we can help

Any Mental illness
Anxiety and Panic
Abuse/Neglect
Addiction
Depression
Disability
Disaster
Harassment or Bullying
Loss of Loved One, Grief
Loss of Job, Income, or Home
Self-Destructive Behavior
Self-Harming Behavior
Suicidal Thoughts
Trauma and PTSD
Violence Prevention
Any Stressful Life Situation

RE-STABILIZATION
RECONNECTION
RECOVERY

HILL COUNTRY CARECenter
1401 Gold St. • Redding, CA
CALL: 530-691-4446
Monday - Friday
12pm to 9pm
Weekends & Holidays
11am to 9pm

HILL COUNTRY WELCOMES...
people of all races, ethnicities, and nationalities
people of all religions or none
people of all educational backgrounds
people of all economic backgrounds
people of all genders and sexual identities
people with diverse abilities
people of all family structure
people of all body types

...YOU

HILL COUNTRY
FREE URGENT MENTAL HEALTH SERVICES
365 DAYS A YEAR
Crisis and Suicide Prevention
Urgent Assessment & Intervention
Community Resource Linkage
Daily Wellness and Recovery Support
Specialty Support Programs
Outreach and Training

A program of:

691-4446
1401 Gold St. • Redding, CA
Funded by the CA Mental Health Services Act