

Truckee - North Lake Tahoe

Mental and Behavioral Health Providers Accepting Medicaid/Medicare and Additional Resources

Medi-Cal

Community Recovery Resources - CoRR Truckee

10015 Palisades Dr
Truckee, CA 96161
(530) 587-8194
Mon - Fri, 12 PM - 9 PM
DUI, substance abuse

Community Recovery Resources - CoRR Tahoe

8491 N Lake Blvd
Kings Beach, CA 96143
(530) 546-5641
Mon - Fri, 12 PM - 9 PM
DUI, substance abuse

Indigo Waters Counseling Services, LCSW, Inc

Kristen Livak, LCSW
13406 Donner Pass Rd
Truckee, CA 96161
(530) 475-6678
Appointment only: Tues, Thurs 9 AM – 6 PM
Fri, Sat appointments available
English- or Spanish-speaking adults, teens or children

Nevada County Behavioral Health

Christopher Mausloff, LMFT
10075 Levon Ave #207
Truckee, CA 96161
(530) 582-7885
Mon - Fri, 8 AM - 5 PM
Children, adolescents, family therapy and Spanish-speaking adults

Kimball C. Pier, PhD, LMFT

11209 Brockway Road # 206
Truckee, CA 96161
(530) 414-1885
Appointment only
Mon - Fri, 9 AM - 5 PM
Individuals, couples, adolescents, and families
Note: Anthem Medi-Cal or CA Health & Wellness plans only

Sierra Mental Wellness Group

2690 Lake Forest Rd #B
Tahoe City, CA 96145
(530) 581-4054
Mon - Fri, 8 AM - 5 PM
Individuals, families, children, teens, couples and families

Uplift Family Services

202 Providence Mine Rd #105
Nevada City, CA 95959
(530) 265-7844
Mon - Fri, 8 AM - 5 PM
Children's health/wraparound

Medicare

Anita Spencer, PhD

12242 Business Park Dr #16
Truckee, CA 96161
(530) 582-5756
Appointment only
Mon - Wed, 8 AM - 5 PM
Adult and some adolescent individual therapy, no couples or families

Tahoe Forest Health System Medical Social Worker

10121 Pine Ave
Truckee, CA 96161
(530) 582-6575
Appointment only
Mon - Tues, Thurs - Fri, 8:30 AM - 5 PM
Home health, hospice

Other Resources

Al-Anon District #4

(775) 348-7103

www.nevadaal-anon.org

Alcoholics Anonymous Area 42, District 14

(530) 546-1126

www.laketahoeareaalcoholicsanonymous.com

Narcotics Anonymous Sierra Sage Region

(530) 546-1116

www.sierrasagena.org

Overeaters Anonymous Region #2

(775) 747-7380

www.nnsi.oar2.org

State of California, Department of Rehabilitation

2489 Lake Tahoe Blvd #4

South Lake Tahoe, CA 96150

(530) 541-3226

Mon - Fri 8 AM – 5 PM, drop-in or by appointment.
Employment services for adults with all types of disabilities, serving teens 16 and older and adults on a voluntary basis for participants.

Tahoe Truckee Suicide Prevention

www.tahoelifeline.org

Washoe County Crisis Center

(800) 992-5757

24-hour call line for crises including suicide, drug and substance abuse, family issues, all ages and genders

Whole Hearts, Minds and Bodies

A program of Gateway Mountain Center

(530) 205-6245

Nature-based therapeutic mentoring providing weekly, multi-hour sessions for youth

No-fee and low-fee services; sliding scale available
Spanish services available

YOU ARE NOT ALONE Warmline

(888) 977-6955 or

communityppdresources@yahoo.com

24 hours/7 days a week

Free postpartum community resources and social support network in English and Spanish.

Volunteers respond to phone messages and emails. All calls and emails will be returned.

Nevada County 211

2-1-1 Nevada County is a free, confidential information and referral service that is available 24/7, offering assistance in multiple languages, and services that are accessible to people with disabilities. Specialists can refer callers to a variety of service that best meet their needs, including:

- Behavioral and Mental Health Services
- Employment and Training
- Housing and Shelter Information
- Financial Assistance
- Children's Services
- Senior Services
- Food Programs
- Health Care Services

In the 530 area code, dial 211 or visit

www.mynevadacounty.com/Pages/Dial211.aspx

Washoe County 211

Nevada 2-1-1 is Nevada's most comprehensive, free connection to critical health and human services. Information about local community services is available in a single statewide location that can be accessed via voice, text, and online. Nevada 2-1-1 has information about:

- Basic human needs resources (food, clothing, shelter, temporary financial assistance, transportation)
- Physical and mental health resources
- Financial stability
- Support for older Americans and persons with disabilities
- Support for children, youth and families
- Volunteer opportunities and donations
- Support during a community crisis and disaster recovery

In the 775 area code, dial 211, or visit

www.nevada211.org

(Note: At the time of publication there is no Placer County 211 service, but one is in development.)