

Mendocino Coast Provider Directory

Rev. November 2025

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 - November 2025

Provider Information	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurance, Language(s), Locations and Fee Information	Open to new clients?
<p>Beeney, Joseph, PhD Psychology, (707) 412-8884 drbeeney@gmail.com , Fort Bragg, M - F, 8am - 5pm; evenings & Sat by appt</p>	11+	x	x and couples		<p>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.</p>	<p>Insurance Info: Magellan BH, Optum One, Evermorth BH, Blue Shield, Carelon (Partnership); Medicare and Medi-Cal, Languages: English; Fee: \$150/session Some sliding scale down to \$95, based on income; Locations: Phone Telehealth Limited Outside</p>	Yes
<p>Buckley, Linda, LMFT, 27050 N. Hwy 1 (707) 964-7236 lbuckley555@gmail.com, Fort Bragg, Tues & Wed - by appt.</p>	x	x	x	x	<p>Child development, family therapy and individual, assessments. Trauma, communication, trust, recovery, FOO, developmental, Autism spectrum, EMDR, art therapy; Family Law mediation.</p>	<p>Insurance Info: Some insurances, Languages: English; Fee: \$100 for 50 min; \$125 for mediation evaluation; Locations:</p>	Call for current availability
<p>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</p>	x	x	x and couples	x	<p>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.</p>	<p>Insurance Info: Carelon (Partnership) , Languages: English; Fee: \$125/hr; some sliding scale; Locations: In Person Sessions, Out or Indoors</p>	Yes, with specific referral from colleague

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Provider Information	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurance, Language(s), Locations and Fee Information	Open to new clients?
<p>Burtis, Peter, LMFT, 347 Cypress St. , Ste. A (707) 962-3161 pete@bitterrootfamilytherapy.com bitterrootfamilytherapy.com, Fort Bragg, Mondays, Wednesdays, Thursdays, 9-5</p>	x	x	x and couples	x	<p>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</p>	<p>Insurance Info: Several: See profile on Headway Carelon (Partnership), Languages: English; Fee: \$150/hr; Locations: Telehealth In-person</p>	Yes
<p>Clark, Renee, LMFT, Mailing address: P.O. Box 44 Albion, CA (707) 200-3973 rclarkpsychotherapy@mcn.org , Caspar office Outdoor sessions: Elk to Fort Bragg, T, W, Th by appt</p>	by therapist referral	x	x		<p>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.</p>	<p>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</p>	Call for current availability
<p>Devore, Diane, LCSW, 30581 Simpson Lane (858) 444-7126 ddevorelcsw@gmail.com , Fort Bragg, By appt.</p>			x		<p>Anxiety, depression, stress-related conditions; relationships and communication; recovery. Mindfulness-based, trauma-informed; short and long term</p>	<p>Insurance Info: Medicare Cigna Magellan Some EAP's , Languages: English Spanish; Fee: \$90 - \$130; Locations: Telehealth</p>	Call for current availability

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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	Yes
Faber, Fanshen, LMFT, Albion Home Office Mail: P.O. Box 62, Albion, CA 95410 (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	Call for current availability
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:	Call for current availability
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	Call for current availability
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	Yes
Gardner, Sharon, LMFT, P.O. Box 127 (415) 42-2105 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-\$180; Locations: Phone Telehealth	Yes

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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: BS; Medicare, Languages: English; Fee: \$120; sliding scale; Locations:	Call for current availability
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	Call for current availability
Goertzen, Vanesa, PhD, 32924 Odom La. (707) 357-3460 formulagirl@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 \$80; Locations: Phone In person Telehealth Outdoors	Yes, but only veterans
Hammond, Lorelei, LCSW, 190 Main St. (707) 462-4154 reatherapy@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:	Call for current availability
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	Call for current availability
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	Call for current availability
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	Not at this time

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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 Carelon (Partnership), Medicare, Tri Care West, Languages: English; will work with interpreter; Fee: \$150/hr.; Locations: Telehealth	Call for current availability
Maness, Jessi, LCSW, PO Box 2077 (701) 690-2798 jmaness3@icloud.com jessimanesslscw.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 Carelon (Partnership) Optum, Languages: English; Fee: \$120/hr. Sliding Scale; 60-90 Min. sessions; check in's available; Locations: Phone Telehealth	Call for current availability
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; Carelon (Partnership); Noridian; HCP; Magellan; EAP's, Languages: English very basic Spanish; Fee: \$100/hr.; Locations: Limited in-office appts. Telehealth	Limited availability
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: Carelon (Partnership) , Languages: English; Fee: \$120-\$140; some sliding fee ; Locations: Phone Telehealth Indoors	Call for current availability
Morton, Elizabeth, LCSW Dance Therapy, MA, 347 Cypress Street, Ste. D (707) 466-6787 elizabethamortonlscw@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	Yes
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	Call for current availability

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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	Yes
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	Yes
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: Medicare , Languages: English; Fee: \$130; sliding scale to \$100; Locations: In person Telehealth Phone	Call for current availability
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; Carelon (Partnership), Languages: English Spanish; Fee: \$249/ind session \$299/couples session sliding scale; Locations: In person telehealth outdoors	Yes
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: Carelon (Partnership); EAP - Empathia, Languages: English; Fee: \$125/Session (individuals); \$140/Session (couples); some sliding scale; Locations: Tuesdays and some Fridays in person; otherwise Telehealth	Call for current availability
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	Yes after 6/2025



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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	Yes
Samas, Christine, LCSW, PO Box 1630 (707) 961-6263 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: Medicare, Languages: English; Fee: \$120-\$140 sliding fee; Locations:	Yes; will assist with referrals
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	Yes Call for current availability
Sill, Judith, PhD Psychology, (707) 882-1767 drjudy@elkmendo.com, , ,						Insurance Info: , Languages: ; Fee: ; Locations:	
Silverman, Andrew, LCSW, (414) 367-9111 middlecoasttherapy@gmail.com behrenpsychotherapyservices.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	Waitlist until 2025
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	
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	No; will screen & make referrals
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	Call for current availability

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<p>Zielesch Code 3 Mind Health TM, Kianna, PhD Certified Brain spotting Consultant Certified Forgiveness Coach, 1315 Cedar Street (707) 841-7057 rudi@saber.net, Fort Bragg, M-F, by appt</p>	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	Yes

Psychiatrists - November 2025

Provider Information	Specialties and Approaches	Insurance, Fee and Location Information	Open to new clients?
Richard Goldwasser, MD: (415) 381-1690; Mill Valley			
Charles Hudson, MD: Adventist Health - Lake County Fax - (707) 995-4508 Office - (707) 995-4590; Clearlake		Location: Video, In Person	Yes
Seth Judd, DO: (707) 721-4681; Santa Rosa			
Dan Karasic, MD: www.dankarasic.com for all contact info and background; San Francisco	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. , Fee: \$400 initial session; \$200 follow up session Location: Zoom	
Orren Perlman, MD: 101 H Street, Suite N (707) 523-9423; Petaluma	Adult and adolescent psychiatry	AETNA, Anthem, Blue Cross/Blue Shield, Magellan, CIGNA, Fee: Location:	
Blake Rawdin, MD: 870 Market St., #1088 (415) 562-6173; San Francisco		AETNA, Humana, UC Berkeley Student Health Plan, Fee: Location:	
Olga Segall, MD: 655 Redwood Hwy, Ste. 240 (866) 247-4292 (415) 592-7451; Mill Valley	TMS Treatment, telepsychiatry, medication management		
Megan Smith, MD: Adventist Health - Lake County Fax - (707) 995-4508 Office - (707) 995-4590; Clearlake		AETNA, Anthem Blue Cross, Blue Shield, Medi-cal ORP, Tricare, Triwest, TRPN, PPMC, Fee: Location: Video In person	Yes
Rebecca Timme, DO: 1301 Redwood Way (510) 317-1444; Petaluma	Pediatrics	MediCal through RCS; private pay, Fee: Location:	
Diane Trichilo, PhD: 3952 Sebastopol Rd STE 180 (707) 824-1130 www.drtrichilo.com; Sebastopol	Developmental neuropsychology; child psych evaluations	Insurance: Private Pay	
Syd Wright Jr., MD: 200 Munich St swrightjr@aol.com (415) 661-5667; San Francisco			
Stanley Yantis, MD: 45 Castro St. Ste #200 (415) 241-5601; San Francisco		Location: Telemedicine	
Yelena Zalkina, MD: 200 Munich St zalkina@yahoo.com (415) 661-5667, ext. 1; San Francisco		Medicare; perhaps others	

Mental Health Organizations - November 2025													
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													
Wertherington	Sienna	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	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	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													
		Behavioral Health Dept. 205 South St. (707) 961-3488 tlindler@mcinc.org Glory Blanceagle, PsyD Annie Gallo, LCSW Crystal Harris, LCSW David Stein, LCSW (English & Spanish - Telehealth Only) Genevieve Baneegas, 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	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 - November 2025

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
Alternative Therapies																
Aldrich	Jade	ACHE Certified Clinical Hypnotherapist	Jade Golden Aldrich, CCHT P.O. Box 1884 (707) 357-1733 expandyourdreams@yahoo.com jadegolden.com	Mendocino	By appt.	x	x			Past Life Regression, Childhood Trauma, Healing Addictions, Balanced Body Weight, Smoking Cessation, Release Fear & Phobia and more.	None	\$90-\$125/session	English and very basic Spanish	Yes	Telehealth	North
Kohler	Lia M	Brainspotting practitioner, Grief and Loss counselor	Whole Body Wellness Center 647 N. Main Street (707) 357-3346 bspmendocino@proton.me	Fort Bragg	Tues-Sat 10a - 5p	x	x	x	x	PTSD complex, PTSD & trauma. Emergency responders, police, firefighters and military.	None	\$90/session	English	Yes	Telehealth Phone Outdoor In person	North
Schneider	Linda	MA (counseling) Cert. Adv. Hypnosis	lndschneid@gmail.com fluidpiano.com/therapeutichypnosis.html	Fort Bragg	By appt.	x	x	x	groups	Ericksonian Hypnosis	None	Sliding scale	English	Call for current availability		North
Sirkondo	Martine	MA (Behavior Analysis) Cert. Behavior Analyst	(707) 837-3564 msinkondo@bmandw.org www.bmandw.org						x	More than 10 years experience in Applied Behavior Analysis serving the Mendocino, Lake, and Sonoma Counties. She has supported parents and neurodivergent individuals across a variety of settings such as school, in-home, community, after school, and with interdisciplinary teams. Martine is a highly motivated, compassionate, and knowledgeable clinician. Parent coaching using behavior analytic principles; individual coaching using Acceptance and Commitment Therapy (ACT); IEP Advocacy.						
Weinstein	Magdalena	SEP (Somatic Experiencing Practitioner) TST (Co-regulating Touch)	33325 Pacific Way (707) 813-6828 maidaweinste@gmail.com	Fort Bragg	By appt.	x	x	x	x	Bilingual, bicultural, Somatic Trauma Specialist, Somatic Experiencing Practitioner (SEP), Touch Skills Therapy (TST), Safe and Sound Protocol (SSP), Biodynamic Craniosacral Therapy (BCST - in training) for complex trauma, developmental trauma, shock trauma, transgenerational trauma, chronic pain, syndromes, anxiety, depression, PTSD and C-PTSD, LGBTQIA, grief, domestic violence, sexual trauma, addictions, behavioral problems and nervous system regulation issues.	None	\$150 - \$110 sliding scale	English Spanish	Call for current availability	In person Telehealth	North
Werson	Sallie	CAC	P.O. Box 409 (707) 357-4633 swerson@mcn.org	Mendocino	Tues, Fri	x (over 12)	x	x	x and couples	Chemical dependency; eating disorders; experiential based therapy; hypnotherapy; sexual assault; trauma; abuse; LGBTQIA issues; depression	None	\$75 individual \$100 couples sliding fee	English	Yes		North
Cureton	Rev. Aileen	Licensed Spiritual Minister	303 N. Main Street, Suite J (707) 964-8987 aileencureton@gmail.com www.mendocinocsl.org	Fort Bragg	By appt.			x		Spiritual coaching & counseling, workshops, classes intended to help clients reach their greatest potential. LGBTQIA+, all nationalities, all religious beliefs welcome. Clients include teenagers through end of life working through life's struggles of all kinds.	None	Sliding scale	English	Yes	Telehealth, outdoor or in person sessions: phone, zoom, in person	North
Senior Peer Counseling Program																
Jacobs	Helen		Redwood Coast Senior Center 490 N. Harold St. (707) 961-4310 seniorvisitor@rcscenter.org	Fort Bragg	Hours by appt.			x	x	Provides navigation and referral support for clients and families seeking geriatric services in the Mendocino County Coordinator for the Senior Peer Counseling Program. Paraprofessional counseling offered by trained and supervised volunteers one hour per week to seniors 60+ via telephone or Zoom - no charge. Isolation, mild depression, anxiety, grief and loss.	None	No fees	English	Yes		

Mendocino County Based Substance Use Disorder Programs and Supports

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. Phillip 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	couple	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.						

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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.thecircleofhorses.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 srosantes.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.						