



Tehama County Youth Mental Health Provider List

School Mental Health and Wellness Team
1135 Lincoln Street Red Bluff, CA 96080 | 530.527.7303 |

This list is intended to be a resource tool. It may not be all encompassing. Last revised 09/24/2025.

Children's First Lassen Counseling Services 590 Antelope Blvd # 30B Red Bluff, Ca 96080 (530) 690-2536 https://www.lassencounseling.com/	Services Provided: Outpatient Mental Health Counseling Services for Children, Adolescents and Adults. Services can be provided on or off site depending on the clients specific needs.	Insurance accepted: Most major insurances accepted including Partnership, California Health and Wellness, EPA (Employee Assistance Program) and Victim Witness.
Community Behavioral Health 415 Knollcrest Drive Redding, Ca 96002 (530) 392-4399 https://communitybehavioralhealth.com/	Services Provided: Mental health services for children and adults, available in-person or telehealth, psychiatric medication management. Walk-ins available. New office and accepting new patients.	Insurance accepted: Partnership HealthPlan
Community Crisis Response Unit (CCRU) 1850 Walnut Street Red Bluff, Ca 96080 1-800-240-3208 https://www.tehamacohhealthservices.net/prevention/behavioral-health-prevention/	Services Provided: Crisis services for anyone experiencing crisis to become stabilized and connect with ongoing support. Crisis Mental Health Assessments and Interventions Including Suicide Prevention and Coping Skills.	Insurance accepted: Available to anyone regardless of ability to pay
Dignity Health Women's Health Services 2490 Sister Mary Columba Dr. Red Bluff, CA 96080 530-529-2966 https://locations.dignityhealth.org/dignity-health-women's-health-services	Services Provided: Therapy and counseling for all ages. Goal setting and problem solving. Communication and coping skills enhancement. Self-esteem building. Behavior modification for optimal health and wellness.	Insurance accepted: Anthem Blue Cross PPO, Partnership, Medical, Medicare, United Health Medicare Advantage, Anthem Blue Cross Medicare Advantage, Blue Shield



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Empower Tehama 151 Sale Lane Red Bluff, Ca 96080 (530) 528-0226 (crisis) (530) 727-9423 (prevention center) https://empowertehama.org/	Services Provided: Prevention & Education, Domestic Violence Response and Outreach Services, Children's Services, Perspective Intervention Program, Sexual Assault & Trafficking Programs. On site services at Red Bluff High School.	Insurance accepted: No fee
Greenville Rancheria 1425 Montgomery Road Red Bluff, Ca 96080 (530) 528-8600 https://www.grth.org/	Services Provided: Mental health assessments and individual counseling through the psychiatrist or clinicians.	Insurance Accepted: All insurance carriers
New Day Family Counseling Center 329 Cedar St. Red Bluff, CA 96080 (530) 434-6318 https://newdayfamilycounselingcenter.org/	Services Provided: Individual, family, child and couples counseling	Insurance Accepted: Medical, Partnership and Sliding scale
North American Mental Health 420 S Main Street Red Bluff, CA 96080 1-888-292-8080	Services Provided: Individual therapy, Psychiatry, Medication management	Insurance Accepted: Medi-Cal



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Northern California Child Development, Inc 220 Sycamore St. Red Bluff, Ca 96080 (530) 529-1500 www.nccdi.com	Services Provided: Advocacy, Education on Social Skills, Nutrition, Mental Health Services for Behaviors and Trauma. Disability services including IEP, IFSP and Inclusion, Parent Training, Counseling and Referrals to community services. (Ages 0-17)	Insurance Accepted: Grant funded depending on income qualifications for services.
Parish Health and Wellness 22425 Sunbright Ave. Red Bluff, CA 96080 (530)528-2342 phwcare.com	Services provided: Counseling and Therapeutic Practice with Focuses on Anxiety, Stress and Anger Management, Depression, Relationship Issues, Trauma, Substance Abuse, Grief/Loss and the LGBTQ community.	Insurance accepted: Most insurance accepted.
Rachel Chavez, LCSW and Associates 530-355-8496 rchavez@rachelchavezlcsww.net rachelchavezlcsww.net	Services provided: Bilingual provider. Evaluations for immigration, Youth, Teens, Adult Mental health services, Trauma, Solution-Focused Therapy, CBT, Mindfulness	Insurance accepted: Anthem Blue Cross Medi-Cal, CA Health & Wellness Medi-Cal, Medicare Part B, Cardinal Care, CA Victim Comp Board, Lyra, Session Fee \$150.
Remi Vista, Inc 20 Antelope Blvd. Red Bluff, Ca 96080 (530)224-7160 remivistainc.org	Services Provided: Counseling & Psychotherapy with focuses on Depression, Anxiety, Trauma-related Problems, Disruptive Behaviors, Relationship Problems. (Ages 0 - 15)	Insurance Accepted: Medi-Cal
Rolling Hills Corning and Red Bluff Locations	Services Provided: . Our mental health professionals work with each patient individually to create the	Insurance Accepted: Most insurance accepted.



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Corning: 530-690-2826 Red Bluff: 530-690-2778 rhclinic.org	ideal treatment plan which may also include talk therapy. Our therapy and counseling is for individuals of all ages: adults, teens and children. Our caring professional therapists help people discover healing and lasting change in their thoughts, behavior, personal life, relationships and profession. Psychiatric Services for Adults, Adolescents, and Children, Group Therapy, All Psychiatric Conditions.	
Rowell Empowerment 3330 Churn Creek Road Suite A-1 Redding, Ca 96002 (530) 226-5129 https://rfenc.org/Home/	Services Provided: Training, Parent Consultation Services, Respite, Autism Program, Support.	Insurance Accepted: Services are free to those in Tehama county
Tehama County Behavioral Health 1850 Walnut Street Red Bluff, Ca 96080 (530)527-8491 ext.3527 https://www.tehamacountyhealthservices.net/services/behavioral-health-services/	Services Provided: Community Crisis Response Unit, Medication support, Children's services- Youth Empowerment services for the transitional youth ages 16-25. Not currently taking new youth clients	Insurance Accepted: Medi Cal or Medicaid
Tehama County Drug and Alcohol 1850 Walnut Street Red Bluff, Ca 96080 (530)527-7893	Services Provided: Substance use disorder education, prevention, assessment, treatment and recovery services. Outpatient treatment, gender specific treatment groups. Co-occurring substance use and behavioral health treatment groups, care	Insurance Accepted: Medical, Private Insurance or Self Pay on a Sliding Scale Fee



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https://www.tehamacountyhealthservices.net/services/substance-use-recovery-services/pregnant-parenting-women/	coordination and recovery support, dual diagnosis community support groups.	
Tehama Family Counseling Center 1112 Washington Street Red Bluff, Ca 96080 (530) 527-6702 http://www.fccredbluff.com/	Services Provided: Counseling Services to Address Depression, Anxiety, Family Conflict, Parenting, Abuse and Trauma. Offering Individual, Couples, Family and Play Therapy for Children.	Insurance Accepted: California Health and Wellness and Anthem Blue Cross as well as private pay and sliding scale options available
Victor Community Support Services 82 Belle Mill Rd. Suite 118 Red Bluff, CA 96080 (530) 840-2000 (Tehama County) https://www.victor.org/red-bluff	Services Provided: Works with families and youth to collaborate with outside agencies to provide outpatient specialty mental health services serving youth and families in homes, schools, community and office based and telehealth. Drop in center for youth. Ages 0-22.	Insurance Accepted: Medi-Cal FURS and CFT Contract with Child Welfare.

