



SacMap

Supporting access to behavioral health care in Sacramento County

SACRAMENTO COUNTY BEHAVIORAL HEALTH RESOURCE DIRECTORY



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About SacMap

SacMap is a program of Cal Voices that aims to make the process of seeking, finding, and accessing Sacramento County behavioral health services understandable and accessible for community members. Tools include a web-based resource guide, online resource search tool, this printable resource guide, as well as monthly workshops to educate community members on behavioral health services and supports in Sacramento County. Virtual workshops will be held through 2022.

To learn more about SacMap, visit our website at www.calvoices.org/sacmap

About Cal Voices

In 1946, coalition of mental health patients, mental health service providers, and interested community members began a local Mental Health Association chapter in Sacramento, which is now known as Cal Voices, a continuation of NorCal MHA. For over 70 years, Cal Voices has provided mental health consumers with culturally-affirming peer support services, assistance in navigating various human service agencies, and advocacy for consumer-oriented public mental health policies. Currently, Cal Voices provides these services in Amador, Placer, and Sacramento counties in California, and offers training and technical assistance to peers and mental health agencies statewide. Cal Voices is an affiliate of Mental Health America (MHA) is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness.

About This Resource Directory

The Sacramento County Behavioral Health Resource Directory provides information about many of the behavioral health services available throughout Sacramento County. The programs listed are free, or low-cost, and have few, if any, eligibility requirements. Most of the programs listed are funded, at least in part, by the Sacramento County Division of Behavioral Health. This directory also includes other local programs and national hotlines. Please note that programs may be listed more than once.

SacMap created this directory during the COVID-19 Pandemic using on the most up-to-date information available from Sacramento County and/or each community resource directly. Due to changing circumstances, it is possible that some information is missing, incorrect, or has become outdated. Changes may occur after the date of publication. Check with each program to confirm hours and service availability.

A listing in this guide does not guarantee that services will be provided; does not imply any type of contract with, referral to, or recommendation for any provider or agency listed within the guide; and is to be used solely for informational purposes.

SACRAMENTO COUNTY BEHAVIORAL HEALTH SERVICES

The Sacramento County Division of Behavioral Health provides a full array of culturally competent and linguistically proficient mental health and substance use prevention and treatment services for individuals of all ages.

Types of Services

The following types of services are available throughout Sacramento County:

- Crisis services
- Inpatient services
- Outpatient services
- Phone lines
- Respite services
- Suicide prevention services
- Wellness centers

Some services require Medi-Cal eligibility while others are open to the public. Each type of service is defined throughout this directory.

Outpatient Behavioral Health Services for Medi-Cal Eligible Children, Youth, & Young Adults

Medi-Cal eligible children, youth, and young adults (up to age 20) are eligible for inpatient and outpatient behavioral health services through Medi-Cal.

Services may include the following:

- Case management
- Counseling and support groups
- Crisis intervention (all ages)
- Linkage to other community resources
- Intensive care coordination
- Intensive home-based services
- Medication support
- Services for co-occurring mental health and developmental issues
- Services for co-occurring mental health and alcohol/substance abuse disorders

For assessment and eligibility verification call the Access Team at (916) 875-1055 or (888) 881-4881 (Mon-Fri | 8am – 5pm).

Sacramento County Behavioral Health Services

Outpatient Behavioral Health Services for Medi-Cal Eligible Adults (21 and older)

Medi-Cal eligible adults are eligible for the following outpatient services if they are experiencing a serious mental illness:

- Assessments
- Case management
- Counseling and psychotherapy
- Evaluation and monitoring
- Medication support services
- Plan development

For assessment and Medi-Cal eligibility verification call the Access Team at (916) 875-1055 or (888) 881-4881 (Mon-Fri | 8am – 5pm).

Inpatient Mental Health Services

Inpatient mental health services treatment may be needed if an individual has a mental illness or symptoms of a mental illness, that cannot be safely treated at a lower level of care, or because of the illness/symptoms the person:

- is currently a danger to themselves or others, and/or may cause property destruction
- is unable to care for oneself (food, clothing or shelter)
- presents a severe risk to their physical health
- has had a recent, significant deterioration in ability to function

Regardless of insurance (Medi-Cal or private insurance) there are designated locations where they can receive inpatient treatment and patients may require prior authorization. Consult your member handbook or call member services for assistance with locating a hospital and determining eligibility.

Mental Health Emergencies

A mental health emergency is a life-threatening situation where an individual is a danger to themselves or others, severely confused or is out of touch with reality, has a severe inability to function, or is otherwise distraught and out of control.

If you or someone you know is experiencing a mental health emergency go to the nearest emergency room or call 911 and ask for the Community Support Team*.

The Community Support Team is a group of available peer/family support specialist and mental health counselors to address a mental health crisis. Call the Community Support Team at (916) 874-6015 (Mon-Fri | 8am – 5pm) for immediate assistance.

COUNSELING SERVICES

Community-based counseling services to address mental health issues for general or specific community members.

General Community Counseling

One Community Health

1500 21st St. Sacramento, CA 95811
(916) 471-2336

www.onecommunityhealth.com

Provides mental health counseling and substance abuse treatment for members. Services include crisis intervention, counseling, evaluation medication management, and support groups.

Eligibility: Must be a member

Cost: Accepts Medi-Cal, Medicare, private insurance and self-pay

Referral process: Call for information

Sacramento Native American Health Center

2020 J St., Sacramento, CA 95811
(916) 341-0575

Mon-Fri | 7:30am – 5pm

www.snahc.org

Provides culturally competent behavioral health services including mental health and substance abuse counseling, traditional healing practices, support groups, and medication management. Primary care also available.

Eligibility: Must be a member (open to all); Some support groups are open to the public

Cost: Accepts Medi-Cal, Medicare, self-pay and private insurance (Native patients only)

Referral process: Call for more information

General Community Counseling

Sacramento State Center for Counseling & Diagnostic Services

6000 J St., Eureka Hall, Rm. 421
Sacramento, CA 95819

(916) 278-6252 | ccds@csus.edu

Mon-Fri | 8am – 5pm

Provides mental health counseling for individuals, couples, families and children. Also offers career and rehabilitation counseling and educational testing (K-12 students) for learning disabilities.

Eligibility: People living in Sacramento

Cost:

- Counseling: \$100 for 14 sessions
- Diagnostic Testing: \$200

Referral process: Call for assistance

UC Davis Early Psychosis Program

(916) 734-7251

Mon-Fri | 8am – 5pm

Programs and services for individuals experiencing symptoms of early psychosis. Offers clinical assessment, medication management, case management, as well as individual/family illness education, support groups and employment support.

Eligibility: Individuals (ages 12-40)

Cost: Accepts Medi-Cal, private insurance, and self-pay

Referral process: Call for assistance

Counseling Services

General Community Counseling

WellSpace Health

(916) 313-8441

www.wellspacehealth.org

Provides individual counseling for youth, adults, couples and families, group counseling for adults and families, psychiatry and medication management, assessment, advocacy and substance use disorder treatment options.

Eligibility: Open to those registered with WellSpace Health

Cost: Accepts Medi-Cal, Medicare, Family PACT and self-pay (sliding-scale)

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | All **others:** call organization

La Familia Counseling Center

5523 34th St., Sacramento, CA 95820

(916) 210-8733

(916) 227-2600 (after hours)

Mon-Fri | 8:30am – 5pm

www.lafcc.org

Provides behavioral health counseling, family support and other services for youth (up to age 21) and family support.

Eligibility: Medi-Cal eligible youth (up to age 21)

Cost: Free

Referral process: Call for assistance



Mental Health Defined

Mental Health

Includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices (CDC, 2021)

Mental illness

A serious functional impairment that substantially interferes with or limits one or more major life activities, such as basic daily living skills; instrumental living skills; and functioning (SAMHSA, 2020)

Poor mental health and mental illness are not the same thing...

While 1 in 5 Americans will experience a mental illness in a given year nearly everyone experiences challenges to their mental health (SAMHSA, 2019)

Counseling Services

Specific Community Counseling

Gender Health Center

3823 V St. Sacramento, CA 95817
(916) 455-2391
Mon-Fri | 9am – 6pm
www.genderhealthcenter.org

Provides services and supports for Transgender and Gender Non-Conforming individuals including counseling, harm reduction, mental health respite, STD testing, advocacy and resource referrals to LGBTQ+ affirming community services.

Eligibility: Transgender & Gender Non-Conforming adults (age 18 & older)

Cost: Most services are free;
Counseling: self-pay (sliding-scale fees)

Referral process: Appointment required for counseling, advocacy and STI testing. Drop-in for respite care, support groups and syringe exchange

NORCAL Services for Deaf & Hard of Hearing

4044 N. Freeway Blvd.
Sacramento, CA 95834
(916) 349-7500 (V) | (916) 993-3048 (VP)
(916) 550-9355 (P3)
(916) 236-1184 (after hours)
<https://norcalcenter.org>

Services and supports for deaf and hard of hearing individuals. Provides counseling, support groups, intimate partner violence support, programs for deaf seniors, and communication assistance.

Eligibility: Deaf and hard of hearing individuals and their families

Cost: Vary by service needed

Referral process: Call for information

Specific Community Counseling

Sacramento LGBT Community Center

1015 20th St., Sacramento, CA 95811
(916) 442-0185 | info@saccenter.org
Mon-Fri | 10am – 6pm
Weekends | 10am – 4pm
www.saccenter.org/mentalhealth

Programs and services to support the mental and physical health and wellness of LGBTQ+ communities. Provides including support groups, counseling for crime victims, respite care, STI testing, Prep, gender affirming care services/referrals. workshops, and resource referrals.

Eligibility: LGBTQ+ people (age 12 & older)

Cost: Free

Referral process: Call or drop-in



Benefits of Mental Health Services

- Manage stress better
- Reduce conflict and strengthen relationships
- Reduction in anxiety
- Improved moods
- Improved communication skills
- Clearer thinking
- Develop coping skills
- Gain hope for the future
- Reduce isolation
- Work productively

Counseling Services

Specific Community Counseling

Shifa for Today

3820 Auburn Blvd., Ste. 83
Sacramento, CA 95821
(916) 486-8626 | counseling@mas-ssf.org
Mon-Fri | 9am – 5pm
www.mas-ssf.org

Peer counseling and resource referrals service for Muslim individuals, couples, families and teens.

Eligibility: Muslim community members of all ages

Cost: Self-pay (sliding-scale fees)

Referral process: Email or call to speak with the intake coordinator

Therapeutic Services Focused on the Black and African American Community

<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

Provides strength-based, culturally responsive and trauma informed counseling services, including crisis intervention, focused on issues impacting the Black and African-American community.

Eligibility: Black and African-American community members of all ages

Cost: Free for the first 8 visits

Referral process: Reach out to a provider listed on the website to schedule services

Specific Community Counseling

Transcultural Wellness Center

7273 14th Ave., Ste. 120B
Sacramento, CA 95820
(916) 383-6783
Mon-Th | 8am – 7pm; Fri | 8am – 5pm
<http://apccounseling.org>

Mental health services for Asian and Pacific Islander (API) communities including assessment, counseling, medication support, life skills trainings, socialization and service referrals.

Eligibility: Medi-Cal eligible and uninsured API community members (all ages)

Cost: Free

Referral process: Medi-Cal/uninsured: call (916) 875-1055 for assessment eligibility and treatment authorization

WEAVE: Services for Survivors

1900 K St., Sacramento, CA 95811
(916) 920-2952
24 hours a day, 7 days a week
www.weaveinc.org

Services and support for survivors of domestic violence, sexual assault, and sex trafficking. Provides counseling, a crisis line, emergency housing, legal assistance, case management, and skills building workshops.

Eligibility: Survivors of domestic violence, sexual assault, and sex trafficking

Cost: Free

Referral process: Call for assistance

CRISIS SERVICES

Mental health support for community members experiencing an urgent mental health problem that cannot wait for a regular, scheduled appointment.

Crisis Intervention Services

Centro de Apoyo Latino Program

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Provides short-term crisis intervention services to the Latino community, including finding long-term solutions, system navigation, support groups, and resource referrals.

Eligibility: Latino community (all ages)

Cost: Free

Referral process: Call for assistance

Community Support Team

(916) 874-6015
Mon-Fri | 8am – 5pm

A mobile mental health crisis response team of peer counselors, family support specialists and mental health clinicians who provide early mental health interventions and assessments, individual and family education, service referrals, education and system navigation.

Eligibility: Sacramento County residents (all ages)

Cost: Free

Referral process: Call for services

Crisis Intervention Services

Crisis Nursery

North Location | (916) 679-3600
4533 Pasadena Ave.
Sacramento, CA 95821

South Location | (916) 394-2000
6699 South Land Park Dr.
Sacramento, CA 95831

24 hours a day, 7 days a week
<http://www.kidshome.org/>

Emergency childcare (up to 30 days) for children of families in crisis. Families are eligible for crisis and case management support.

Eligibility: Parents experiencing a crisis who need childcare for their children (age 0-5)

Cost: Free

Referral process: Call for appointment and space availability; waitlist available



Mental Health Crisis

Any situation where a person's behavior "puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community"

(National Alliance on Mental Illness, p. 5, 2018)

Crisis Services

Crisis Intervention Services

Mental Health Urgent Care Clinic

2130 Stockton Blvd., Bldg. 300
Sacramento, CA 95817
(916) 520-2460
Mon-Fri | 10am – 10pm
Sat-Su and Holidays | 10am – 6pm
www.tpcp.org/programs/urgent-care

A walk-in clinic for individuals with an urgent mental health need. Provides counseling, peer support, crisis intervention, mental health assessments, resource referrals, and brief medication management (excluding controlled substances).

Eligibility: Anyone experiencing a mental health and/or co-occurring substance abuse crisis

Cost: Free

Referral process: Walk-in

My Sister's House

(916) 428-3271
24 hours a day, 7 days a week
www.my-sisters-house.org

Provides culturally responsive support for Asian and Pacific Islander (API) women who have experienced domestic violence, sexual assault, and human trafficking. Provides a 24-hour crisis support line, crisis intervention, emergency shelter, support groups, parenting support and job training.

Eligibility: API women and children

Cost: Free

Referral process: Call for immediate support

Crisis Intervention Services

The Source

2750 Sutterville Rd. Sacramento, 95820
(916) 787-7678 | thesource@kidshome.org
24 hours a day, 7 days a week
www.thesourcesacramento.com

Provides urgent support for foster youth (current and former), and their resource families. Services include a free support hotline, case management, mental health services, and resource referrals.

Eligibility: Current/former foster youth (up to age 26) in crisis or struggling

Cost: Free

Referral process: Call/text/chat for assistance



Symptoms of a Mental Health Crisis

- Letting personal care slide (e.g., unable or unwilling to brush teeth)
- Inability to perform daily tasks
- Rapid mood swings
- Increased agitation
- Abusive behavior to self/others
- Isolating oneself from school, work, family, and friends
- Loss of touch with reality
- Paranoia

Crisis Services

Crisis Intervention Services

Youth Help Network

401 S St., Sacramento, CA 95814
(833) 333-2946 | (916) 860-9819 (text)
Mon-Fri | 9am – 7pm
www.starsyouth.net

Provides, free short-term services to youth (ages-16-25) including peer support, mental health assessments for Medi-Cal eligible youth, resource referrals, health navigation, and employment/education assistance.

Eligibility: Youth (ages 16-25)

Cost: Free

Referral process: Call, drop-in or visit the website for assistance

Crisis Phone Services

California Youth Crisis Line

(800) 843-5200
24 hours a day, 7 days a week
www.calyouth.org

Free statewide emergency response and referral system for youth (age 12-24) and families in crisis. Provides crisis intervention, resource referrals and an online resource list.

Crisis Text Line

Text “home” to 741741
24 hours a day, 7 days a week

Provides free crisis support for anyone experiencing a mental health crisis

Crisis Phone Services

Love is Respect

1 (866) 331-9474 | Text “LOVEIS” to 22522
24 hours a day, 7 days a week
www.loveisrespect.org

Free confidential information, support, and advocacy to young people (age 13-26) who have questions or concerns about their romantic relationships. Also provides support to concerned family members, teachers, counselors and other youth caregivers. Call, text, or chat.

Mental Health 24-Hour Crisis Line

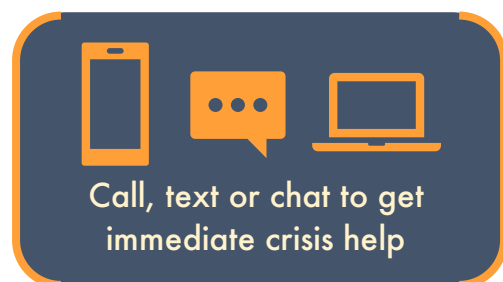
(888) 881-4881 or (916) 875-1055

Assists uninsured residents experiencing a mental health crisis with finding treatment and services. Provides free mental health and service eligibility assessments, and resource referrals.

My Sister’s House

(916) 428-3271
24 hours a day, 7 days a week
www.my-sisters-house.org

A free multilingual support line for Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking.



Crisis Services

Crisis Phone Services

National Domestic Violence Hotline

(800) 799-7233 | Text "Start" to 88788
24 hours a day, 7 days a week
www.thehotline.org

A free, confidential crisis hotline for survivors of domestic violence. Call, text, or chat.

SAGE National LGBT Elder Hotline

(877) 360-LGBT (5428)
24 hours a day, 7 days a week
www.sageusa.org

Crisis and emotional support for LGBT+ older adults including resource referrals.

Suicide Prevention Crisis Line

(916) 368-3111 or 1-800-273-8255
Text "HOPE" to (916) 668-iCAN (4226)
24 hours a day, 7 days a week

Free, immediate mental health crisis support for those who are experiencing a mental health crisis and/or who are considering suicide.

The Source

(916) 787-7678 | thesource@kidshome.org
24 hours a day, 7 days a week
www.thesourcesacramento.com

Free, crisis and respite phone/text line for current and former foster youth and their resource families (up to age 26).

Crisis Phone Services

The Trevor Project

(866) 488-7386 | Text "START" TO 678-678
24 hours a day, 7 days a week
www.thetrevorproject.org

Provides confidential crisis support and suicide prevention services for LGBTQ+ youth (up to age 25) struggling with coming out, LGBTQ+ identity, depression and suicide.

Trans Lifeline

(877) 565-8860
24 hours a day, 7 days a week
www.translifeline.org

Confidential, anonymous, peer support line for transgender individuals. Offers emotional support, service referrals and microgrants. Phone support also offered for friends and family.

Veterans Crisis Line

(800) 273-8255 (Press 1) | Text 838255
(800) 799-4889 (deaf and hard of hearing)
24 hours a day, 7 days a week
www.veteranscrisisline.net

A free, confidential crisis line for veterans, current service members and their families. Callers are connected to caring, qualified responders from the Department of Veteran's Affairs who provide confidential crisis counseling and links to resources including services at a local VA medical center.

WEAVE 24-hour Crisis Line

(916) 920-2952
www.weaveinc.org

Free, confidential crisis intervention and support to survivors of survivors of domestic violence, sexual assault, and sex trafficking.

Crisis Services

Crisis Respite Services

Abiding Hope Respite House

9916 Zion Way, Sacramento, CA 95827
(916) 287-4860
www.tpcp.org/programs

Provides short-term mental health crisis respite stays (7-14 days) that include after-hours crisis support, care management, service referrals, psychiatric and medication services, and life skills groups.

Eligibility: Adults (age 18 & older) living with a psychiatric disability. Must also:

- have a TB clearance
- have 2 weeks of sobriety
- be able to manage their own medication
- not be currently at risk for self-harm
- not have a physical disability that affects their mobility

Cost: Free

Referral process: Community or self-referral. Call for assistance

Crisis Respite Services

Caregiver Crisis Intervention Respite Program

8241 Auburn Blvd., Ste. 265
Citrus Heights, CA 95610
(916) 728-9333
www.deloro.org/services

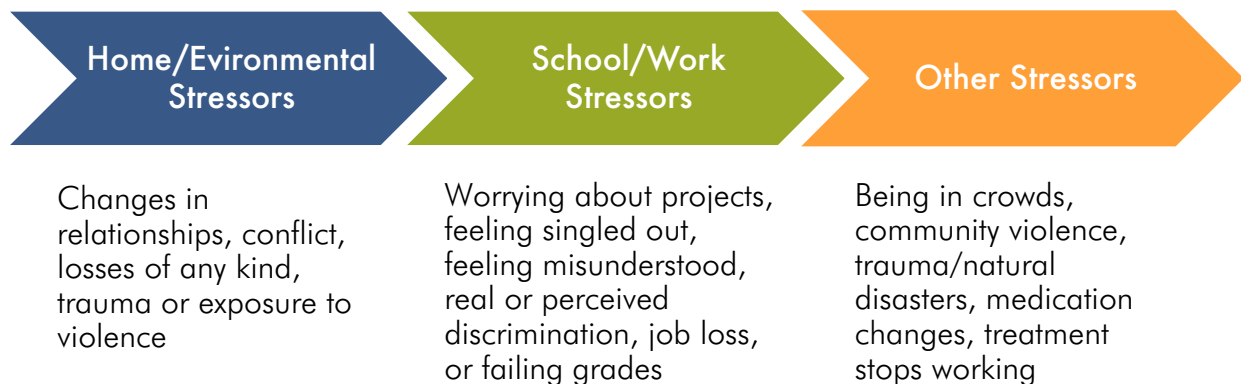
Helps decrease hospitalizations due to mental health crises of family caregivers of people diagnosed with cognitive disorders, primarily dementia. Provides respite care, family consultation, home visits and an assessment with a Master's level clinician to develop a care plan focused on services, supports and wellness.

Eligibility: Adult (age 18 or older) caregivers of all age groups for those with cognitive disorders

Cost: Free

Referral process: Call for a screening

Possible Causes of a Crisis



Crisis Services

Crisis Respite Services

HOPE Cooperative Mental Health Crisis Respite Center

(916) 737-7483

24 hours a day, 7 days a week

www.hopecoop.org/services

Respite care (up to 23 hours) for adults experiencing a mental health crisis, but are not in immediate danger to self, or others. Individuals receive supportive listening, service referrals, and access to a computer and phone.

Eligibility: Adults (age 18 or older)

Cost: Free

Referral process: Call for intake

Saint John's Mental Health Respite Program

8401 Jackson Rd., Sacramento, CA 95825

(916) 453-1482

info@saintjohnsprogram.org

www.saintjohnsprogram.org

Respite care (up to 7 days) for adult and/or parenting women experiencing a mental health crisis that is not life-threatening. Offers crisis intervention, individual and family counseling, mental health evaluations, substance use counseling, peer support, resource referrals, case management, and respite housing.

Eligibility: Adult and/or parenting women

Cost: Free

Referral process: Call for services

Crisis Respite Services

The Ripple Effect

4704 Roseville Rd. Ste. 110

North Highlands, CA 95660

(916) 891-0211

therippleeffect@achurchforall.org

Mon-Fri | 12pm – 6pm

www.achurchforall.org

Peer-based mental health respite services for individuals experiencing a mental health crisis, which is not life threatening or in need of psychiatric hospitalization. Services include peer counseling, care coordination, and resource referrals.

Eligibility: Adults (age 18-70)

Cost: Free

Referral process: Call for more information or drop-in

Other Crisis Support

Crisis Navigation Program

933 Tech Center Dr., Ste. 100

Sacramento CA, 95826

(510) 613-0330

Provides up to up to 60 days of system navigation support and resource referrals following treatment at an emergency room or inpatient hospital for a mental health crisis.

Eligibility: Sacramento County residents currently receiving mental health crisis services at a psychiatric hospital or Sacramento County emergency room.

Cost: Free

Referral process: Accepts referrals from emergency rooms or inpatient hospitals

DIVERSE COMMUNITIES

Mental health services specifically designed for the diverse communities of Sacramento County.

American Indian & Alaskan Native

Sacramento Native American Health Center

2020 J St., Sacramento, CA 95811
(916) 341-0575
Mon-Fri | 7:30am – 5pm
www.snahc.org

Provides culturally competent behavioral health services including mental health and substance abuse counseling, traditional healing practices, support groups, and medication management. Primary care also available.

Eligibility: Must be a member of SNAHC (membership open to all); Some support groups are open to the public

Cost: Accepts Medi-Cal and Medicare, self-pay (sliding-scale fees) and private insurance (Native patients only)

Referral process: Call for more information

Asian American & Pacific Islander

Asian Pacific Community Counseling

7273 14th Ave., Ste. 120B
Sacramento, CA 95820
(916) 383-6783
Mon-Th | 8am – 7pm; Fri | 8am – 5pm
<http://apccounseling.org>

Community-based services mental wellness services for Asian and Pacific Islander (API) individuals including counseling, outreach, education, support groups, suicide prevention, recovery support, skills classes, and community building activities.

Eligibility: API communities (all ages)

Cost: Free

Referral process: Call for information

Culturally Affirming Care



When you find a therapist you might like to work with ask:

- How familiar they are with your culture, background, & lived experiences
- About their training and experience with working with diverse populations

Some therapists offer free phone consultations where you can ask these questions you can also ask them at your first appointment.

Diverse Communities

Asian American & Pacific Islander

Healthy Village Senior Group

6000 Lemon Hill Dr., Sacramento, CA 95824
(916) 393-3083
Mon and Wed | 9am – 12pm
www.unitediumien.org

A safe, supportive social space for Lu Mien older adults to share their health and wellness concerns and participate in social activities.

Eligibility: Lu Mien adults (age 40 & older)

Cost: Free

Referral process: Drop-in

Iu Mien Community Services

5657 Stockton Blvd., Ste. 102,
Sacramento, CA 95824
(916) 383-3083
Mon-Fri | 9am – 5pm
www.unitediumien.org

Culturally responsive social services for the Iu Mien community. Provides support groups, a radio program, and other community events. Also provides resource referrals, case management, document translation, language interpretation, and case management.

Eligibility: Iu Mien community (all ages);

Cost: Free

Referral process: Call for more information



A free, confidential information and referral service

Asian American & Pacific Islander

Lao Family Community Development

(916) 359-2788 (North)
(916) 393-7501 (South)
Mon-Fri | 9am – 5pm
www.lfcd.org

Provides services to support the overall well-being and economic mobility of underserved individuals. Offers workshops, events, support groups, advocacy, resource referrals, case management, and refugee services.

Eligibility: Refugees, immigrants, and low-income US born community members

Cost: Free

Referral process: Call for information

My Sister's House

(916) 428-3271
24 hours a day, 7 days a week
www.my-sisters-house.org

Provides culturally responsive support for Asian and Pacific Islander (API) women who have experienced domestic violence, sexual assault, and human trafficking. Provides a 24-hour crisis support line, crisis intervention, emergency shelter, support groups, parenting support and job training.

Eligibility: API women and children

Cost: Free

Referral process: Call for immediate support

Diverse Communities

Asian American & Pacific Islander

Transcultural Wellness Center

7273 14th Ave., Ste. 120B
Sacramento, CA 95820
(916) 383-6783
Mon-Th | 8am – 7pm; Fri | 8am – 5pm
<http://apccounseling.org>

Mental health services for Asian and Pacific Islander (API) communities including assessment, counseling, medication support, life skills trainings, socialization and service referrals.

Eligibility: Medi-Cal eligible and uninsured API community members (all ages)

Cost: Free

Referral process: Medi-Cal and uninsured individuals call (916) 875-1055 for eligibility and treatment authorization

S.A.E Mien Youth Club

5657 Stockton Blvd., Ste. 102,
Sacramento, CA 95824
(916) 383-3083
Mon-Fri | 9am – 5pm
www.unitediumien.org

Social club for Lu Mien youth to socialize with their peers and learn about Lu Mien culture. Activities include club meetings, physical and mental health education, workshops, team building games, volunteer activities, and leadership activities.

Eligibility: Lu Mien youth (age 12-21)

Cost: Free

Referral process: Call for more information

Black & African American

Black Mothers United

4625 44th St. Ste. 13
Sacramento, CA 95824
(916) 559-4809
Mon-Fri | 8am – 5pm
www.blackmothersunited.org

Pregnancy support for Black mothers through all stages (prenatal through postpartum). Offers a dedicated pregnancy coach, doula care, lactation support, health and wellness activities and a support group.

Eligibility: Pregnant women (30 weeks or less) who identify as Black and African American and live in Sacramento County

Cost: Free

Referral process: Call to connect with the enrollment coordinator



Risk Factors: Mental Illness

- Family member with a mental illness
- Personal history with a mental illness
- Trauma
- Negative environment
- Personal stress
- Social isolation

The more risk factors you have, the more you are at risk for developing a mental illness

Diverse Communities

Black & African American

Safe Black Space

(530) 683-5101
SafeBlackSpace@gmail.com
www.safeblackspace.org

Provides culturally specific strategies to help Black and African American community members heal from current and historical experiences of racial stress, anxiety, trauma, and/or trauma. Offers monthly Community Healing Circles (as needed) and ongoing Emancipation Circles.

Eligibility: Black and African American community members (age 14 & older)

Cost: Free

Referral process: Call or email for assistance

Soul Space

520 9th Street, Ste. 102
Sacramento, CA 95814
(916) 269-4103

Provides culturally affirming holistic wellness and practical supports for Black and African American community members. Services include individual assessments, support groups and workshops, case management, service navigation, life skills and health education, financial empowerment classes as well as employment counseling.

Eligibility: Black and African American community members

Cost: Free

Referral process: Call to get connected with resources and support

Black & African American

The Living Room: African American Suicide Prevention Project

South: 7000 Franklin Blvd., Ste. 1020
Sacramento, CA 95823

North: 4704 Roseville Rd., Ste. 110
North Highlands, CA 95660

(916) 234-0178 or (916) 807-7820
Mon-Fri | 3pm – 9pm
www.aaspp-thelivingroom.org

Provides services to support the emotional wellness of Black and African American community members. Offers peer/family counseling, crisis intervention, support groups, and community workshops.

Eligibility: Black and African American community members (all ages)

Cost: Free

Referral process: Call for assistance

Therapeutic Services Focused on the Black and African American Community

<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

Provides strength-based, culturally responsive and trauma informed counseling services, including crisis intervention, focused on issues impacting the Black and African-American community.

Eligibility: Black and African-American community members of all ages

Cost: Free for the first 8 visits

Referral process: Reach out to a provider listed on the website to schedule services

Diverse Communities

Deaf & Hard of Hearing

NORCAL Services for Deaf & Hard of Hearing

4044 N. Freeway Blvd.
Sacramento, CA 95834
(916) 349-7500 (V) | (916) 993-3048 (VP)
(916) 550-9355 (P3)
(916) 236-1184 (after hours)
<https://norcalcenter.org>

Services and supports for deaf and hard of hearing individuals. Provides counseling, support groups, intimate partner violence support, programs for deaf seniors, and communication assistance.

Eligibility: Deaf & hard of hearing individuals and their families

Cost: Vary by service needed

Referral process: Call for information

Eastern European

Slavic Assistance Center

2117 Cottage Way, Sacramento, CA 95825
(916) 925-1017
www.slaviccenter.us

Provides family health promotion, community development services as well as immigration and naturalization education and training for Slavic people living in the greater Sacramento Area.

Eligibility: Slavic community members (all ages)

Cost: Free

Referral process: Call for information

Latino, Latina, & Latinx

Centro de Apoyo Latino Program

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Provides short-term crisis intervention services to the Latino community, including finding long-term solutions, system navigation, support groups, and resource referrals.

Eligibility: Latino community members (all ages)

Cost: Free

Referral process: Call for assistance



Recovery Defined

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential
(SAMHSA, 2021)

Keys to Recovery

- Good health
- A stable & safe place to live
- Being able to conduct meaningful day to day activities
- Having relationships & social networks

Diverse Communities

Latino, Latina, & Latinx

La Familia Counseling Center

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Provides a variety of mental health supports and programs for individuals/families including mental health services for youth (up to age 21), support groups, crisis intervention, advocacy, resource navigation, and community education.

Eligibility: Varies by program

Cost: Free

Referral process: Call, drop-in or visit the website for more information

La Familia Counseling Center Supporting Community Connections Program

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Offers suicide prevention services for the Latino community. Provides support groups, risk awareness workshops, senior companion groups and community events.

Eligibility: Latino community members (all ages)

Cost: Free

Referral process: Call for more information

Latino, Latina & Latinx

Senior Companionship Program

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Provides home visits and assistance to isolated Latino older adults.

Eligibility: Latino older adults

Cost: Free

Referral process: Call, drop-in or visit the website for more information

LGBTQ+ Communities

Audre's Emporium of New Tomorrows

(916) 601-2979
admin@wakingthevillage.org
www.wakingthevillage.org

Housing support for LGBTQ+ young adults (up to 18 months). Provides assistance with individual action plans, career counseling, as well as basic health care, and mental health care services.

Eligibility: Homeless LGBTQ+ young adults (age 18-21) who are survivors of crime

Cost: Free

Referral process: Call for assistance

Diverse Communities

LGBTQ+ Communities

Danelle's Place Respite Program

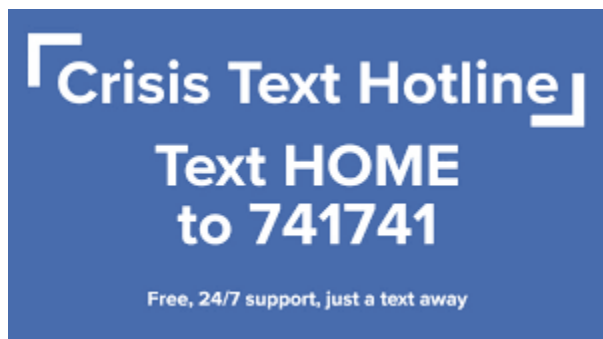
3823 V St., Sacramento, 95817
(916) 455-2391
Tue & Thu | 9am–12 pm & 1pm–3pm
Fri | 12pm–2pm & 3pm – 6pm
www.genderhealthcenter.org/respite

A safe drop-in respite and social space for Transgender and Gender non-conforming individuals who need a break from the stress of daily life. Provides individual and group chat, recreational activities, access to communal resources and basic supplies.

Eligibility: Transgender and Gender Non-conforming adults (age 18 & older)

Cost: Free

Referral process: Drop-in



LGBTQ+ Communities

Gender Health Center

3823 V St. Sacramento, CA 95817
(916) 455-2391
Mon-Fri | 9am – 6pm
www.genderhealthcenter.org

Provides services and supports for Transgender and Gender Non-Conforming individuals including counseling, harm reduction, mental health respite, STD testing, advocacy and resource referrals to LGBTQ+ affirming community services.

Eligibility: Transgender and Gender Non-Conforming individuals (all ages)

Cost: Most services are free;
Counseling: self-pay (sliding-scale fees)

Referral process: Appointment required for counseling, advocacy and STI testing. Drop-in for respite care, support groups and syringe exchange (see website for specific hours)

Lambda Lounge

1015 20th St., Sacramento, CA 95811
(916) 442-0185, Ext. 100
Tue and Thu | 10am – 4pm
www.saccenter.org/mental-health

Provides respite care and a social space for LGBTQ+ adults. Services include support groups, and resource referrals.

Eligibility: LGBTQ+ adults (age 25 & older)

Cost: Free

Referral process: Drop-in

Diverse Communities

LGBTQ+ Communities

Q-Spot

1015 20th St., Sacramento, CA 95811
(916) 442-0185, Ext. 107
Mon-Fri | 12pm – 6pm
Weekends | 10am – 4pm
www.saccenter.org/youth

Mental health respite services for LGBTQ+ youth. Services include crisis intervention, support groups, life skills workshops, HIV/HCV testing, homeless youth services as well as a computer lab, Wi-Fi and an LGBTQ+ library.

Eligibility: LGBTQ+ youth (age 13-24)

Cost: Free

Referral process: Drop-in

Sacramento LGBT Community Center

1015 20th St., Sacramento, CA 95811
(916) 442-0185 | info@saccenter.org
Mon-Fri | 10am – 6pm
Weekends | 10am – 4pm
www.saccenter.org/mentalhealth

Programs and services to support the mental and physical health and wellness of LGBTQ+ communities. Provides including support groups, counseling for crime victims, respite care, STI testing, Prep, gender affirming care services/referrals. workshops, and resource referrals.

Eligibility: LGBTQ+ communities (age 12 & older)

Cost: Free

Referral process: Call or drop-in

LGBTQ+ Communities

SAGE National LGBT Elder Hotline

(877) 360-LGBT (5428)
24 hours a day, 7 days a week
www.sageusa.org

Crisis and emotional support for LGBT+ older adults including resource referrals.

Trans Lifeline

(877) 565-8860
24 hours a day, 7 days a week
www.translifeline.org

Confidential, anonymous, peer support line for transgender individuals. Offers emotional support, service referrals and microgrants. Phone support also offered for friends and family.

The Trevor Project

(866) 488-7386 | Text "START" TO 678-678
24 hours a day, 7 days a week
www.thetrevorproject.org

Provides confidential crisis support and suicide prevention services for LGBTQ+ youth (up to age 25) struggling with coming out, LGBTQ+ identity, depression and suicide.



Recovery is Real

Recovery means different things to different people and is more than just the absence of symptoms

It is person-driven & self-determined and involves many different pathways

Diverse Communities

Muslim Community

Amala Youth Hopeline

(855) 952-6252

Call: Mon/Wed/Fri-Sun | 6pm – 10pm

Text: Wed/Sun | 6 pm – 10 pm

www.mas-ssf.org

A free, confidential, and culturally competent peer counseling and referral service for Muslim youth.

Al-Afia for Seniors (MAS-SSF)

3820 Auburn Blvd, Ste. 83

Sacramento, CA 95821

(916) 486-8626

Mon-Fri | 9am – 5pm

www.mas-ssf.org

Services for Muslim older adults to help with depression, anxiety, isolation, and helplessness often associated with aging. Provides educational events, social support activities and resource referrals.

Eligibility: Muslim older adults

Cost: Free

Referral process: Call for more information



A free, confidential information and referral service

Muslim Community

Muslim American Society - Social Services Foundation

3820 Auburn Blvd, Ste. 83

Sacramento, CA 95821

(916) 486-8626

Mon-Fri | 9am – 5pm

www.mas-ssf.org

Provides social services for the Muslim community to improve well-being. Offers peer counseling, youth and older adult services, advocacy, community education, and resource referrals.

Eligibility: Muslim community members

Cost: Most programs are free; Sliding-scale fees for peer counseling

Referral process: Call for more information

Shifa for Today

3820 Auburn Blvd., Ste. 83

Sacramento, CA 95821

(916) 486-8626 | counseling@mas-ssf.org

Mon-Fri | 9am – 5pm

www.mas-ssf.org

Peer counseling and resource referrals service for Muslim individuals, couples, families and teens.

Eligibility: Muslim community (all ages)

Cost: Self-pay (sliding-scale fees)

Referral process: Email or call to speak with the intake coordinator

HOMELESS SERVICES

Services and supports to residents experiencing homelessness or housing instability, with or without a mental health condition.

Drop-in Centers & Programs

Francis House Center

1422 C St., Sacramento, CA 95814
(916) 443-2646
Mon/Tu/Thu/Fri | 9am – 12pm & 1pm – 3pm

Services for homeless individuals and families. Offers meals and refreshments, hygiene kit, clothing, resource referrals, bus passes, California ID vouchers, notary service, veterans support and employment services.

Eligibility: Anyone experiencing homelessness

Cost: Free

Referral process: Drop-in only. Line up no earlier than 8:45am

Guest House Connections Lounge

600 Bercut Dr., Sacramento, CA 95811
(916) 440-1500
Mon-Fri | 9am – 3pm
www.elhogarinc.org

Provides homeless individuals with mental health education, service referrals, laundry services, and light refreshments.

Eligibility: Anyone experiencing homelessness

Cost: Free

Referral process: Drop-in

Drop-in Centers & Programs

Loaves and Fishes

1351 North C Street, Sacramento, CA 95811
(916) 441-4961
Mon-Fri | 7am – 2pm

www.sacloaves.org

Provides services and supports for homeless individuals and families including warm meals, showers, essential survival supplies, mental health services, veterinary services, services for women and children, legal services, basic health care, and bike repair.

Eligibility: Anyone experiencing homelessness in Sacramento County

Cost: Free

Referral process: Drop-in



Risk Factors: Homelessness

- Mental illness
- Adverse Childhood Experiences
- Substance use
- Poverty
- Lower levels of education
- Prejudice and discrimination
- Lack of affordable housing

Homeless Services

Drop-in Centers & Programs

Guest House Homeless Clinic

600 Bercut Drive, Sacramento, CA 95811
(916) 440-1500
Mon-Fri | 8am – 5pm
www.elhogarinc.org

Serves homeless adults who are struggling with mental health challenges. Provides peer support, support groups, individual therapy, medication support, assistance with public benefits, case management, and housing referrals.

Eligibility: Homeless or at-risk adults (age 18 & older) who are experiencing mental health challenges

Cost: Free

Referral process: Drop-in

Nation's Finest

7270 East Southgate Dr.,
Sacramento, CA, 95823
(916) 393-8387
Mon-Fri | 9am – 5pm
www.nationsfinest.org

Provides services to veterans and their families. Offers mental health and substance use counseling, health services, case management, employment services, housing assistance, and resource referrals.

Eligibility: Veterans and their families/friends

Cost: Free

Referral process: Call or drop-in

Drop-in Centers & Programs

Specialized Multiple Advocate Resource Team

600 Bercut Drive, Sacramento, CA 95811
(916) 440-1500
Mon-Fri | 8am – 5pm
www.elhogarinc.org

Assists homeless people struggling with a mental health disability in obtaining SSI/SSDI benefits.

Eligibility: Homeless adults (age 18-64) with a medical history showing of severe mental health and medical conditions.

Must also be

- eligible for, or enrolled in, an outpatient mental health treatment program
- disabled and unable to work for 12 months
- a US Citizen/Permanent Resident (prior to 8/20/1996)
- clean and sober for at least 90 days

Cost: Free for homeless/at-risk individuals

Referral process: Drop-in or call to schedule an appointment



Homeless Services

Drop-in Centers & Programs

VA Homeless Drop-in Clinic

(877) 424-3838

24 hours a day, 7 days a week

Homeless drop-in center for veterans. Provides services referrals, emergency housing, transitional housing, residential substance abuse treatment and screening for the HUD-VASH (Veteran's Housing Choice Voucher) program.

Eligibility: Any veteran experiencing housing issues

Cost: Free to eligible veterans

Referral process: Call for information or drop-in for assistance; Bring government issued picture ID and DD214

The Respite Center – Midtown HART

St. John's Lutheran Church

1701 L St., Sacramento, CA 95811

Tue | 9:30am – 12:30 pm

Trinity Cathedral

2620 Capitol Ave., Sacramento, CA 95816

Thu | 9:30am – 12:30pm

Respite services for anyone experiencing homelessness in Midtown Sacramento. Provides access to donated clothing, coffee, light snacks, outlets to charge phones, and access to a local resource navigator.

Eligibility: Anyone experiencing homelessness in Midtown Sacramento

Cost: Free

Referral process: Drop-in

Homeless Youth

Sacramento LGBT Community Center Housing Services

1015 20th St., Sacramento, CA 95811

(916) 442-0185 | info@saccenter.org

Mon-Fri | 10am – 6pm

Weekends | 10am – 4pm

www.saccenter.org/housing

Provides LGBTQ+ youth with supportive housing options including transitional housing, emergency placement and host homes.

Eligibility: LGBTQ+ youth (ages 18-24)

Cost: Free

Referral process: All housing programs are accessed through the Q-Spot. Call for assistance



Negative Effects of Homelessness

Increased risk for:

- Substance use disorders
- Mental health issues
- Trauma
- Medical conditions
- Employment challenges
- Incarceration

(SAMHSA, 2013)

Homeless Services

Homeless Youth

Waking the Village

(916) 601-2979
admin@wakingthevillage.org
www.wakingthevillage.org

Programs for youth and young adults experiencing homelessness, housing instability or who are at risk for homelessness. Offers three programs: Tubman House, Audre's Emporium of New Tomorrows, and the Sacramento Prevention and Intervention Team.

Eligibility: Housing options and support programs available for youth (ages 12-24)

Cost: Free

Referral process: Call for assistance

Wind Youth Services

815 S St., Sacramento, CA 95811
(916) 561-4900
(916) 628-1492 (24-hour shelter line)
Daily | 8:30am – 4pm
www.windyouth.org

Provides age-appropriate services for homeless and runaway youth including temporary shelter, respite care, and safety net/survival services. Also provides counseling, support groups, crisis intervention, linkages to resources, health and life skills workshops, case management and assistance with obtaining vital documents.

Eligibility: Homeless and runaway youth (up to age 24)

Cost: Free

Referral process: Call for information or drop-in for assistance

Housing Assistance

Next Move Sacramento

(916) 454-2120
www.nextmovesacramento.org

Provides housing options and support services for homeless families and individuals.

Eligibility: Homeless families with dependent children (under age 18) and homeless single adults (age 18 & over)

Cost: Free

Referral process: Call or visit the Sacramento County Department of Human Assistance (DHA) for assistance. DHA Phone: (916) 874-3100

Quinn Cottages

1500 North A St., Sacramento, CA 95814
(916) 492-9605
www.cottagehousing.org

Housing support for homeless individuals who have a documented disability, HIV/AIDS, mental health disorder, or substance use disorder.

Eligibility:

- Homeless for 1 yr or longer coming from a place not meant for habitation OR 4 or more episodes of homelessness in one year
- Must have a documented disability; mental health, substance abuse, HIV/AIDS

Cost: Free

Referral process: Call 211 and request to speak with a Navigator about Quinn Cottages

OLDER ADULT SERVICES

Community-based mental health services and supports uniquely designed for older adults (age 55 and over).

Crisis Services

Del Oro Caregiver Resource Center

8241 Auburn Blvd., Ste. 265
Citrus Heights, CA 95610
(916) 728-9333
www.deloro.org/services

Provides support for family caregivers of adults with chronic, disabling conditions or diseases. Services include family consultation, emotional support, counseling, support groups, respite services, care plans, legal and financial counsel, and resource referrals.

Eligibility: Must be caring for an adult with a cognitive impairing condition occurring after age 18 OR caring someone age 60 and over regardless of diagnosis requiring assistance with 2 or more activities of daily living

Cost: Free

Referral process: Call for a screening

Friendship Line California

1-888-670-1360
24 hours a day, 7 days a week

A free crisis intervention hotline and a warmline for non-emergency emotional support calls to support older adults (age 60 and older). Call for immediate assistance.

Crisis Services

SAGE National LGBT Elder Hotline

(877) 360-LGBT (5428)
24 hours a day, 7 days a week
www.sageusa.org

Crisis and emotional support for LGBT+ older adults including resource referrals.

WEAVE Elder Abuse Program

(916) 804-7673
Mon-Fri | 8:30am – 5:30pm
(916) 920-2952 (24-hour support line)

Provides immediate crisis and emotional support to older adults who have experienced partner or family member abuse. Services include advocacy, accompaniment, emergency supplies and resource referrals.

Eligibility: Older adults (age 60 & older)

Cost: Free

Referral process: Call during business hours. After hours, contact the 24-Hour Support Line



Social Support

Increased social connection & close personal relationships play a supportive role in improving the mental health of older adults

(Pan American Health Organization, n.d.)

Older Adult Services

Social Support

Al-Afia for Seniors

3820 Auburn Blvd, Ste. 83
Sacramento, CA 95821
(916) 486-8626
Mon-Fri | 9am – 5pm
www.mas-ssf.org

Services for Muslim older adults to help with depression, anxiety, isolation, and helplessness often associated with aging. Provides educational events, social support activities and resource referrals.

Eligibility: Muslim older adults

Cost: Free

Referral process: Call for more information

Ethel MacLeod Hart Senior Center

915 27th St., Sacramento, CA 95816
(916) 808-5462
Mon-Fri | 8am – 5pm
<http://www.cityofsacramento.org/hartcenter>

Provides services to support the independence of older adults. Offers day programs, recreational activities, health and wellness programs, community referrals, and system navigation.

Eligibility: Older adults (age 50 & older)

Cost: Most services are free

Referral process: Call for more information or visit the website

Social Support

Healthy Village Senior Group

6000 Lemon Hill Dr., Sacramento, CA 95824
(916) 393-3083
Mon & Wed | 9am – 12pm
www.unitediumien.org

A safe, supportive social space for Lu Mien older adults to share their health and wellness concerns and participate in social activities.

Eligibility: Lu Mien adults (age 40 & older)

Cost: Free

Referral process: Drop-in

Senior Companionship Program

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Provides home visits and assistance to isolated Latino older adults.

Eligibility: Latino older adults

Cost: Free

Referral process: Call, drop-in or visit the website for more information



Older Adult Services

Social Support

SeniorLink

3870 Rosin Court, Ste. 130
Sacramento, CA 95834
(916) 369-7872
Mon-Sat | 8am – 5pm
www.elhogarinc.org

Provides older adults with activities and outings, transportation, service referrals, cultural groups, skill development and volunteer activities.

Eligibility: Older adults (age 55 & older) experiencing anxiety, depression or isolation and are not receiving services through Sacramento County's Mental Health Plan or enrolled in an intensive case management program

Cost: Free

Referral process: Call or complete the online referral form

Senior Peer Counseling - Supporting Community Connections Older Adult Program

720 Howe Ave, Ste. 102
Sacramento, CA 95825
(916) 855-5444
Mon-Fri | 9am – 5pm

Provides isolated and homebound older adults with peer counseling, resource referrals, and education.

Eligibility: Older adults (age 55 & older)

Cost: Free

Referral process: Call for assistance

Social Support

Sierra Elder Wellness Program

3870 Rosin Court, Ste. 130
Sacramento, CA 95834
(916) 369-7872
Mon-Sat | 8am – 5pm
www.elhogarinc.org

Specialized outpatient mental health services for older adults. Services include outreach, counseling, mental health rehabilitation & therapy, psychiatric medication services, housing assistance, and case management.

Eligibility: Older adults (age 55 & older) experiencing functional impairment in important of their life due to chronic mental health symptoms

Cost: Free

Referral process: Call or drop-in for assistance

Telephone Reassurance Program

(916) 334-1072
www.eskaton.org/post/telephone-reassurance

Supports isolated and homebound seniors with regular phone calls to keep them engaged in with the community. Provides opportunities to socialize with others, resource referrals and performs safety and wellness checks.

Eligibility: Homebound/isolated older adults (age 55 & older)

Cost: Free

Referral process: Self or professional referrals. Complete online

PARENT SUPPORT

Support services for parents including education, respite care, housing assistance, group support, and system navigation.

Adoptive & Foster Family Support

Capitol Adoptive Families Alliance Respite Program

(916) 671-2030
Mon-Fri | 8am – 5pm
www.capadoptfam.org

Provides the adoptive community with parent and teen support groups, a respite drop-off program, and outings for families, parents and kids.

Eligibility: Adoptive families living in or having adopted in Sacramento County

Cost: Free

Referral process: Call for assistance

The Source

2750 Sutterville Rd. Sacramento, 95820
(916) 787-7678 | thesource@kidshome.org
24 hours a day, 7 days a week
www.thesourcesacramento.com

Provides urgent support for foster youth (current and former), and their resource families. Services include a free support hotline, case management, mental health services, and resource referrals.

Eligibility: Current/former foster youth (up to age 26) in crisis or struggling

Cost: Free

Referral process: Call/text/chat for assistance

Parenting Support

Crisis Nursery

North Location | (916) 679-3600
4533 Pasadena Ave.
Sacramento, CA 95821

South Location | (916) 394-2000
6699 South Land Park Dr.
Sacramento, CA 95831

24 hours a day, 7 days a week
<http://www.kidshome.org/>

Emergency childcare (up to 30 days) for children of families in crisis. Families are eligible for crisis and case management support.

Eligibility: Parents experiencing a crisis who need childcare for their children (age 0-5).

Cost: Free

Referral process: Call for appointment and space availability; waitlist available

Help Me Grow Sacramento

(916) 822-8744 | helpmegrow@scoe.net
www.helpmegrowsac.org

Serves families with children (0-5). Provides resources, advice, developmental screenings, and recommended activities to facilitate development.

Eligibility: Parents of children (age 0-5) who live in Sacramento County

Cost: Free

Referral process: Call or visit the website for assistance

Parent Support

Parenting Support

La Familia Counseling Center

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Provides parents with crisis intervention, support groups, mental health services for youth (age 0-21), pregnancy services, advocacy, and parenting education.

Eligibility: Varies by program. Check website for details

Cost: Free

Referral process: Call, drop-in or visit the website for more information

Sacramento Advocates for Family Empowerment (SAFE) Program

720 Howe Ave., Ste. 108
Sacramento, CA 95825
(916) 855-5427
Mon-Fri | 9am – 5pm

Provides youth and family advocacy at all levels of the public mental health system. Also supports clients by providing support groups, service navigation, Wellness Recovery Action Plan (WRAP) workshops and service referrals.

Eligibility: Families/caregivers and youth (up to age 25)

Cost: Free

Referral process: Call for assistance

Parenting Support for Young Adults

Tubman House

(916) 601-2979
admin@wakingthevillage.org
www.wakingthevillage.org

Offers up to 2 years of housing and support for parenting youth and their children that includes intensive coaching, a supportive environment, and referrals for permanent housing.

Eligibility: Parenting or pregnant youth (age 18-24) who are experiencing homelessness

Cost: Free

Referral process: Call for assistance

Phone Support

California Youth Crisis Line

(800) 843-5200
24 hours a day, 7 days a week
www.calyouth.org

Free statewide emergency response and referral system for youth (age 12-24) and families in crisis. Provides crisis intervention, resource referrals and an online resource list.

Love is Respect

1 (866) 331-9474 | Text "LOVEIS" to 22522
24 hours a day, 7 days a week
www.loveisrespect.org

Free confidential information, support, and advocacy to young people (age 13-26) who have questions or concerns about their romantic relationships. Also provides support to concerned family members, teachers, counselors and other youth caregivers. Call, text, or chat

Parent Support

Phone Support

Child Care Services – Child Action, Inc.

916-369-0191

info@childaction.org

<http://www.childaction.org>

Child care resource and referral service for Sacramento County. Also offers subsidies, recruitment and training, parent education and support, as well as a child care eligibility list.

Partnership to End Addiction

Text: CONNECT to 55753

www.drugfree.org

Schedule a call: www.scheduler.drugfree.org

Send an email: www.drugfree.org/email-a-specialist/

A free, helpline for those in a supportive role for a young person struggling with substance use.

The Source

(916) 787-7678 | thesource@kidshome.org

24 hours a day, 7 days a week

www.thesourcesacramento.com

Free, crisis and respite phone/text line for current and former foster youth and their resource families (up to age 26).



A free, confidential information and referral service

Pregnancy Support

Birth & Beyond Family Resource Centers

<https://www.birth-beyondfrc.com>

(888) 281-3000 (24-hour support line)

Provides services, activities, and opportunities for local families. Services include crisis intervention, counseling, service referrals, basic needs support, parent/child play groups, healthy living classes, job skills training, community health fairs, and youth development.

Eligibility: Pregnant women, and families with children ages 0 to 5

Cost: Free

Referral process: Visit one of the 6 locations in Sacramento County:
www.birth-beyondfrc.com/locations

Black Mothers United

4625 44th St. Ste. 13

Sacramento, CA 95824

(916) 559-4809

Mon-Fri | 8am – 5pm

www.blackmothersunited.org

Pregnancy support for Black mothers through all stages (prenatal through postpartum). Offers a dedicated pregnancy coach, doula care, lactation support, health and wellness activities and a support group.

Eligibility: Pregnant women (30 weeks or less) who identify as Black and African American and live in Sacramento County

Cost: Free

Referral process: Call to get connected with the enrollment coordinator

PHONE SUPPORT

Immediate mental health and crisis support by phone, text, or chat. All resources in this section are free and many are available 24-hours/day, 7-days a week.

Crisis Phone Support

California Youth Crisis Line

(800) 843-5200
24 hours a day, 7 days a week
www.calyouth.org

Free statewide emergency response and referral system for youth (age 12-24) and families in crisis. Provides crisis intervention, resource referrals and an online resource list.

Crisis Text Line

Text "home" to 741741
24 hours a day, 7 days a week
Free crisis text counseling for any mental health crisis.

Love is Respect

1 (866) 331-9474 | Text "LOVEIS" to 22522
24 hours a day, 7 days a week
www.loveisrespect.org

Free confidential information, support, and advocacy to young people (age 13-26) who have questions or concerns about their romantic relationships. Also provides support to concerned family members, teachers, counselors and other youth caregivers. Call, text, or chat

Mental Health 24-Hour Crisis Line

(888) 881-4881 or (916) 875-1055
Assists uninsured residents experiencing a mental health crisis with finding treatment and services. Provides free mental health and service eligibility assessments, and resource referrals.

Crisis Phone Support

National Runaway Safeline

(800) RUNAWAY (786-2929)
24 hours a day, 7 days a week
www.1800runaway.org

Free, confidential crisis intervention services for homeless and runaway youth, or youth in crisis who are at risk of running away (age 12-21) and their families. Support available by phone, chat and e-mail (via the website).

National Veterans Foundation

888-777-4443
24 hours a day, 7 days a week
www.nvf.org

Provides veteran to veteran and licensed counselor crisis support and service referrals to veterans and their families.

SAGE National LGBT Elder Hotline

(877) 360-LGBT (5428)
24 hours a day, 7 days a week
www.sageusa.org

Crisis and emotional support for LGBT+ older adults including resource referrals.



Phone Support

Crisis Phone Support

Suicide Prevention Crisis Line

(916) 368-3111 or 1-800-273-8255
Text "HOPE" to (916) 668-iCAN (4226)
24 hours a day, 7 days a week

Free, immediate mental health crisis support for those who are experiencing a mental health crisis and/or who are considering suicide.

The Source

(916) 787-7678 | thesource@kidshome.org
24 hours a day, 7 days a week
www.thesourcesacramento.com

Free, crisis and respite phone/text line for current and former foster youth and their resource families (up to age 26).

The Trevor Project

(866) 488-7386 | Text "START" TO 678-678
24 hours a day, 7 days a week
www.thetrevorproject.org

Provides confidential crisis support and suicide prevention services for LGBTQ+ youth (up to age 25) struggling with coming out, LGBTQ+ identity, depression and suicide

Crisis Phone Support

Trans Lifeline

(877) 565-8860
24 hours a day, 7 days a week
www.translifeline.org

Confidential, anonymous, peer support line for transgender individuals. Offers emotional support, service referrals and microgrants. Phone support also offered for friends and family.

Veterans Crisis Line

(800) 273-8255 (Press 1) | Text 838255
(800) 799-4889 (deaf and hard of hearing)
24 hours a day, 7 days a week
www.veteranscrisisline.net

A free, confidential crisis line for veterans, current service members and their families. Callers are connected to caring, qualified responders from the Department of Veteran's Affairs who provide confidential crisis counseling and links to resources including services at a local VA medical center.



Mental Health Emergency

A **life-threatening situation** in which an individual is threatening immediate harm to self or others, is severely disoriented or out of touch with reality, or is otherwise out of control

If you or someone you know is experiencing a mental health emergency

Go to the nearest emergency room or call **911** and ask for the Community Support Team (the mobile crisis response team)

Phone Support

Intimate Partner Violence Phone Support

Love is Respect

1 (866) 331-9474 | Text "LOVEIS" to 22522
24 hours a day, 7 days a week
www.loveisrespect.org

Free confidential information, support, and advocacy to young people (age 13-26) who have questions or concerns about their romantic relationships. Also provides support to concerned family members, teachers, counselors and other youth caregivers. Call, text, or chat.

WEAVE 24-hour Crisis Line

(916) 920-2952
24 hours a day, 7 days a week
www.weaveinc.org

Immediate, free and confidential intervention and support to survivors of survivors of domestic violence, sexual assault, and sex trafficking.

My Sister's House

(916) 428-3271
24 hours a day, 7 days a week
www.my-sisters-house.org

A free multilingual support line for Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking.

National Domestic Violence Hotline

(800) 799-7233 | Text "Start" to 88788
24 hours a day, 7 days a week
www.thehotline.org

A free, confidential crisis hotline for survivors of domestic violence. Call, text, or chat.

Non-Crisis Phone Support

Consumer Operated Warm Line

(916) 366-4668
Mon-Fri | 9am – 5pm

A free non-crisis phone line offering supportive listening, service referrals, and Wellness Recovery Action Plan (WRAP) workshops.

Amala Youth Hopeline

(855) 952-6252
Call: Mon/Wed/Fri-Sun | 6pm – 10pm
Text: Wed/Sun | 6 pm – 10 pm
www.mas-ssf.org

A free, confidential, culturally competent peer counseling and referral service for Muslim youth.

SAMHSA's National Helpline

1 (800) 662-HELP (4357)
www.samhsa.gov

A free, 24 hour, confidential, treatment referral and information service (in English & Spanish) for individuals and families facing mental and/or substance use disorders.

VA Caregiver Support Line

1(855) 260-3274 (toll-free)
Mon-Fri | 5am – 7pm; Sat | 5am – 2pm

A free support line for veterans and those who provide care to veterans. Provides supportive counseling, caregiver support services, education services, resource navigation and resource referrals.

Phone Support

Substance Use Disorder Phone Support

Al-Anon Family Group/Alateen – National

1-888-4AL-ANON (1-888-425-2666)

<https://al-anon.org>

Provides 24-hour phone support to families and friends who are affected by loved one's drinking.

Alcoholics Anonymous – Sacramento

(916) 454-1100

Provides 24-hour phone support to individuals who have the desire to stop drinking.



Overdose Emergency

Do not hesitate to **call 911** if you or someone you know is having a medical emergency involving alcohol or other drugs

Narcan® (naloxone) is a medication that could immediately counter the effects of **opioid/heroin** overdose and can be administered while someone is overdosing. Many emergency personnel carry **Narcan®** with them

It is also available from select pharmacies without a prescription. Ask your healthcare provider or local pharmacy for more information

Substance Use Disorder Phone Support

National Council on Alcoholism and Drug Dependence Hope Line

1-800-NCA-CALL (1-800-622-2255)

Directs callers to local affiliate programs around the country to assist with substance abuse issues.

Partnership to End Addiction

Text: CONNECT to 55753

www.drugfree.org

Schedule a call: www.scheduler.drugfree.org

Send an email: www.drugfree.org/email-a-specialist/

A free, helpline for those in a supportive role for a young person struggling with substance use.

Sacramento Fellowship of Narcotics Anonymous

(877) 623-6363

<https://sites.google.com/sacfna.org/welcome-home/>

Provides 24-hour phone support to individuals who wish to pursue and maintain a drug and alcohol-free lifestyle.

SAMHSA's National Helpline

1 (800) 662-HELP (4357)

www.samhsa.gov

A free, 24 hour, confidential, treatment referral and information service (in English & Spanish) for individuals and families facing mental and/or substance use disorders.

RESPIRE PROGRAMS

Calm, safe settings for people to improve well-being, reduce stress, increase connectedness, reduce feelings of isolation, increase their knowledge of available supports and how to access them, and reduce visits to the emergency room and psychiatric hospitals.

Crisis Respite

Abiding Hope Respite House

9916 Zion Way, Sacramento, CA 95827
(916) 287-4860

www.tpcp.org/programs

Provides short-term mental health crisis respite stays (7-14 days) that include after-hours crisis support, care management, service referrals, psychiatric and medication services, and life skills groups.

Eligibility: Adults (age 18 and older) living with a psychiatric disability.

Must also:

- have a TB clearance
- have 2 weeks of sobriety
- be able to manage their own medication
- not be currently at risk for self-harm
- not have a physical disability that affects their mobility

Cost: Free

Referral process: Community or self-referral. Call for assistance



Crisis Respite

HOPE Cooperative Mental Health Crisis Respite Center

(916) 737-7483

24 hours a day, 7 days a week

www.hopecoop.org/services

Respite care (up to 23 hours) for adults experiencing a mental health crisis, but are not in immediate danger to self, or others. Individuals receive supportive listening, service referrals, and access to a computer and phone.

Eligibility: Adults (age 18 & older)

Cost: Free

Referral process: Call for intake

Saint John's Mental Health Respite Program

8401 Jackson Rd., Sacramento, CA 95825
(916) 453-1482

info@saintjohnsprogram.org

www.saintjohnsprogram.org

Respite care (up to 7 days) for adult and/or parenting women experiencing a mental health crisis that is not life-threatening. Offers crisis intervention, individual and family counseling, mental health evaluations, substance use counseling, peer support, resource referrals, case management, and respite housing.

Eligibility: Adult and/or parenting women

Cost: Free

Referral process: Call for services

Respite Programs

Crisis Respite

The Ripple Effect

4704 Roseville Rd. Ste. 110
North Highlands, CA 95660
(916) 891-0211

therippleeffect@achurchforall.org

Mon-Fri | 12pm – 6pm

www.achurchforall.org

Peer-based mental health respite services for individuals experiencing a mental health crisis, which is not life threatening or in need of psychiatric hospitalization. Services include peer counseling, care coordination, and resource referrals.

Eligibility: Adults (age 18-70)

Cost: Free

Referral process: Call for more information or drop-in

Planned Respite

Capitol Adoptive Families Alliance Respite Program

(916) 671-2030
Mon-Fri | 8am – 5pm
www.capadoptfam.org

Provides the adoptive community with parent and teen support groups, a respite drop-off program, and outings for families, parents and kids.

Eligibility: Adoptive families living in or having adopted in Sacramento County

Cost: Free

Referral process: Call for assistance

Planned Respite

Del Oro Caregiver Resource Center

8241 Auburn Blvd., Ste. 265
Citrus Heights, CA 95610
(916) 728-9333

www.deloro.org/services

Provides support for family caregivers of adults with chronic, disabling conditions or diseases. Services include family consultation, emotional support, counseling, support groups, respite services, care plans, legal and financial counsel, and resource referrals.

Eligibility: Must be caring for an adult with a cognitive impairing condition occurring after age 18 OR caring someone age 60 and over regardless of diagnosis requiring assistance with 2 or more activities of daily living.

Cost: Free

Referral process: Call for a screening



Types of Respite Care

Crisis respite: Available 24/7. Provides an immediate opportunity to take a time-out and receive support

Planned respite: Scheduled events or programming that provides short-term, limited breaks from the triggers that may lead to a mental health crisis

Drop-in respite: Regularly scheduled hours in locations that offer an opportunity for a time-limited break and service referrals

Respite Service

Drop-in Respite

Danelle's Place Respite Program

3823 V St., Sacramento, 95817
(916) 455-2391
Tue/Thu | 9am – 12 pm & 1pm – 3pm
Fri | 12pm – 2pm & 3pm – 6pm
www.genderhealthcenter.org/respite

A safe drop-in respite and social space for Transgender and Gender Non-Conforming individuals who need a break from the stress of daily life. Provides individual and group chat, recreational activities, access to communal resources and basic supplies.

Eligibility: Transgender and Gender Non-Conforming adults (age 18 & older)

Cost: Free

Referral process: Drop-in

Lambda Lounge

1015 20th St., Sacramento, CA 95811
(916) 442-0185, Ext. 100
Tue/Thu | 10am – 4pm
www.saccenter.org/mental-health

Provides respite care and a social space for LGBTQ+ adults. Services include support groups, and resource referrals.

Eligibility: LGBTQ+ adults (age 25 & older)

Cost: Free

Referral process: Drop-in



Benefits of Peer Support



Peer support can help improve your wellbeing, lower the number of hospital stays, expand your social network and help improve self-esteem, confidence and social skills

Peer support workers:

- Understand what you are going through
- Can help you find services
- Support your progress towards recovery
- Help you achieve personal empowerment

SUBSTANCE USE DISORDER SERVICES

Sacramento County has a number of prevention and treatment options for substance use disorders. Most of the services listed in this directory accept Medi-Cal, Medicare, most major private insurances, and have a self-pay option.

How to Access Substance Use Treatment Services

Medi-Cal Members

Medi-Cal beneficiaries are eligible to receive substance use disorder services under the Sacramento County Behavioral Health Services Alcohol and Drug Services program.

To access substance use disorder services, call one of the following numbers based on age:

- **Adult System of Care for Substance Use Treatment (Adults 18+)**
(916) 874-9754
Mon-Fri (excluding holidays) 8am – 5pm
- **Youth System of Care for Substance Use Treatment (Under 18)**
(916) 875-2050
Mon- Fri (excluding holidays) 8am – 5pm
- **After Hours Line**
(888)-881-4881

Private Insurance Members

Residents with private insurance may have substance use disorder treatment covered under their medical or behavioral health plan.

Coverage may require a referral or prior authorization.

Private insurance substance use disorder benefit plans may cover the organizations and/or programs listed in this section, and/or additional options and providers.

Members should contact their members service department for additional information.



Overdose Emergency

Do not hesitate to **call 911** for medical emergencies involving alcohol or other drugs

Narcan® (naloxone) is a medication that could immediately counter the effects of **opioid/heroin** overdose and can be administered while someone is overdosing. Many emergency personnel carry **Narcan®** with them

It is also available from select pharmacies without a prescription. Ask your healthcare provider or local pharmacy for more information

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Detoxification Programs

New Dawn Treatment Centers

(916) 260-2639 (24-hour)
www.newdawnTreatmentCenters.com

Addiction recovery services including detoxification, residential treatment, and intensive outpatient services.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, Tricare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

WellSpace Health

(916) 313-8441
www.wellspacehealth.org

Offers a continuum of services for individuals struggling with substance abuse and co-occurring disorders. Services include addiction counseling, detoxification, residential and medication-assisted treatment.

Eligibility: Open to all Sacramento County residents. Must register with WellSpace Health

Cost: Accepts Medi-Cal, Medicare, Family PACT and self-pay (sliding-scale)

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Medication-Assisted Treatment

Aegis Treatment Centers

(916) 774-6647 (Roseville)
(209) 224-8940 (Lodi)
www.pinnacleTreatment.com

Provides opioid use disorder treatment and recovery services.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance



Signs of an Opioid Use Disorder

- Increased tolerance & physical dependence
- Unsuccessful efforts to cut down or control use
- Use resulting in social problems
- A failure to fulfill obligations at work, school, or home

(CDC, 2021)

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Medication-Assisted Treatment

Bi-Valley Medical Clinic

(916) 974-8090 (Carmichael)

(916) 649-6793 (Norwood)

www.baartprograms.com

Provides opioid use disorder treatment and recovery services.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

C.O.R.E Medical Clinic

2100 Capitol Ave., Sacramento, CA 95816

(916) 442-4985

Mon-Fri | 6am – 2:30pm

Sat-Sun & Holidays | 7am – 11am

www.coremedicalclinic.com

Provides opioid use disorder treatment and recovery services.

Eligibility: Adults (age 18 & older); must have a current physiological and a one-year documented history of opioid addiction

Cost: Accepts Medi-Cal, Kaiser and self-pay (sliding-scale)

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Medication-Assisted Treatment

MedMark Treatment Center

7240 East Southgate Dr., Ste. G

Sacramento, CA 95823

(916) 974-8090

Provides opioid use disorder treatment and recovery services.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance



Medication-Assisted Treatment

Medication-Assisted Treatment (MAT) is comprehensive way to address the needs of individuals that combines the use of medication (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies

MAT provides a “whole-patient” approach to the treatment of substance use disorders. Programs are tailored to meet individual patient needs
(CDC, 2021)

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Medication-Assisted Treatment

One Community Health

1500 21st St. Sacramento, CA 95811
(916) 471-2336

www.onecommunityhealth.com

Provides members with substance use and opioid disorder treatment for members. Services include substance use assessment, counseling, treatments for opioid use disorder, treatment for co-occurring mental health illness and substance use disorder, detoxification, maternal addiction services, and case management.

Eligibility: Must be a member of One Community Health

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: Call for more information



Medication-Assisted Treatment

Sacramento Comprehensive Treatment Center

7225 East Southgate Dr., Ste. D
Sacramento, CA 95823

(888) 986-4270

Mon-Fri | 5:30am – 12:30pm

Sat | 7am – 10am

www.ctcprograms.com

Provides medication-assisted treatment for persons seeking recovery from opioid addiction.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Sunrise Health & Wellness

10089 Folsom Blvd.
Rancho Cordova, CA 95670
(916) 366-6531

sunrise@sunrisehealthwellness.com

Mon-Sat | 6am – 2:30pm

www.getoffopiates.com

Provides medication-assisted treatment and support services for opioid use disorder.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: Call to speak with a counselor

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Medication-Assisted Treatment

Transitions Buprenorphine Clinic of Sacramento

3647 40th St., Sacramento, CA 95817
(916) 452-1068

bup@transitionsclinic.sprucecare.com

Mon-Sat | 8am – 4pm

www.sactransitions.com

Provides buprenorphine-based treatment for opioid dependence.

Eligibility: Adults (age 18 & older)

Cost: \$200/month

Referral process: Call, text or email to schedule an appointment

WellSpace Health

(916) 313-8441

www.wellspacehealth.org

Provides services for individuals struggling with substance abuse and co-occurring disorders. Services include counseling, detoxification, residential and medication-assisted treatment.

Eligibility: Open to all Sacramento County residents. Must register with WellSpace Health

Cost: Accepts Medi-Cal, Medicare, Family PACT and self-pay (sliding-scale)

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Outpatient Treatment

Bridges Professional Treatment Services

3600 Power Inn Rd., Stes. A-C
Sacramento, CA 95826

(916) 647-5343

www.bridgesinc.net

Provides outpatient substance abuse treatment services including individual counseling, support groups, relapse prevention, early recovery, alcohol and drug testing, and DUI services.

Eligibility: Adults (age 18 & older) with Medi-Cal or individuals/families with court mandates

Cost: Medi-Cal accepted; self-pay required for some programs

Referral process: Medi-Cal/uninsured: call (916) 874-9754 for assistance

Substance Use Disorder

A substance use disorder is a mental disorder that affects a person's brain and behavior, leading to a person's inability to control their use of substances such as legal or illegal drugs, alcohol, or medications

(National Institute of Mental Health [NIMH], 2021a)

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Outpatient Treatment

Nation's Finest

7270 East Southgate Dr.,
Sacramento, CA, 95823
(916) 393-8387
Mon-Fri | 9am – 5pm
www.nationsfinest.org

Provides substance abuse treatment services for veterans.

Eligibility: Veterans and their families/friends

Cost: Free

Referral process: Call or drop-in

One Community Health

1500 21st St. Sacramento, CA 95811
(916) 471-2336
www.onecommunityhealth.com

Provides members with substance use and opioid disorder treatment for members. Services include substance use assessment, counseling, treatments for opioid use disorder, treatment for co-occurring mental health illness and substance use disorder, detoxification, maternal addiction services, and case management.

Eligibility: Must be a member of One Community Health

Cost: Accepts Medi-Cal, Medicare, some private insurance (call to verify) and self-pay

Referral process: Call for more information

Symptoms of a Substance Use Disorder



Impaired control: cravings or strong urge to use; desire or failed attempts to cut down or control substance use



Social problems: failure to complete major tasks at work/school/home; social/work/leisure activities are given up or cut back due to substance use



Risky use: substance is used in risky settings; continued use despite risk and negative consequences



Drug effects: need for larger amounts to get the same effect; withdrawal symptoms

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Outpatient Treatment

Sacramento Native American Health Center

2020 J St., Sacramento, CA 95811
(916) 341-0575

Mon-Fri | 7:30am – 5pm

www.snahc.org

Provides patient-centered, culturally competent, and holistic, treatment for substance use disorder.

Eligibility: Must be a registered member to receive substance use disorder treatment

Cost: Medi-Cal, Medicare, self-pay, private insurance (Native patients only)

Referral process: Call for more information on becoming a member

Salvation Army Sacramento Adult Rehabilitation Center

1615 O St, Sacramento, CA 95814
(916) 441-5267

Mon-Fri | 7:30am – 2:30pm

Provides rehabilitation for individuals struggling with drug and alcohol addiction.

Eligibility: Open to all

Cost: Free

Referral process: Drop-in during intake hours (8am – 2:30pm) for assistance

Outpatient Treatment

Valley Recovery Center of California

2221 Fair Oaks Blvd.
Sacramento, CA 95825
(888) 994 -2152

www.valleyrecovery.com

Provides substance use disorder treatment through partial hospitalization (day program), intensive outpatient, and aftercare meetings.

Eligibility: Adults (age 18 & older)

Cost: Accepts most insurance

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Volunteers of America Substance Use Disorder Treatment Services

3434 Marconi Ave., Sacramento, CA 95821
(916) 265-3400

www.voa.org/substance-use-disorders

Provides residential, intensive outpatient and other support services to individuals with a substance use disorder.

Eligibility: Adults, adolescents, and families

Cost: Accepts Medi-Cal and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Outpatient Treatment

WellSpace Health

(916) 313-8441

www.wellspacehealth.org

Provides services for individuals struggling with substance abuse and co-occurring disorders. Services include counseling, detoxification, residential and medication-assisted treatment.

Eligibility: Open to all Sacramento County residents. Must register with WellSpace Health

Cost: Accepts Medi-Cal, Medicare, Family PACT and self-pay (sliding-scale)

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Phone Support

Al-Anon Family Group/Alateen - National

1-888-4AL-ANON (1-888-425-2666)

<https://al-anon.org>

Provides 24-hour phone support to families and friends who are affected by loved one's drinking.

Alcoholics Anonymous – Sacramento

(916) 454-1100

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Phone Support

National Council on Alcoholism and Drug Dependence Hope Line

1-800-NCA-CALL (1-800-622-2255)

Directs callers to affiliate programs around the country to assist, at a local level, with substance abuse issues.

Sacramento Fellowship of Narcotics Anonymous

(877) 623-6363

<https://sites.google.com/sacfna.org/welcome/home/>

Provides 24-hour phone support to individuals who wish to pursue and maintain a drug and alcohol-free lifestyle.

SAMHSA's National Helpline

1 (800) 662-HELP (4357)

www.samhsa.gov

A free, 24 hour, confidential, treatment referral and information service (in English & Spanish) for individuals and families facing mental and/or substance use disorders.



Overdose Emergency

Do not hesitate to **call 911** if you or someone you know is having a medical emergency involving alcohol or other drugs

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Pregnant & Parenting Women

Options for Recovery

(916) 395-3552 Ext. 3272
Mon-Fri | 8am – 5pm

Provides residential and outpatient substance use disorder treatment for pregnant and/or parenting women. Services provided by Volunteers of America, Strategies for Change, and Sacramento County Behavioral Health Services.

Eligibility:

- Pregnant and/or parenting women (with children under age 5)
- Must be eligible for services from the Sacramento County System of Care for Substance Use Treatment

Cost: Low or no cost; no one turned away for inability to pay

Referral process: Call (916) 395-3552 (EXT. 3272) to determine eligibility and obtain treatment authorization



Pregnant & Parenting Women

Saint John's Program for Real Change

8401 Jackson Rd., Sacramento, CA 95825
(916) 453-1482

info@saintjohnsprogram.org
www.saintjohnsprogram.org

Offers an 18-month substance use recovery and vocational program for parenting women that provides counseling, parenting education, healthy relationship training, and hands-on employment training and education. Also offers a 90-day program for parenting and pregnant women that includes substance use counseling.

Eligibility:

- **18-month program:** parenting women
- **90-day program:** parenting and/or pregnant women (can be no more than 4 months pregnant)
- **For both programs:** Children must be fully vaccinated and between 2 months and 17 years old (18 ok if in high school).

Cost: Free

Referral process:

- **18-month program:** contact Saint John's directly for assistance
- **90-day program:** Contact (916) 874-9754 for eligibility and treatment authorization

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Pregnant & Parenting Women

WellSpace Health

(916) 313-8441
www.wellspacehealth.org

Provides outpatient substance use disorder treatment for pregnant and parenting women.

Eligibility: Open to all Sacramento County residents. Must register with WellSpace Health

Cost: Accepts Medi-Cal, Medicare, Family PACT and self-pay (sliding-scale)

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Residential Treatment

Alpha Oaks: Recovery for Women by Women in Recovery

(916) 944-3920
24 hours a day, 7 days a week
www.alphaoaks.org

Provides residential recovery services for women living with alcoholism.

Eligibility: Women (age 18 & older)

Cost: Accepts Medi-Cal and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Residential Treatment

New Dawn Treatment Centers

(916) 260-2639 (24-hour)
www.newdawnTreatmentCenters.com

Provides addiction recovery services including detoxification, residential treatment, and intensive outpatient services.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, Tricare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

River City Recovery Center

500 22nd St., Sacramento, CA 95816
(916) 442-3979
Mon-Th | 8am – 4pm | Fri | 8am – 2pm
www.rivercityrecovery.org

Residential, 12-step oriented, substance abuse program for adults.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Residential Treatment

Sacramento Recovery House

1914 22nd St., Sacramento, CA 95816
(916) 455-6258

www.sacrecovery.org

Provides gender responsive and trauma informed residential treatment and sober living options for recovery from substance use disorders.

Eligibility: Must have 72 hours without use of drugs and/or alcohol, be free of alcoholic or epileptic seizures, and have a current TB test

Cost: \$4500.00 per month, assessed on sliding scale basis; Accepts Medi-Cal

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Volunteers of America Substance Use Disorder Treatment Services

3434 Marconi Ave., Sacramento, CA 95821
(916) 265-3400

www.voa.org/substance-use-disorders

Provides residential, intensive outpatient and other support services to individuals with a substance use disorder.

Eligibility: Adults, adolescents, and families

Cost: Accepts Medi-Cal and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-9754 for assistance | **All others:** call organization for assistance

Support Groups

Central California Fellowship of Alcoholics Anonymous

(916) 454-1100

<https://aasacramento.org>

Provides free peer support meetings, 24-hour phone support, special events and resource referrals for individuals who have the desire to stop drinking. Call for immediate assistance or check the website for meeting schedules.

Families Anonymous

(800) 736-9805

www.familiesanonymous.org

Provides free support groups and recovery literature for families and friends of those with a current, suspected, or former issue with substance use. Check website for list of virtual meetings.

LifeRing Secular Recovery

1(800) 811-4142

www.lifering.org

Provides secular, abstinence-based addiction recovery support groups for individuals to share practical experiences and sobriety support. Check website for schedule.

Substance Use Disorder Services

ADULT PROGRAMS (AGE 18 & OLDER)

Support Groups

Nar-Anon/Narateen

(800) 477-6291

www.nar-anon.org

Provides free in-person and virtual support groups, and education resources for families and loved ones who have been affected by someone else's addiction to narcotics. Check website for schedule of meetings.

Northern California Cocaine Anonymous

(916) 595-7910

www.canorcal.org

Provides peer support groups for individuals to share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.

Sacramento Al-Anon Family Group/Alateen

(916) 334-2970

<https://sacal-anon.blogspot.com/>

Provides free peer support groups and information for families and friends who are affected by a loved one's drinking. Check website for schedule of meetings.

Support Groups

Sacramento Fellowship of Narcotics Anonymous

(877) 623-6363

<https://sites.google.com/sacfna.org/welcome/home/>

A network of ongoing peer support meetings, events and resources for individuals who wish to pursue and maintain a drug and alcohol-free lifestyle. Call or text your zip code to 877-623-6363 for meeting schedule. Meeting schedules available on the website

Sacramento LGBT Community Center

1015 20th St., Sacramento, CA 95811

(916) 442-0185 | info@saccenter.org

Mon-Fri | 10am – 6pm

Weekends | 10am – 4pm

www.saccenter.org/mentalhealth

Provides meeting space for addiction recovery support groups for the LGBTQ+ (21 & older) community including: Agnostic Alcoholics Anonymous, Crystal Meth Anonymous, Love and Sex Anonymous, Midtown AA, Over the Rainbow NA, and Wholesale Miracles (AA Big Book studies). Check website for meeting days/times.

Substance Use Disorder Services

YOUTH & YOUNG ADULT PROGRAMS (UP TO AGE 26)

Outpatient Treatment

Capital Star Recovery Services Program

(916) 844-2426

www.starsinc.com/sacramento-county

Provides alcohol and other substance use disorder treatment services for youth. Services include outpatient and inpatient treatment options.

Eligibility: Youth (age 12-26) eligible for Sacramento County's Substance Use Prevention and Treatment System of Care

Cost: Free

Referral process: Call (916) 874-9754 for a referral

Sobriety Brings a Change

4066 47th Ave., Ste. 102
Sacramento, CA 95824
(916) 454-4242

www.sobrietybringsachange.net

Outpatient addiction treatment for adults and youth. Offers individualized treatment plans, counseling, sober living, and education.

Eligibility: Drug/alcohol programs open to adults over 21 years old. All other programs open youth and adults

Cost: Youth services are free | Accepts Medi-Cal; offers sliding scale fees to adults

Referral process: **Medi-Cal/uninsured:** call (916) 874-2050 for assistance | **All others:** call organization for assistance

Medication-Assisted Treatment

WellSpace Health

(916) 313-8441


www.wellspacehealth.org

Offers a continuum of services for individuals struggling with substance abuse and co-occurring disorders. Services include addiction counseling, detoxification, residential and medication-assisted treatment.

Eligibility: Open to all Sacramento County residents. Must register with WellSpace Health

Cost: Accepts Medi-Cal, Medicare, Family PACT and self-pay (sliding-scale)

Referral process: **Medi-Cal/uninsured:** call (916) 874-2050 for assistance | **All others:** call organization for assistance



Risk factors for Youth Substance Use & Abuse

- Early aggressive behavior
- Lack of parental supervision
- Academic problems
- Undiagnosed mental health problems
- Peer substance use
- Drug availability
- Poverty
- Peer rejection
- Child abuse & neglect

(Youth.gov, 2021)

Substance Use Disorder Services

YOUTH & YOUNG ADULT PROGRAMS (UP TO AGE 26)

Medication-Assisted Treatment

Aegis Treatment Centers

(916) 774-6647 (Roseville)

(209) 224-8940 (Lodi)

www.pinnacle-treatment.com

Provides opioid use disorder treatment and recovery services.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-2050 for assistance | **All others:** call organization for assistance

Bi-Valley Medical Clinic

(916) 974-8090 (Carmichael)

(916) 649-6793 (Norwood)

www.baartprograms.com

Provides opioid use disorder treatment and recovery services.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-2050 for assistance | **All others:** call organization for assistance

Medication-Assisted Treatment

C.O.R.E Medical Clinic

2100 Capitol Ave., Sacramento, CA 95816

(916) 442-4985

Mon-Fri | 6am – 2:30pm

Sat-Sun & Holidays | 7am – 11am

www.coremedicalclinic.com

Provides opioid use disorder treatment and recovery services.

Eligibility: Adults (age 18 & older) with a one-year documented history of opioid addiction and have a current physiological addiction

Cost: Accepts Medi-Cal, Medicare and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-2050 for assistance | **All others:** call organization to schedule services

MedMark Treatment Center

7240 East Southgate Dr., Ste. G

Sacramento, CA 95823

(916) 974-8090

Provides opioid use disorder treatment and recovery services.

Eligibility: Adults (age 18 & older)

Cost: Accepts Medi-Cal, Medicare, some private insurance and self-pay

Referral process: **Medi-Cal/uninsured:** call (916) 874-2050 for assistance | **All others:** call organization for assistance

Substance Use Disorder Prevention & Treatment Services

YOUTH & YOUNG ADULT PROGRAMS (UP TO AGE 26)

Phone Support

Al-Anon Family Group/Alateen - National

1-888-4AL-ANON (1-888-425-2666)
<https://al-anon.org>

Provides 24-hour phone support to families and friends who are affected by loved one's drinking.

Nar-Anon/Narateen

(800) 477-6291
www.nar-anon.org

Provides free in-person and virtual support groups, and education resources for families and loved ones who have been affected by someone else's addiction to narcotics. Check website for schedule of meetings

SAMHSA's National Helpline

1 (800) 662-HELP (4357)
www.samhsa.gov

A free, 24 hour, confidential, treatment referral and information service (in English & Spanish) for individuals and families facing mental and/or substance use disorders.


Prevention

Prevention programs help prevent the negative consequences of substance use by providing information and services that promote safe and healthy behaviors and environments.

Omni Youth Programs

9616 Micron Ave, Ste. 750
Sacramento, CA, 95827
(916) 362-2000 | info@omniyouth.net
www.omniyouth.net

Supports the development of strong families, youth leaders and communities through programs that prevent substance use among youth (age 9-20). Provides training for teens to become facilitators of underage prevention programs, free workshops, interactive drug awareness exhibits and video screenings.



Protective Factors: Youth Substance Abuse

- Parental or family engagement
- Family support
- Parental disapproval of substance use
- Parental monitoring
- School connectedness

(CDC, 2020)

Substance Use Disorder Prevention & Treatment Services

YOUTH & YOUNG ADULT PROGRAMS (UP TO AGE 26)

Prevention

Partnership to End Addiction

Text: CONNECT to 55753

www.drugfree.org

Schedule a call: www.scheduler.drugfree.org

Send an email:

<http://www.drugfree.org/email-a-specialist/>

Provides free, confidential support to those who are in a supportive role in the life of a young person struggling with substance use

Pro Youth and Families

3780 Rosin Court, Ste. 120

Sacramento, CA 95834

(916) 576-3300

info@proyouthandfamilies.org

www.proyouthandfamilies.org

Provides meaningful opportunities for youth to discover who they are, explore meaningful topics, cultivate skills and become leaders in their communities. Programs include advocacy and engagement, mentoring, relationships skills education, mental wellness, substance use prevention, and restorative justice.

Public Health Institute (PHI)

1540 River Park Dr., Ste. 209

Sacramento, CA 95815

(916) 498-6969

PHI's Youth Engaged in Action (YEA) and Families and Communities Together (Families ACT) help prevent underage drinking by providing alcohol prevention education to youth, parents and the community. Call or email for more information.

Prevention

Sacramento County Office of Education

10474 Mather Blvd., Mather, CA 95655

(916) 228-2418

www.scoe.net

Provides support to Sacramento County middle and high school students and their advisors to program drug and alcohol-free social events and programs. Interested school districts can call (916) 228 2418 for more information. Youth can check with their school district for any Friday Night Live or Club Live events or organizations.

Support Groups

Families Anonymous

(800) 736-9805

www.familiesanonymous.org

Provides free support groups and recovery literature for families and friends of those with a current, suspected, or former issue with substance use. Check website for list of virtual meetings.

Nar-Anon/Narateen

(800) 477-6291

www.nar-anon.org

Provides free in-person and virtual support groups, and education resources for families and loved ones who have been affected by someone else's addiction to narcotics. Check website for schedule of meetings.

Substance Use Disorder Services

YOUTH & YOUNG ADULT PROGRAMS (UP TO AGE 26)

Support Groups

Sacramento Al-Anon Family Group/Alateen

(916) 334-2970

<https://sacal-anon.blogspot.com/>

Provides free peer support groups and information for families and friends who are affected by a loved one's drinking. Check website for schedule of meetings.

Support Groups

Sacramento LGBT Community Center

1015 20th St., Sacramento, CA 95811

(916) 442-0185 | info@saccenter.org

Mon-Fri | 10am – 6pm

Weekends | 10am – 4pm

www.saccenter.org/mentalhealth

Call the Q-Spot for information on youth substance use recovery support groups. Call during open hours for assistance or drop-in.

ADDITIONAL SUBSTANCE USE PROGRAMS

Substance Use Coalitions

Sacramento County Coalition for Youth

www.sacramentoccy.org

Works to make Sacramento a safe place for young people to grow up, free from the influences of substances that are addictive and harmful.

For questions, email:

jorrock@scoe.net

Sacramento County Methamphetamine Coalition

www.letstalkmeth.org

Works to identify and implement initiatives that address methamphetamine use in Sacramento County its related problems.

For questions, email:

DHS-SUPT@SacCounty.gov

Sacramento County Opioid Coalition

www.sacopioidcoalition.org

Works to educate the public about opioid use, expand treatment access, encourage early intervention, treatment, and enhance opioid surveillance.

For questions, email:

info@sacopioidcoalition.org



Substance Use Disorder Services

ADDITIONAL SUBSTANCE USE PROGRAMS

DUI Programs

An individual's driving privilege will be suspended when charged with Driving Under the Influence (DUI). According to the California Department of Motor Vehicles (DMV), the suspension or revocation is an immediate administrative action taken against the driving privilege only. An individual with a DUI will be required to complete a State of California licensed DUI Program before eligible to obtain an unrestricted license.



Following a DUI arrest and upon a Court conviction, the DMV is notified of the offense and the offender is referred to a DUI Program. It is the offender's responsibility to enroll in a DUI Program; failure to do so will result in a notification to the Court for a re-referral. The DUI Program notifies the Court of an offender's enrollment in, completion of, or dismissal from the program. As of July 2017, Sacramento County's State-licensed DUI Programs are offered through Bridges Professional Treatment Services, Safety Center, Inc., and Terra Nova Counseling Center.

Bridges Professional Treatment Services

www.bridgesinc.net

(916) 840-7874 (Sacramento)

dui@bridgesinc.net

Safety Center

www.safetycenter.org

(916) 721-3748 (Citrus Heights)

(916) 366-7233 (Sacramento)

(916) 394-2320 (North Highlands)

Terra Nova Counseling

www.terranovacounseling.org

(916) 444-5680 (Midtown)

(916) 564-0600 (North Sacramento)

(916) 239-6379 (Sacramento)

SUICIDE PREVENTION SERVICES

Culturally and linguistically appropriate suicide prevention support services tailored to meet the needs of specific communities.

Crisis Phone Support

Suicide Prevention Crisis Line

(916) 368-3111 or 1-800-273-8255
Text "HOPE" to (916) 668-iCAN (4226)
24 hours a day, 7 days a week

Free, immediate mental health crisis support for those who are experiencing a mental health crisis and/or who are considering suicide.

The Trevor Project

(866) 488-7386 | Text "START" TO 678-678
24 hours a day, 7 days a week

www.thetrevorproject.org

Provides confidential crisis support and suicide prevention services for LGBTQ+ youth (up to age 25) struggling with coming out, LGBTQ+ identity, depression and suicide.

Trans Lifeline

(877) 565-8860
24 hours a day, 7 days a week

www.translifeline.org

Confidential, anonymous, peer support line for transgender individuals. Offers emotional support, service referrals and microgrants. Phone support also offered for friends and family.



Crisis Phone Support

Veterans Crisis Line

(800) 273-8255 (Press 1) | Text 838255
(800) 799-4889 (deaf & hard of hearing)
24 hours a day, 7 days a week

www.veteranscrisisline.net

A free, confidential crisis line for veterans, current service members and their families. Provides confidential crisis counseling and links to resources including services at a local VA medical center.

WEAVE 24-hour Crisis Line

(916) 920-2952
24 hours a day, 7 days a week

www.weaveinc.org

Free, confidential crisis intervention and support to survivors of domestic violence, sexual assault, and sex trafficking.

Non-Crisis Phone Support

Consumer Operated Warm Line

720 Howe Ave., Ste. 102,
Sacramento, CA 95825
(916) 366-4668
Mon-Fri | 9am – 5pm

A non-crisis phone line offering supportive listening, resource referrals, Wellness Recovery Action Plan (WRAP) workshops, support groups, peer support, community outreach, education and training.

Eligibility: No eligibility requirements

Cost: Free

Referral process: Call for assistance

Suicide Prevention Services

Supporting Community Connections

Supporting Community Connections (SCC) programs provide culturally and linguistically appropriate suicide prevention support services for specific communities.

Asian Pacific Community Counseling

7273 14th Ave., Ste. 120B
Sacramento, CA 95820
(916) 383-6783
Mon-Th | 8am – 7pm; Fri | 8am – 5pm
<http://apccounseling.org>

Community supports for Cantonese, Hmong, and Vietnamese communities, including skills classes, support groups, community building activities and suicide prevention education.

Eligibility: Cantonese, Hmong and Vietnamese community members

Cost: Free

Referral process: Call for information

Children's Receiving Home

3555 Auburn Blvd. Sacramento, CA 95821
(916) 616-2397
Mon-Fri | 9am – 6pm

Suicide prevention services for homeless, foster and LGBTQ+ youth. Services include resource referrals to housing opportunities, mental health services, women's health providers, LGBTQ resources, and other social services. Also offers workshops, support groups, case management, and emergency supplies for homeless/runaway youth.

Eligibility: LGBTQ+, foster and homeless youth/young adults (age 12-25)

Cost: Free

Referral process: Call to access services

Supporting Community Connections

La Familia Community Counseling Center

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Offers suicide prevention services for the Latino community. Provides support groups, risk awareness workshops, senior companion groups and community events.

Eligibility: Latino community (all ages)

Cost: Free

Referral process: Call, drop-in or visit the website for more information

Warning Signs: Suicide

- Talking about wanting to die
- Looking for a way to kill themselves
- Talking about: feeling hopeless / having no reason to live / being a burden to others
- Increasing the use of drugs or alcohol
- Acting anxious, agitated, or full of rage
- Eating or sleeping more or less
- Withdrawing or isolating themselves
- Extreme mood swings

Suicide Prevention Services

Supporting Community Connections

Iu Mien Community Services

5657 Stockton Blvd., Ste. 102,
Sacramento, CA 95824
(916) 383-3083
Mon-Fri | 9am – 5pm
www.unitediumien.org

Culturally responsive social services for the Iu Mien community. Provides support groups, a radio program, and other community events. Also provides resource referrals, case management, document translation, language interpretation, and case management.

Eligibility: Iu Mien community (all ages)

Cost: Free

Referral process: Call for more information



Supporting Community Connections

Sacramento Native American Health Center

2020 J St., Sacramento, CA 95811
(916) 341-0575
Mon-Fri | 7:30am – 5pm
www.snahc.org

Provides culturally competent, holistic behavioral health services including outpatient mental health and substance abuse counseling, support groups, medication management and traditional healing practices. Primary care also available.

Eligibility: Must be a member (open to all); Some support groups are open to the public

Cost: Accepts Medi-Cal and Medicare, self-pay (sliding-scale) and private insurance (Native patients only)

Referral process: Call for more information

Senior Peer Counseling

720 Howe Ave, Ste. 102
Sacramento, CA 95825
(916) 855-5444
Mon-Fri | 9am – 5pm

Provides isolated and homebound older adults with peer counseling, resource referrals, and education

Eligibility: Older adults (age 55 & older)

Cost: Free

Referral process: Call for assistance

Suicide Prevention Services

Supporting Community Connections

Slavic Assistance Center

2117 Cottage Way, Sacramento, CA 95825
(916) 925-1017

www.slaviccenter.us

Provides family health promotion, community development services as well as immigration and naturalization education and training for Slavic people living in the greater Sacramento Area.

Eligibility: Slavic community (all ages)

Cost: Free

Referral process: Call for information

The Living Room: African American Suicide Prevention Project

(916) 234-0178 or (916) 807-7820
Mon-Fri | 3pm – 9pm

www.aaspp-thelivingroom.org

South: 7000 Franklin Blvd., Ste. 1020
Sacramento, CA 95823

North: 4704 Roseville Rd., Ste. 110
North Highlands, CA 95660

Provides services to support the emotional wellness of Black and African American community members. Offers peer/family counseling, crisis intervention, support groups, and community workshops.

Eligibility: Black and African American community (all ages)

Cost: Free

Referral process: Call for assistance

Grief Support

Friends for Survival

(916) 392-0664 or (800) 646-7322

Mon-Fri | 9am – 5pm

www.friendsforsurvival.org/meetings

Provides free peer-led grief support groups for family and/or friends dealing with struggles related to the death of a loved one by suicide. Register for a support group online.

5 Action Steps for Helping Someone in Emotional Pain



ASK

Are you thinking about killing yourself?



KEEP THEM SAFE

Reduce access to lethal items or places



BE THERE

Listen carefully and acknowledge their feelings



HELP THEM CONNECT

National Suicide Prevention Lifeline 1-800-273-8255



STAY CONNECTED

Follow up and stay in touch after a crisis

(NIMH, 2021)

SUPPORT GROUPS

Support groups provide a safe space for individuals with common experiences or concerns to provide emotional and moral support, encouragement, comfort and advice to one another. Note: Substance use disorder support groups are listed in the Substance Use Disorder Prevention and Treatment Services section of this guide.

American Indian & Alaskan Native

Sacramento Native American Health Center

2020 J St., Sacramento, CA 95811
(916) 341-0575
Mon-Fri | 7:30am – 5pm
www.snahc.org

Provides free/low-cost culturally competent, and holistic support groups for SNAHC members and the general community. Check community calendar group details:
www.snahc.org/snahc-events

Asian American & Pacific Islander

Asian Pacific Community Counseling

7273 14th Ave., Ste. 120B
Sacramento, CA 95820
(916) 383-6783
<http://apccounseling.org>

Provides free support groups for Asian and Pacific Islander community members in native languages to fight risk factors such as limited acculturation, loneliness, and hopelessness. Call for more information.

Asian American & Pacific Islander

Healthy Village Senior Group

6000 Lemon Hill Dr., Sacramento, CA 95824
(916) 393-3083
Mon & Wed | 9am – 12pm
www.unitediumien.org

A safe, supportive social space for Lu Mien older adults to share their health and wellness concerns and participate in social activities.

Lao Family Community Development

(916) 359-2788 (North)
(916) 393-7501 (South)
Mon-Fri | 9am – 5pm
www.lfcd.org

Provides free peer-support groups for diverse refugee, immigrant, limited English, and low-income U.S.-born community members. Call for information.

S.A.E Mien Youth Club

5657 Stockton Blvd., Ste. 102,
Sacramento, CA 95824
(916) 383-3083
Mon-Fri | 9am – 5pm
www.unitediumien.org

Social club for Lu Mien youth to socialize with their peers and learn about Lu Mien culture. Activities include club meetings, physical and mental health education, workshops, team building games, volunteer activities, and leadership activities. Visit the website for more information.

Support Groups

Black & African American

Safe Black Space

(530) 683-5101

SafeBlackSpace@gmail.com

www.safeblackspace.org

Provides culturally specific strategies to help Black and African American community members heal from current and historical experiences of racial stress, anxiety, trauma, and/or trauma. Offers monthly Community Healing Circles (as needed) and ongoing Emancipation Circles.

The Living Room: African American Suicide Prevention Project

(916) 234-0178 or (916) 807-7820

Support group hours vary

<https://aaspp-thelivingroom.org/groups>

Provides a free weekly drop-in healing circle for Black and African American community members and a free support group for moms who are raising teenagers. Groups require registration. See website for details and to register.

Blind & Low Vision

Society for the Blind

1238 S. St., Sacramento, CA 95811

(916) 452-8271

<https://societyfortheblind.org>

Offers support groups for individuals who are blind or have low vision or a recent vision loss. Call or visit the website for more information.

Deaf & Hard of Hearing

NORCAL Services for Deaf & Hard of Hearing

4044 N. Freeway Blvd.

Sacramento, CA 95834

(916) 349-7500 (M) | (916) 993-3048 (VP)

(916) 550-9355 (P3)

(916) 236-1184 (after hours)

<https://norcalcenter.org>

Provides support groups for individuals who are deaf and hard of hearing. Call or visit the website for more information.



Benefits of Support Groups

- Reduced isolation
- Reduced distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving coping skills
- Staying motivated to manage chronic conditions or stick to treatment plans
- Gaining a sense of empowerment, control or hope
- Improving understanding of your illness or your own experience with it
- Getting practical feedback about treatment options
- Learning about health, economic or social resources
(Mayo Clinic, 2022)

Support Groups

General Mental Health

Cal Voices

720 Howe Ave. Sacramento, CA, 95825
(916) 366-4600
Support group hours vary
www.calvoices.org/support-groups

Facilitates a variety of free support groups open to the public in Amador and Sacramento counties (specific eligibility varies by group). Check website for list of available support groups, eligibility and registration information.

Depression and Bipolar Support Alliance

(800) 826-3632
www.dbsalliance.org

Free support groups, educational information and links to local or regional resources for individuals living with depression or bipolar (must be age 18 or older to attend support groups). Check website for online support groups and resources.

Wellness and Recovery Centers (WRCs)

(916) 485-4175 (North Center)
(916) 394-9195 (South Center)
Support group hours vary
www.consumersselfhelp.org/calendars

Provides a variety of free weekly mental health and wellness support groups for adults (age 18 and over). Must register with one of the WRCs to access the support groups. A monthly calendar is published online of the current support groups at each WRC. Call for additional information.

General Mental Health

Sacramento Native American Health Center

2020 J St., Sacramento, CA 95811
(916) 341-0575
Mon-Fri | 7:30am – 5pm
www.snahc.org

Provides free/low-cost culturally competent, and holistic support groups for SNAHC members and the general community. Check community calendar group details:
www.snahc.org/snahc-events

Grief Support

Friends for Survival

(916) 392-0664 or (800) 646-7322
Support group hours vary
www.friendsforsurvival.org/meetings

Provides free peer-led grief support groups for family and/or friends dealing with struggles related to the death of a loved one by suicide. Register for a support group online.

Latino, Latina & Latinx

La Familia Counseling Center

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Provides support groups for individuals and families. Call, drop-in, or visit the website for information about upcoming groups and eligibility.

Peer Support Groups

LGBTQ+ Communities

Gender Health Center

3823 V St. Sacramento, CA 95817
(916) 455-2391
Mon-Fri | 9am – 6pm
www.genderhealthcenter.org

Provides free support groups to Transgender and Gender Non-conforming adults. Call for the current schedule.

Sacramento LGBT Community Center

1015 20th St., Sacramento, CA 95811
(916) 442-0185 | info@saccenter.org
Mon-Fri | 10am – 6pm
Weekends | 10am – 4pm
www.saccenter.org/mentalhealth

Provides culturally appropriate support groups for LGBTQ+ individuals of all ages. Support groups are drop-in. A current list of the support groups is available online and the most updated schedule is on the Community Calendar.

Parent Support Groups

Capitol Adoptive Families Alliance Respite Program

(916) 671-2030
Mon-Fri | 8am – 5pm
www.capadoptfam.org/support-groups

Provides free support groups for the Sacramento County adoptive community. Provides options for parents and teens. Check website for list of support groups and registration information.

Youth Support Groups

Cal Voices

720 Howe Ave. Sacramento, CA, 95825
(916) 366-4600
Support group hours vary
www.calvoices.org/support-groups

Provides a variety of free support groups open to the public in Sacramento County (specific eligibility varies by group). Check website for list of available support groups, eligibility and registration information.

Children's Receiving Home

3555 Auburn Blvd. Sacramento, CA 95821
(916) 616-2397
Support group hours vary

Provides support groups for homeless, foster and LGBTQ+ youth (age 12-25) and free referrals to additional community-based support groups. Call for more information on existing support groups or complete an intake form online.

La Familia Counseling Center

5523 34th St., Sacramento, CA 95820
(916) 210-8733
(916) 227-2600 (after hours)
Mon-Fri | 8:30am – 5pm
www.lafcc.org

Provides support groups for individuals and families. Call, drop-in, or visit the website for information about upcoming groups and eligibility.

Peer Support Groups

Youth Support Groups

Q-Spot

1015 20th St., Sacramento, CA 95811
(916) 442-0185, Ext. 107
Mon-Fri | 12pm – 6pm
Weekends | 10am – 4pm
www.saccenter.org/youth

Provides support groups for LGBTQ+ youth and young adults (age 12-24).

Youth Support Groups

The Source

2750 Sutterville Rd. Sacramento, 95820
(916) 787-7678 | thesource@kidshome.org
24 hours a day, 7 days a week
www.thesourcesacramento.com

Provides urgent support for foster youth (current and former), and their resource families. Services include a free support hotline, case management, mental health services, and resource referrals.



Questions to Ask Before Joining a Support Group

- Is the group designed for people with a specific mental health condition?
- Does the group meet for a set period of time or does it continue indefinitely?
- Where does the group meet?
- At what times and how often does the group meet?
- Is there a facilitator or moderator?
- Has the facilitator undergone training?
- Is a mental health expert involved with the group?
- What are the guidelines for confidentiality?
- What are the ground rules for group participation?
- What is a typical meeting like?
- Cost?

VETERANS MENTAL HEALTH SERVICES

Mental health and supportive services for veterans, their families and caregivers.

Accessing Benefits

Sacramento County Department of Health Services Veterans Services

3970 Research Dr., Sacramento, CA 95838
(916) 874-6811 | DHA-VET@saccounty.net

Assists veterans and qualified dependents with securing VA benefits. Provides assistance with service-related disability claims, non-service connected disability pensions, enrollment in the VA, survivor benefits, and the California Tuition Fee Waiver Program (CalVet).

Eligibility: Veterans and their families

Cost: Free

Referral process: Call for assistance

Caregiver Support

Nation's Finest

7270 East Southgate Dr.,
Sacramento, CA, 95823
(916) 393-8387
Mon-Fri | 9am – 5pm
www.nationsfinest.org

Provides services to veterans and their families. Offers mental health and substance use counseling, health services, case management, employment services, housing assistance, and resource referrals.

Eligibility: Veterans and their families/friends

Cost: Free

Referral process: Call or drop-in

Comprehensive Veteran Services

VA Caregiver Support Line

1(855) 260-3274 (toll-free)
Mon-Fri | 5am – 7pm; Sat | 5am – 2pm

A support line for caregivers, family members, friends, and community partners of veterans. Provides counseling, caregiver support services, education, and resource referrals.

Eligibility: Caregivers, family members, friends, Veterans, and community partners

Cost: Free

Referral process: Call for assistance

Crisis Services

National Veterans Foundation

(916) 890-3000 or 711
24 hours a day, 7 days a week
<https://nvf.org>

Provides veterans, active-duty members, and their families with crisis support and supportive services including resource referrals and an online website with access to additional resources.

Eligibility: Veterans, active-duty members, and their families/friends

Cost: Free

Referral process: Call for immediate assistance

Veterans Mental Health Services

Crisis Services

Veterans Crisis Line

(800) 273-8255 (Press 1) | Text 838255
(800) 799-4889 (deaf & hard of hearing)
24 hours a day, 7 days a week
www.veteranscrisisline.net

A free, confidential crisis line for veterans, current service members and their families. Callers are connected to caring, qualified responders from the Department of Veteran's Affairs who provide confidential crisis counseling and links to resources including services at a local VA medical center.

Homeless Services

VA Homeless Drop-in Clinic

(877) 424-3838
24 hours a day, 7 days a week

Homeless drop-in center for veterans. Provides services referrals, emergency housing, transitional housing, residential substance abuse treatment and screening for the HUD-VASH (Veteran's Housing Choice Voucher) program.

Eligibility: Any veteran experiencing housing issues

Cost: Free to eligible veterans

Referral process: Call for information or drop-in for assistance; Bring government issued picture ID and DD214

Mental Health Services

Sacramento VA Medical Center – Mental Health Services

10535 Hospital Way, Mather, CA 95655
(800) 382-8387
24 hours a day, 7 days a week

Provides services to veterans experiencing PTSD, depression, grief, anger or trauma and other issues impacting their emotional well-being. Services include individual/group counseling, medication support, substance abuse treatment, consultation and evaluation and PTSD treatment.

Eligibility: Veterans and transitioning service members

Cost: Free

Referral process: Call to be connected with an intake coordinator



VA Mental Health Services

- Short term inpatient services
- Outpatient services
- Rehabilitation treatment and residential programs
- Primary care
- Supported work settings
- Emergency mental health care (24/7)
- The Veterans Crisis Line

WELLNESS & RECOVERY CENTERS

Sacramento County's Wellness and Recovery Centers (WRC's) are community based multi-service centers that offer an array of comprehensive services and wellness activities designed to support clients in their recovery goals. There are two WRCs located in the County, one in the North and one in the South and both are staffed by peers with lived experience recovering from a mental illness.

Wellness and Recovery Center - North

2500 Marconi Ave., Ste. 100
Sacramento, CA 95821
(916) 485-4175
Mon-Fri | 9am – 5pm
<https://www.consumersselfhelp.org/wrc-north>

Wellness and Recovery Center - South

7171 Bowling Drive, Ste. 300
Sacramento, CA 95823
(916) 394-9195
Mon-Fri | 9am – 5pm
<https://www.consumersselfhelp.org/wrc-south-1>

Services include:

- A **treatment program** that provides psychiatric and medication support services, case management, and mental health services for clients with serious mental illness
- A **community program** that includes skill building activities, vocational supports, family education, self-help, and peer counseling and support
- **Wellness activities** such as art and music expression, journaling, creative writing, yoga, 12-step recovery groups, goal setting, crisis planning, natural healing practices, and other wellness services

All Services are FREE

Eligibility:

- **Community program and wellness activities:** open to all adults age 18 & older.
- **Treatment program:** open to adults 18 & older who are eligible for services through Sacramento County.

Referral process:

- **Community program and wellness activities:** call either WRC to get started
- **Treatment program:** Interested individuals should call (916) 875-1055 for assessment and treatment authorization

YOUTH & YOUNG ADULTS

Community-based mental health services and supports designed for children, youth, and young adults (up to 25). Programs that serve all ages are also listed.

Counseling

Consultation, Support, and Engagement Team (CSET) for Commercially Sexually Exploited Children and Youth (CSEC)

401 S St., Sacramento, CA, 95814
(916) 844-2426

www.starsinc.com/sacramento-county-cset

Services for youth who have been commercially sexually exploited or at risk for being exploited. Provides needs assessments, crisis support, peer support, and group activities, linkage to resources and community-based outreach.

Eligibility: Commercially sexually exploited children or those at risk of being exploited (age 12-21)

Cost: Free

Referral process: Call for assistance

La Familia Counseling Center

5523 34th St., Sacramento, CA 95820
(916) 210-8733

(916) 227-2600 (after hours)

Mon-Fri | 8:30am – 5pm

www.lafcc.org

Provides supports for children and youth (up to age 21) including counseling, support groups, health education, risk awareness workshops, leadership training, internship opportunities, and community events.

Eligibility: Varies by program. Check website for details

Cost: Free

Referral process: Call, drop-in or visit the website for more information

Counseling

Gender Health Center

3823 V St. Sacramento, CA 95817
(916) 455-2391

Mon-Fri | 9am – 6pm

www.genderhealthcenter.org

Provides services and supports for Transgender and Gender Non-Conforming individuals including counseling, harm reduction, mental health respite, STD testing, advocacy and resource referrals to LGBTQ+ affirming community services.

Eligibility: Transgender & Gender Non-Conforming adults (age 18 & older)

Cost: Most services are free;
Counseling: self-pay (sliding-scale fees)

Referral process: Appointment required for counseling, advocacy and STI testing. Drop-in for respite care, support groups and syringe exchange (see website for specific hours)



Youth & Mental Health

20-25% of youth meet the criteria for a lifetime mental health condition that causes severe role impairment and/or distress

(United States Department of Health and Human Services [HHS], 2021a)

Youth & Young Adults

Counseling

Sacramento LGBT Community Center

1015 20th St., Sacramento, CA 95811
(916) 442-0185 | info@saccenter.org
Mon-Fri | 10am – 6pm
Weekends | 10am – 4pm
www.saccenter.org/mentalhealth

Programs and services to support the mental and physical health and wellness of LGBTQ+ communities. Provides including support groups, counseling for crime victims, respite care, STI testing, Prep, gender affirming care services/referrals. workshops, and resource referrals.

Eligibility: LGBTQ+ people (age 12 & older)

Cost: Free

Referral process: Call or drop-in

Sacramento Native American Health Center

2020 J St., Sacramento, CA 95811
(916) 341-0575
Mon-Fri | 7:30am – 5pm
www.snahc.org

Provides culturally competent behavioral health services for youth and young adults. Services include counseling, traditional healing practices, support groups, and medication management. Primary care also available.

Eligibility: Must be a member (open to all); Some support groups are open to the public

Cost: Accepts Medi-Cal, Medicare, self-pay and some private insurance

Referral process: Call for more information

Counseling

Sacramento State Center for Counseling & Diagnostic Services

6000 J St., Eureka Hall, Rm. 421
Sacramento, CA 95819
(916) 278-6252 | ccds@csus.edu
Mon-Fri | 8am – 5pm

Provides mental health counseling for individuals, couples, families and children. Also offers career and rehabilitation counseling and educational testing (K-12 students) for learning disabilities.

Eligibility: People living in Sacramento

Cost:

- Counseling: \$100 for 14 sessions
- Diagnostic Testing: \$200

Referral process: Call for assistance



Warning Signs of Mental Health Issues in Youth

- Persistent sadness (more than 2 weeks)
- Withdrawing or avoiding social activities
- Hurting or talking about hurting oneself
- Talking about death or suicide
- Drastic mood/behavior changes
- Changes in sleeping/eating habits
- Unexplained weight loss

Youth & Young Adults

Counseling

Shifa for Today

3820 Auburn Blvd., Ste. 83
Sacramento, CA 95821
(916) 486-8626 | counseling@mas-ssf.org
Mon-Fri | 9am – 5pm
www.mas-ssf.org

Peer counseling and resource referrals service for Muslim individuals, couples, families and teens.

Eligibility: Muslim community members of all ages

Cost: Self-pay (sliding-scale fees)

Referral process: Email or call to speak with the intake coordinator

Therapeutic Services Focused on the Black and African American Community

<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

Provides strength-based, culturally responsive and trauma informed counseling services, including crisis intervention, focused on issues impacting the Black and African-American community.

Eligibility: Black and African-American community members of all ages

Cost: Free for the first 8 visits

Referral process: Reach out to a provider listed on the website to schedule services

Counseling

Transcultural Wellness Center

7273 14th Ave., Ste. 120B
Sacramento, CA 95820
(916) 383-6783
Mon-Th | 8am – 7pm; Fri | 8am – 5pm
<http://apccounseling.org>

Mental health services for Asian and Pacific Islander (API) communities including assessment, counseling, medication support, life skills trainings, socialization and service referrals.

Eligibility: Medi-Cal eligible and uninsured API community members (all ages)

Cost: Free

Referral process: Medi-Cal/uninsured: call (916) 875-1055 for assessment eligibility and treatment authorization

UC Davis Early Psychosis Program

(916) 734-7251
Mon-Fri | 8am – 5pm

Programs and services for individuals experiencing symptoms of early psychosis. Offers clinical assessment, medication management, case management, as well as individual/family illness education, support groups and employment support

Eligibility: Individuals (ages 12-40)

Cost: Accepts Medi-Cal, private insurance, and self-pay

Referral process: Call for assistance

Youth & Young Adults

Counseling

WEAVE: Services for Survivors

1900 K St., Sacramento, CA 95811
(916) 920-2952
24 hours a day, 7 days a week
www.weaveinc.org

Services and support for survivors of domestic violence, sexual assault, and sex trafficking. Provides counseling, a crisis line, emergency housing, legal assistance, case management, and skills building workshops.

Eligibility: Survivors of domestic violence, sexual assault, and sex trafficking

Cost: Free

Referral process: Call for assistance

Crisis Support

Children's Receiving Home - Supporting Community Connections

3555 Auburn Blvd. Sacramento, CA 95821
(916) 616-2397
Mon-Fri | 9am – 6pm

Suicide prevention services for homeless, foster and LGBTQ+ youth. Services include resource referrals to housing opportunities, mental health services, women's health providers, LGBTQ resources, and other social services. Also offers workshops, support groups, case management, and emergency supplies for homeless/runaway youth.

Eligibility: LGBTQ+, foster and homeless youth/young adults (age 12-25)

Cost: Free

Referral process: Call to access services

Crisis Support

Q-Spot

1015 20th St., Sacramento, CA 95811
(916) 442-0185, Ext. 107
Mon-Fri | 12pm – 6pm
Weekends | 10am – 4pm
www.saccenter.org/youth

Mental health respite services for LGBTQ+ youth. Services include crisis intervention, support groups, life skills workshops, HIV/HCV testing, homeless youth services as well as a computer lab, Wi-Fi and an LGBTQ+ library.

Eligibility: LGBTQ+ youth (age 13-24)

Cost: Free

Referral process: Drop-in

The Living Room: African American Suicide Prevention Project

South: 7000 Franklin Blvd., Ste. 1020
Sacramento, CA 95823

North: 4704 Roseville Rd., Ste. 110
North Highlands, CA 95660

(916) 234-0178 or (916) 807-7820
Mon-Fri | 3pm – 9pm
www.aaspp-thelivingroom.org

Provides services to support the emotional wellness of Black and African American community members. Offers peer/family counseling, crisis intervention, support groups, and community workshops.

Eligibility: Black and African American community members (all ages)

Cost: Free

Referral process: Call for assistance

Youth & Young Adults

Crisis Services

The Source

2750 Sutterville Rd. Sacramento, 95820
(916) 787-7678 | thesource@kidshome.org
24 hours a day, 7 days a week
www.thesourcesacramento.com

Provides urgent support for foster youth (current and former), and their resource families. Services include a free support hotline, case management, mental health services, and resource referrals.

Eligibility: Current/former foster youth (up to age 26) in crisis or struggling

Cost: Free

Referral process: Call/text/chat for assistance

The Stay

(916) 890-3000 or 711
24 hours a day, 7 days a week
www.starsinc.com/sac-crp

Provides a crisis residential program (up to 30 days) to help young adults successful transition back to community living after a psychiatric crisis. Services include individual/group counseling, peer support, Wellness Recovery Action plans, and connection to community resources.

Eligibility: Young adults (age 18-29) with or without Medi-Cal living in Sacramento County

Cost: Free

Referral process: Referrals must come from a physician or the Mental Health Urgent Care Clinic

Crisis Services

Wind Youth Services

815 S St., Sacramento, CA 95811
(916) 561-4900
(916) 628-1492 (24-hour shelter line)
Daily | 8:30am – 4pm
www.windyouth.org

Provides age-appropriate services for homeless and runaway youth including temporary shelter, respite care, and safety net/survival services. Also provides counseling, support groups, crisis intervention, linkages to resources, health and life skills workshops, case management and assistance with obtaining vital documents.

Eligibility: Homeless and runaway youth (to age 24)

Cost: Free

Referral process: Drop-in or call for assistance



Common Mental Health Issues for Youth

- Substance abuse or dependence
 - Anxiety Disorder
 - Depression
 - Attention Deficit/Hyperactivity Disorder
 - Eating Disorders
- (HHS, 2021 b)

Youth & Young Adults

Crisis Services

Youth Help Network

401 S St., Sacramento, CA 95814
(833) 333-2946 | (916) 860-9819 (text)
Mon-Fri | 9am – 7pm
www.starsyouth.net

Provides, free short-term services to youth (ages-16-25) including peer support, mental health assessments for Medi-Cal eligible youth, resource referrals, health navigation, and employment/education assistance.

Eligibility: Youth (ages 16-25) in Sacramento County

Cost: Free

Referral process: Call, drop-in or visit the website for assistance

Housing Support

Waking the Village

(916) 601-2979
admin@wakingthevillage.org
www.wakingthevillage.org

Programs for youth and young adults experiencing homelessness, housing instability or who are at risk for homelessness. Offers three programs: Tubman House, Audre's Emporium of New Tomorrows, and the Sacramento Prevention and Intervention Team.

Eligibility: Housing options and support programs available for youth (ages 12-24)

Cost: Free

Referral process: Call for assistance

Housing Support

Sacramento LGBT Community Center Housing Services

1015 20th St., Sacramento, CA 95811
(916) 442-0185 | info@saccenter.org
Mon-Fri | 10am – 6pm
Weekends | 10am – 4pm
<https://saccenter.org/housing>

Provides LGBTQ+ youth with supportive housing options including transitional housing, emergency placement and host homes.

Eligibility: LGBTQ+ youth (ages 18-24)

Cost: Free

Referral process: Access housing programs the Q-Spot. Call for more information

Phone Support

Amala Youth Hopeline

(855) 952-6252
Call: Mon/Wed/Fri-Sun | 6pm – 10pm
Text: Wed/Sun | 6 pm – 10 pm
<http://www.mas-ssf.org/>

A free, confidential, culturally competent peer counseling and referral service for Muslim youth.

California Youth Crisis Line

(800) 843-5200
24 hours a day, 7 days a week
www.calyouth.org

Free statewide emergency response and referral system for youth (age 12-24) and families in crisis. Provides crisis intervention, resource referrals and an online resource list.

Youth & Young Adults

Phone Support

Love is Respect

1 (866) 331-9474 | Text "LOVEIS" to 22522
24 hours a day, 7 days a week
www.loveisrespect.org

Free confidential information, support, and advocacy to young people (age 13-26) who have questions or concerns about their romantic relationships. Also provides support to concerned family members, teachers, counselors and other youth caregivers. Call, text, or chat.

National Runaway Safeline

(916) 890-3000 or 711
24 hours a day, 7 days a week
www.starsinc.com/sac-crp

Free, confidential crisis intervention services for homeless and runaway youth, or youth in crisis who are at risk of running away (age 12-21) and their families. Support available by phone, chat and e-mail (via the website).

The Source

(916) 787-7678 | thesource@kidshome.org
24 hours a day, 7 days a week
www.thesourcesacramento.com

Free, crisis and respite phone and text line for current and former foster youth and resource families (up to age 26).

Phone Support

Suicide Prevention Crisis Line

(916) 368-3111 or 1-800-273-8255
Text "HOPE" to (916) 668-iCAN (4226)
24 hours a day, 7 days a week

Free, immediate mental health crisis support for those who are experiencing a mental health crisis and/or who are considering suicide.

The Trevor Project

(866) 488-7386 | Text "START" TO 678-678
24 hours a day, 7 days a week
www.thetrevorproject.org

Provides confidential crisis support and suicide prevention services for LGBTQ+ youth (up to age 25) struggling with coming out, LGBTQ+ identity, depression and suicide.

Social Support

S.A.E Mien Youth Club

5625 Stockton Blvd. Sacramento, CA 95824
www.unitediumien.org

Social club for Lu Mien youth to socialize with their peers and learn about Lu Mien culture. Activities include club meetings, physical and mental health education, workshops, team building games, volunteer activities, and leadership activities.

Eligibility: Lu Mien Youth (age 12-21)

Cost: Free

Referral process: See website for more information

Youth & Young Adults

Social Support

Sacramento Advocates for Family Empowerment (SAFE) Program

720 Howe Ave., Ste. 108
Sacramento, CA 95825
(916) 855-5427
Mon-Fri | 9am – 5pm

Provides youth and family advocacy at all levels of the public mental health system. Also supports clients by providing support groups, service navigation, Wellness Recovery Action Plan (WRAP) workshops and service referrals.

Eligibility: Families/caregivers and youth (up to age 25)

Cost: Free

Referral process: Call for assistance

Social Support

Safe Black Space

(530) 683-5101
SafeBlackSpace@gmail.com
www.safeblackspace.org

Provides culturally specific strategies to help Black and African American community members heal from current and historical experiences of racial stress, anxiety, trauma, and/or trauma. Offers monthly Community Healing Circles (as needed) and ongoing Emancipation Circles.

Eligibility: Black and African American community members (age 14 & older)

Cost: Free

Referral process: Call or email for assistance

ADDITIONAL RESOURCES

The following resources provide needed services to help support the overall wellness. Some are directly focused on mental health, others are directed at physical health, and some are additional service finders. This is not a complete list.

Information & Referral Services

211 Sacramento

211 or 1 (844) 546-1464 or (916) 498-1000
Deaf/hearing impaired: 711
24 hours a day, 7 days a week
www.211sacramento.org

Free confidential information and referral service for Sacramento County residents.

Agency on Aging Area 4

(916) 486-1876
Mon-Fri | 8:30am – 4:30pm
www.agencyonaging4.org

Provides free supports and services for older adults (age 60 and older) and their families.

Findhelp.org

Connects people seeking help with verified social care providers.

Public Assistance Services

Sacramento County Department of Human Assistance

(916) 874-3100
Mon-Fri | 8am – 4pm
<https://ha.saccounty.net>

Offers programs to help County residents move from public assistance to independence. Provides assistance with Medi-Cal eligibility determination, short-term financial assistance to unemployed or disabled adults (age 18 or older), assistance to veterans, older adult programs, job programs, and connection to food programs

Public Assistance Services

Sacramento Covered

1(866) 850-4321
Deaf/hearing impaired: 711
Mon-Fri | 9am – 5pm
www.sacramentocovered.org

Helps to connect Sacramento residents with health coverage, primary and preventative care, behavioral health care, housing, food, and other health-related supports.

Public Health Services

Golden Rule Services

4433 Florin Road, Ste. 860
Sacramento, CA, 95823
(916) 427-4653
Mon-Fri | 10am – 6pm
www.goldenruleservicesacramento.org

Provides confidential, accessible, affordable and culturally and linguistically appropriate HIV, STD and Hepatitis C education and prevention services to Sacramento County residents.

Additional Resources

Public Health Services

Harm Reduction Services

2800 Stockton Blvd., Sacramento, CA 95817
(916) 456-4849 | hrssacramento@hrssac.org
Mon-Fri | 12pm – 6pm
www.hrssac.org | www.jvmclinic.com

Provides a variety of low-threshold public health services to residents, including syringe exchange, overdose education and prevention, HIV/HCV/STD screenings, Ryan White case management, HIV services, medication-assisted treatment for opioid use disorder, and a free health clinic

Other Assistive Services

Sacramento County Jail Correctional Health Services

(916) 875-9782
inmatepatientcare@saccounty.net
Mon-Fri | 8am – 5pm

To find out about the healthcare status of an incarcerated individual in Sacramento County, contact the County's Correctional Health Services unit.

Provide the following information

- Name of inmate
- X-reference number (if known)
- Location: Main Jail or Rio Cosumnes Correctional Center
- Nature of issue
- Your name and phone number
- Additional contacts (family, attorney, etc.,)
- When the response is needed

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SacMap

Supporting access to behavioral health care in Sacramento County



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