

SAY Counseling Services





Individual & Family Therapy

Services provided to referred youth ages 5-25 and their family. Referring partners include:

- Sonoma County Behavioral Health (Medi-Cal)
- Family, Youth, and Children Prevention Services
- Sonoma County Juvenile Probation
- Seneca Family Permanence Collaborative

If you have Medi-Cal and need counseling please call the SCBH Access Line at (707) 565-6900 or (800) 870-8786

Grief Groups

SAY offers free grief support groups in Sonoma & Santa Rosa for children, youth, and adults healing after the death of a loved one or major loss, including divorce of parents, or major illness of a family member.

For more information about SAY Grief Services, please call 707-935-1946

School-Based Mental Health Services

SAY offers mental health services in schools across Sonoma County, including in the Santa Rosa City Schools District, Sonoma Valley Unified School District, and Cloverdale Unified School District.

For a list of schools & more information about these services, please see: <https://www.saysc.org/programs/school-based-counseling/>

For school-based mental health services, ask your school counselor to see a SAY clinician.