



Senior Peer Counseling and Support Program

Yolo County Alcohol, Drug & Mental Health's Volunteer Senior Peer Counseling and Support Program (SPC) offers confidential, no cost services to older adults throughout Yolo County who are experiencing some of the problems that accompany the aging process.

Senior Peer Counselors provide emotional support, guidance and empathy to people over the age of 60 who may be facing the death of a spouse, the stress of an illness, isolation from family or friends, and other life transitions. Talking with someone of a similar age, with related life experiences and values, can help a person work through feelings—or make decisions—about the challenging issues associated with aging.

Support groups are offered at select venues within the county and focus on a variety of themes related to the aging process. Group meetings are facilitated by experienced Senior Peer Counselors and may be time limited or ongoing.

Senior Peer Counselor message line (530) 757-5534

Senior Peer Counseling Program offers:

Individual counseling
Support groups
Mental health referrals
In home sessions

We do not provide:

24 hour emergency services
Assessment or treatment for dementia
Counseling for addictions or serious mental illnesses

This program is supported by
The Mental Health Services Act (MHSA) of Yolo County