions, spiritual crisis, grief and loss. Inodepth long-term Transpersonal Psychotherapy - Jungian oriented, spiritual focus. Mindfulness based practices, mind/body work, dream & imagery, breath, cognitive therapy, some parts work, dance therapy.	Insurance Info: Medicare; Will supply superbill for PPN billing. Languages: English; Fee: \$150; sliding scale; Locations: Prefer in person Telehealth Phone

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Nadeau, Talia, LMFT, mailing: PO Box 2808, Fort Bragg office: 327 E. Redwood Ave., Ste B (707) 813-2104 talianadeau.mft@gmail.com, Fort Bragg, By appt.		x	x and couples	x	Psychodynamic, relational focused therapy using a variety of interventions. General experience with children and teens, parenting stressors, women's issues, trauma, coping with anxiety. Completed level 1 of EFT training for couples.	Insurance Info: None, Languages: English; Fee: \$100-\$120 per session; Locations: Telehealth In-person
Neimark, Laura, LCSW, 24600 N. Hwy 1 (530) 416-9444 lneimark@gmail.com, Fort Bragg, Sat 9-12 In Sept, Thurs-Sat, 9-4	x	x			Certified in Brain spotting and EMDR. Also skilled in parent coaching.	Insurance Info: Blue Shield, Cigna, Aetna, Languages: English; Fee: \$150/session sliding scale; Locations: Telehealth only
Osman, Lesley, LMFT, P.O. Box 394, Navarro, CA 95463 (707) 272-3902 lesleyosman@aol.com www.ecoroots.org , Boonville, Thursday; Occasional Fridays		x	x and couples		experiential, transpersonal, ecotherapy, trauma, anxiety, depression; equine therapy and training; soon to add telemental health for online remote treatment	Insurance Info: None, Languages: English; Fee: \$80-\$120; sliding scale; Locations: Telehealth
Pagano, Giovanna, LCSW, P.O. Box 272, Little River, CA 327 E. Redwood Ave., Ste. D (707) 734-0504 giovanna.lcsw@mcn.org, Fort Bragg, T, W, Th by appt			x and couples		Trauma recovery, EMDR, anxiety, depression, relationship and communication, illness, life transitions, personal growth	Insurance Info: None , Languages: English; B:W Fee: 150; Locations: In person Telehealth Phone
Pena, Blanca, LMFT, 1102 S. Main Street (707) 813-2159 illuminatewithin.therapy@gmail.com, Fort Bragg, By appt.	6+	x	x and couples		Complex trauma, depression, anxiety, trauma focused CBT, CBT, solution focused, mindfulness	Insurance Info: Optum, Cigna, Blue Shield Incentive; Caelon (Partnership), Languages: English Spanish; Fee: \$249/ind session \$299/couples session sliding scale; Locations: In person telehealth outdoors
Picard, Rebecca, LMFT, 45121 Ukiah St., Ste. C P.O. Box 832 (707) 357-8688 rebecca@rebeccapicardmft.com rebeccapicardmft.com , Mendocino, T, W, Th 10a-7p M, F by appt.			x and couples		Adults and couples - developmental trauma, attachment issues, depression, anxiety, aging, interpersonal conflict, psycho-spiritual issues and issues related to separation, divorce, and co-parenting. Therapeutic approach includes Hakomi, various kinds of parts work, psychodynamic, EMDR, and Emotionally Focused Therapy for couples.	Insurance Info: Caelon (Partnership); EAP - Empathia, Languages: English; Fee: \$125/Session (individuals); \$140/Session (couples); some sliding scale; Locations: Tuesdays and some Fridays in person; otherwise Telehealth



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Rand, Cara, LCSW, PO Box 6 Mendocino, CA 95460 , Mendocino, 10am - 6pm			x		Anxiety & Depression. Life Transitions; Approaches: CBT, Mindfulness, Unified Protocol	Insurance Info: None, Languages: English; Fee: \$200/hr; Locations: Telehealth
Robb, Carolina, LMFT, PO Box 688 (415) 264-2466 carolrobb@msn.com carolinarobb.com, Mendocino, Th - S, 9a-5p			x and couples	x	Trauma/PTSD, addictions, depression, anxiety, grief, life transitions, relationship issues, chronic pain, divorce, self-esteem. Approaches: trauma focused, relational, Jungian, humanistic, somatic, dream work, family systems, recovery coaching & support, transperson, mindfulness	Insurance Info: Some insurances; will produce a super bill for anyone who wants to submit for reimbursement, Languages: English; Fee: \$100 -\$165, sliding scale; Locations: Office Telehealth
Samas, Christine, LCSW, PO Box 1630 (707) 293-8088 christinesamas@icloud.com, Fort Bragg, M-F, by appt		x	x	x	General practice; anxiety, depression, grief, recovery from trauma, complex trauma, illness	Insurance Info: None, Languages: English; Fee: 150; Locations:
Siler, Steven, LMFT, 1556 Oak Street (707) 937-1316 silermfc@mcn.org, Fort Bragg, M-F, 8a-6p		x	x and couples	x	deep personal work; healing psychological and relationship wounds; addiction and recovery; depression, anxiety, trauma	Insurance Info: Most, Languages: English; Fee: \$100/session; Locations: Phone Facetime Skype Telehealth outdoor
Sill, Judith, PhD Psychology, (707) 882-1767 drjudy@elkmendo.com, , ,						Insurance Info: , Languages: ; Fee: ; Locations:
Silverman, Andrew, LCSW, (414) 367-9111 middlecoasttherapy@gmail.com behrenspsychotherapyservices.com, Fort Bragg, Tues-Fri by appt.		x	x		OCD, anxiety disorders, depression	Insurance Info: United, Aetna, Languages: English; Fee: \$150/50 minute session; Locations: Phone, Telehealth
Sklar, Susan, LPCC, 45061 B Little Lake Street sklarart@yahoo.com, Mendocino, ,					Addiction, Relationships, Self-Esteem	Insurance Info: , Languages: ; Fee: Individual: \$100; Couples: \$150; Locations:
Villanueva, Michael, PhD, michaelvill@gmail.com, ,					Psychotherapy and neuromodulation, neurofeedback.	Insurance Info: , Languages: ; Fee: ; Locations: Telehealth

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Wall, Cynthia, LCSW, PO Box 2082 (707) 357-1019 cynthia@cynthiawall.com www.cynthiawall.com, Fort Bragg, M, T, Th 10a - 6p			x		Health and serious medical issues; business counseling; grief issues; PTSD; life/spiritual crises	Insurance Info: Carelon; Medi-Cal; BC/BS; Medicare; Magellan; Victim/witness, Languages: English; Fee: \$100-\$120 per session; Locations: Phone Telehealth Outside on deck Inside face naked
Wasley, Jane, PhD, 44840 Rosewood Terrace (707) 937-0470 janewasleyphd@gmail.com, Mendocino, M-Th, by appt		x	x and couples		Interpersonal/dynamic psychotherapy, trauma, eating disorders, transitions	Insurance Info: None, Languages: English; Fee: \$125-150; Locations: Phone Telehealth
Zielesch, Kianna, PhD, Certified Brain Spotting Consultant, Certified Forgiveness Coach, Code 3 Mind Health TM, 1315 Cedar Street (707) 841-7057 rudi@saber.net, Fort Bragg, M-F, by appt	x	x	x and couples	x	Trauma specialist; culturally competent to work with Emergency Responders and Military individuals, and Emergency Responder couples. Certified Brain spotting Consultant, EFT, Sensorimotor Psychotherapy; CISM Certified.	Insurance Info: Medi-Cal/Carelon (Partnership) Medicare, Languages: English; Fee: 180; Locations: Phone, Telehealth, Limited Outside

Psychiatrists - January 2026															
Last Name	First Name	License	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?	Phone, video, outdoor or in-person sessions
Goldwasser	Richard	MD	(415) 381-1690	Mill Valley						Comprehensive psychiatric evaluation and treatment planning for children adolescents and adults.					
Hudson	Charles	MD	Adventist Health - Lake County Office - (707) 995-4590 Fax - (707) 995-4508	Clearlake						Seasonal Affective Disorder (SAD), Major Depression, Bipolar Disorder (BPD), and Generalized Anxiety Disorder (GAD).				Yes	Video In person
Judd	Seth	DO	(707) 721-4681	Napa						Psychiatry and Neurology.					
Karasic	Dan	MD	www.dankarasic.com for all contact info and background	San Francisco		14+				Depression, bipolar disorder, PTSD, panic disorder, generalized anxiety disorder, gender dysphoria, schizophrenia, schizoaffective disorder, OCD, ADHD, ASD, substance use disorders. Psychopharmacologic consultations/expert witness.	No insurances taken but will provide a superbill.	\$400 initial session; \$200 follow up session			Zoom
Perlman	Orren	MD	101 H Street, Suite N (707) 523-9423	Petaluma						Adult and adolescent psychiatry	AETNA, Anthem, Blue Cross/Blue Shield, Magellan, CIGNA				
Rawdin	Blake	MD	870 Market St., #1088 (415) 562-6173	San Francisco						Integrative Psychiatry and Psychotherapy.	AETNA, Humana, UC Berkeley Student Health Plan				
Segall	Olga	MD	655 Redwood Hwy, Ste. 240 (866) 247-4292 (415) 592-7451	Mill Valley						TMS Treatment, telepsychiatry, medication management					
Smith	Megan	MD	Adventist Health - Lake County Fax - (707) 995-4508 Office - (707) 995-4590	Clearlake			12-25	18-65		Specializes in the diagnosis and treatment, with the use of medications, for mental health concerns such as schizophrenia/schizoaffective disorder, bipolar disorder, depression, anxiety and substance use disorders.	AETNA, Anthem Blue Cross, Blue Shield, Medical ORP, Tricare, Triwest, TRPN, PFMC			Yes	Video In person
Timme	Rebecca	DO	1301 Redwood Way (510) 317-1444	Petaluma		x	x			Pediatrics (children and teens)	MediCal through RCS; private pay				
Trichilo	Diane	PhD	3952 Sebastopol Rd STE 180 (707) 824-1130 www.dtrichilo.com	Sebastopol		x	x	x		Serving children, adolescents and young adults in Northern California: Sonoma, Marin, Mendocino, Napa & Humboldt. Offering neuropsychological and educational assessment for individuals with developmental, learning and behavioral challenges, including autism, ADHD, and learning disabilities.	private pay				
Wright Jr.	Syd	MD	35 Vicente St. (at West Portal Ave.) swrightjr@aol.com (415) 853-8304	San Francisco						I provide comprehensive diagnostic assessments, treatment consultations, and ongoing treatment of adult psychiatric disorders, relationship problems and problems of living. Specific areas of clinical practice include depressive and bipolar spectrum disorders, anxiety disorders, emotional responses to chronic illness, and life management concerns of the LGBT community.					
Yantis	Stanley	MD	45 Castro St. Ste #200 (415) 241-5601	San Francisco						LGBTQ+ Affirming provider. I utilize a combination of psychotherapy, medication and behavioral strategies, depending on what is appropriate for each situation. Mindfulness techniques often form an important part of our work, as I try to help each patient reach a higher level of self-awareness and personal growth.					telemedicine
Zalkina	Yelena	MD	35 Vicente St. zalkina@yahoo.com (415) 661-5667, ext. 1 (415) 469-2328	San Francisco						Psychiatry	Medicare; perhaps others		Russian		

Mental Health Organizations - January 2026													
Contact person Last Name	Contact Person First Name	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?
Action Network													
		Action Network 200 Main Street (707) 882-1691 info@actionnetwork.info actionnetwork.net	Point Arena	Mon-Fri 9a-5p	x	x	x	x	Offers specialty mental health services including mental health assessments, therapy and individual and group rehabilitation.		No charge for people w full scope Medi-CAL	English or language line for other languages	Yes
Adventist Health - Mendocino Coast													
Spencer	Dr. Rikki	721 River Drive, Suite A. (707) 961-4631	Fort Bragg	8:30 am - 5:00 pm		x	x	x	Individual, group and couples therapy. Trauma, DID psychosis/schizophrenia, mood disorders, LGBTQ concerns, addiction.		Medi-CAL and indigent after initial assessment	English or language line for other languages	Yes
Project Sanctuary													
Chacon	Makayla	461 N. Franklin St. (707) 961-1507 Crisis Line (24/7) - (707) 964-4357 info@projectsanctuary.org makayla@projectsanctuary.org www.projectsanctuary.org	Fort Bragg			x	x	x	Provide crisis counseling, groups and individual counseling for survivors of domestic violence and sexual assault	No insurance or documentation needed	Services are free	English Spanish Language line for other languages	Always accepting new clients and referrals.
Mendocino Coast Clinics													
Foley	Jeremie	Behavioral Health Dept. 205 South St. (707) 961-3488 jfoley@mcclinc.org Rebecca Timme, DO Cayo Alba, NP James Thomas, PA Annie Gallo, LCSW David Stein, LCSW (English & Spanish - Telehealth Only) Genevieve Banegas, LCSW John Ramirez, LCSW	Fort Bragg	M-F, 8a-5:30p	x	x	x	x	Mild-moderate mental health issues; individual therapy for transgender and transitioning individuals; providing services to MCC pediatric patients and their families; Behavioral Medicine available for MCC patients	Medi-CAL Partnership Medicare	Insurance, self-pay or sliding scale.	English Spanish	Yes serve both MCC and non-MCC clients, children and adults
Mendocino Coast Hospitality Clinic													
Burtis	Pete	Hospitality Clinic 137 E. Oak St. (707) 961-0172, x1120 peter@mendocinohc.org	Fort Bragg	M-F 9a-12p; 1p-5p			x	x	Care management, linkage, collateral, rehab	Medi-CAL	No charge for people w full scope Medi-CAL	English Spanish	Yes
Redwood Community Services													
Mendoza	Randy	Children's Behavioral Health Services 32670 Hwy 20, Unit 6 (707) 964-1136; (707) 459-9900	Fort Bragg	M-F, 8:30a - 5p			x		Assessment, plan development, rehab, therapy, case management, medication support to youth with serious emotional disturbance. Modalities include trauma-informed therapy, CBT and motivational interviewing	Medi-CAL; or referred by school counselor	Only accept insurance	English or language line for other languages	Yes
Hernandez	Jose	Adult Behavioral Health Services 516 Cypress Street (707) 961-0115; (707) 468-5536	Fort Bragg	M-F, 8:30a - 5p			X		Offers specialty mental health services including mental health assessments, therapy and individual and group rehabilitation.	Medi-CAL	No charge for people w full scope Medi-CAL	English or language line for other languages	Yes
Addison	Denise	Crisis Response Services 516 Cypress Street (855) 838-0404 (24/7 Line) 707-961-0308 (business line)	Fort Bragg	Office - M-F, 8:30a - 5p Crisis Line (24/7)	x	x	x		Emergency mental health assessments. Rehab, therapy, case management, medication support. For up to 60 days.	All Insurances and indigent accepted for the emergency crisis intervention. For ongoing 60 day service, only Medi-CAL.	Medi-CAL and indigent after initial assessment	English or language line for other languages	Yes
Tapestry Family Services													
Offill	Christina	215 S. Main Street (707) 463-3300 (Main Office) tapestryfs.org	Fort Bragg	Mon-Fri, 8am-5pm	x	x	x	x	Offers specialty mental health services including mental health assessments, therapy and individual and group rehabilitation.	Partnership (Medi-Cal)	No charge for people w full scope Medi-CAL	English or language line for other languages	Yes

Alternative Therapies and Community Resources - Mendocino Coast - January 2026

[illegible]

Contact person Last Name	Contact Person First Name	License Degree Certification	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?	Phone, Telehealth, outdoor or in-person sessions	Region
Underwood	Phillip	CDACII	Mendocino County Behavioral Health and Recovery Services 790 S. Franklin Street (707) 961-2665	Fort Bragg	Mon-Thur, 8am - 5pm			x		We provide outpatient services for clients with substance use disorders and refer to higher levels of care when needed. Philip is supervisor of the SUDT program on the coast. (Substance Use Disorder Treatment)	Partnership (Medi- Cal); private insurance	Fee - inquire	English	Yes		
Petrakowski	Jake	Certified Peer Recovery Support Specialist	Mendonoma Health Alliance mendonomahealth.org/resources/alcohol- drug-abuse (707) 412-3176 ext. 108 jake@mendonomahealth.org	Gualala	Mon-Fri, 9am- 4pm					Mendonoma provides person-centered programs that meet people wherever they are in their healthcare journey. Our services are available to anyone living in our Service Area. We provide home visits, one-on-one assistance in reviewing instructions from healthcare providers, help with preparing the client for doctors' appointments, health education, as well as access to resources specific to each client's needs. Peer support groups.						
Taylor	Lin	PhD	Mendocino Coast Clinics Medicated Assisted Treatment 690 South Main Street (707) 962-7219 (text); (707) 969-7950	Fort Bragg	Mon-Fri, 8am - 5pm			x		Suboxone Program	Partnership (Medi- Cal); private insurance	Fee - inquire	English	Yes		
Gualala AA			gualalaaa.org													
Mendocno Coast AA			mendocinocoastaa.com													
Grief Support Groups																
Mannen	Gytha		Adventist Health Home Health & Hospice Care (707) 961-4651	Fort Bragg						Hospice is a special kind of service that provides compassionate, supportive care for patients with life-limiting illnesses. The goal is not to administer curative treatment, but to provide comfort and care to patients who wish to live out the remainder of their lives on their own terms. Hospice focuses on preserving the dignity and privacy of the patient while providing relief from the symptoms of their illness.	Medicare, Medicaid and MediCal cover hospice services, and many private insurance companies also include coverage for hospice					
Wyldflower	Tanya	Ordained Minister	Center for Spiritual Living 303 N. Main Street (upstairs above the Cookie Company) (707) 964-8987 (707) 964-1458 revtanya@mcn.org	Fort Bragg	Grief support group - in- person and on Zoom; open group. 3pm - 5pm			x			none	none	English	Yes		
Wall	Cynthia	LCSW	PO Box 2082 (707) 357-1019 cynthia@cynthiawall.com www.cynthiawall.com	Fort Bragg				x		We no longer meet as a group, but are available as model of self-help support, matching parents and family who have grieved a child with those who are newly experiencing the loss of a child of any age. We don't meet regularly, but you can contact Cynthia and she will provide you with guidance to available support.	none	none	English	Yes		
Other Support Groups and Resources																
Fengler	Katherine		Rainbow Is Family and Friends (RIFF) Text: (707) 391-4589 Email: kdfengler27@gmail.com (please include "RIFF" in the subject line)	Zoom	Join us on the second Tuesday of every month on Zoom, from 6:30 - 7:30 p.m.					Peer to peer support group for LGBTQ+ people, their family and friends. By sharing our stories, we find we are not alone in negotiating a challenging world. Learn how to celebrate ourselves and our loved ones, and how to advocate for others.						
Menashe	Aliza	LCSW, SUDCC IV-CS	Long Valley Health Center longvalley.org Behavioral Health Manager (707) 984-6131 (ext 140) Direct: (707) 615-6710	Laytonville												
Lester	Ann	MSW	33101 Navarro Ridge Road ann.lester@sbcglobal.net (510) 502-0412	Albion	Weekdays, flexible	x	x	x	copies	ACT, IFS, CBT, works with elders	No	Donation (not yet licensed)	English	Yes		
Lindquist	Barbara		barbaral@mcn.org					x	x	Caregiver self-help support group for those caring for someone with dementia.						

Contact person Last Name	Contact Person First Name	License Degree Certification	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?	Phone, Telehealth, outdoor or in-person sessions	Region
Thomas	Robin		Mendocino County MOPS (707) 472-2300							Mobile Outreach & Prevention Services (MOPS) can help you through the constant stress, personal issues or emotional challenges that are interfering with your daily life. MOPS offers help for a broad range of issues with your convenience, comfort and confidentiality in mind. Our goal is to reduce the use of law enforcement, reduce ED visits, reduce recidivism, and connect patients to the local care they need.						
			Child Parent Institute (707) 585-6108	Santa Rosa						Parent education and children's mental health agency serving families throughout Sonoma County. Child therapy, family resource assistance, parent education, facilitated supervised visitation.	Carelon (Medi-Cal)	Sliding Scale \$65-160	Bilingual			
			Chrysalis Community Counseling Services (707) 545-1670 (ext. 264) info@chrysaliscounseling.org chrysaliscounseling.org	Sonoma County						Chrysalis provides a safe, supportive place where all voices are heard, encouraged and respected. Counseling may include long or short-term assistance. Self-esteem and healthy relationships, parenting, money issues, grief, disability, codependency, work issues, life transition issues, abuse, incest and sexuality are some examples of our work. We offer services on a sliding scale, based on individual or household net monthly income.						
Auerbach	Barbara	Certified Therapeutic Riding Instructor	Circle of Horses (Equestrian Therapy) 9801 N. Hwy 1 (707) 937-1213 bauerbach@mcn.org www.theircleofhorses.org	Fort Bragg						Community based, equine-assisted program offering an alternative modality to individuals with physical or cognitive disabilities, depression, stress and anxiety.						
			Coastal Seniors (707) 882-2137 info@coastalseniors.org coastalseniors.org	Point Arena						Meals on Wheels, Community Lunches, Point Arena Food Bank, CalFresh Food Registration, Transportation Services, Fall Prevention Program, Decreasing Isolation & Increasing Social Interaction, Friendly Visitors						
			Humanidad Therapy & Educational Services (707) 525-1515 srosahtes.org client_services@humanidadtherapy.org	Santa Rosa								Sliding Scale: \$25-75	Spanish			
			Mental Health Care - Sacramento Area (916) 512-3063; (916) 647-8744 moyo@betterdayspsychiatricnursing.com betterdayspsychiatricnursing.com	Sacramento Area		x	x	x		Provider of psychiatric nursing and mental health care in Sacramento, California that provides holistic mental healthcare services to children, adolescents, and adults in California.	Medi-Cal					
			Psychological Services of Riverside (951) 552-8137 psychservicesriverside.org/services			x	x	x	x	Evidenced-based mental health services.			Bilingual			
			Sonoma County Counseling (707) 284-1978 sonomacountycounseling@gmail.com sonomacountycounseling.com	Santa Rosa/Windsor		x	x	x	x	Sonoma County Counseling welcomes Individuals, Couples, Children and Families! We value diversity and multiculturalism and provide exceptional personalized counseling services for clients of all ages.		Sliding scale \$80-150				
			Sonoma Family Therapy (707) 483-9061 sonomafamilyinc.com	Sonoma County	Mon-Fri 9am-7:30p; Sat 9am-7:30p	x	x	x	x	A group of skilled therapists passionate about helping Sonoma County youth and families find success and learn new skills.						
			Redwood Coast Regional Center (707) 964-6387	Fort Bragg						RCRC serves persons of all ages with developmental/intellectual disabilities and their families; children who are at-risk for developing a disability (birth-36 months); Autism Parent Support Group.						