

Youth Specific Resources

Youth Serving - Child Protective Services (CPS)

Child Protective Services is a governmental agency in many states of the United States responsible for providing child protection, which includes responding to reports of child abuse or neglect.

916-875-5437

Youth Serving - Crisis Nursery (ages 0 - 5)

The Sacramento Children's Home operates the county's only Crisis Nursery. Our mission is to prevent child abuse and neglect by providing support to families at times of crisis. The Sacramento Crisis Nursery is a family-strengthening program, where parents can bring their children ages 0-5 to one of two Sacramento nurseries for emergency childcare services or overnight care during difficult times.

916-394-2000

Youth Serving - California Youth Crisis Hotline (text line also)

Crisis phone counseling, information, and referrals for all problems ages 12-24. Bilingual when available. Can connect without charge to parent/guardian or other agency. Message relay service. Chat and Email available too.

800-843-5200

<http://calyouth.org>

Youth Serving - WIND Youth Crisis Hotline (2 drop-ins)

Serving homeless youth and provide a safe, non-judgmental space away from the dangers of the street.

916-504-3313

<https://www.windyouth.org/>

Youth Serving - NorCal MHA Teen CoEd SAFE Program

Family and youth advocates that assist with navigating the mental health system as well as linkage to community resources.

916-855-5427 Tue 6-8, 4000 Fruitridge Rd.

Youth Serving - National Runaway Safeline

NRS serves as the national communication system for runaway and homeless youth.

800-621-4000

<https://www.1800runaway.org/>

24-hour crisis line, for ages 12-21 and family

Mental Health Resources

Mental Health - Crisis Text Line

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

741741

www.crisistextline.org

Mental Health - National Assn. of Anorexia & Assoc Disorders

Contact the Helpline for support, resources, and treatment options for yourself or a loved one with concerned with Anorexia and Associative Disorders.

874-831-3438

Mental Health - National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

800-273-8255

Mental Health - Sacramento County Mental Health Access

provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency

916-875-1055

Mental Health - Suicide Prevention Crisis Line

Crisis Chat and Texting are support services available for individuals to engage with one of our extensively trained staff. Crisis Chat and Texting are not meant for emergent life-threatening situation

916-368-3111

Mental Health Serving - Hope Cooperative Mental Health Crisis Respite Center

Are you 18+ and a Sacramento County Resident currently struggling with an urgent mental health crisis that does not require medical attention? Hope Cooperative's Crisis Respite Center is here to help.

916-737-7483

Mental Health Serving - Friendship Line 24 hours

The Friendship Line is both a crisis intervention hotline and a warmline (non-urgent calls); our services provide older and disabled adults reassurance, crisis intervention, information and referrals

800-971-0016

Mental Health - Hope Cooperative Peer Support Line

HOPE Collaborative, through a program funded by Sacramento County's Division of Behavioral Health Services, has established a COVID-19 peer support call center to help those with anxiety and in need of support during the pandemic.

855-502-3224

M - F 8 to 5

Mental Health - Project Return Peer Support Network Warmline

The Warm Line is a non-crisis toll free line and is specifically, but not limited to, people who are coping with a mental health concern.

English 888-448-9777

Spanish 888-448-4055

www.prpsn.org

Mental Health Serving - Anxiety Treatment Centers

It is estimated that anxiety disorders affect more than 17 million Americans. These conditions, which are considered to be serious medical illnesses, require specialized treatment services. Insurance required

916-366-0647

<http://anxietytreatmentexperts.com>

Mental Health - Emotions Anonymous (12 step-style)

916-366-0699

Sacramento Obsessive-Compulsive Support

Call Jim for details 916-223-6541

Mon 7-9 pm Sutter Hospital, 2800 L St Sacramento, Classroom 1

Mental Health - Recovery International

Everyone is welcome to attend Recovery International Telephone Meetings whether you are brand new to the Recovery International Cognitive Behavioral Training Method, or a veteran member who has attended community meetings. Cognitive Behavioral Therapy style groups - call for meeting times.

916-483-5616

Mental Health - Friends for Survival

A Non-profit bereavement outreach organization available to those who are grieving a suicide death of family or friends. We also assist professionals who work with those who are grieving a suicide tragedy.

916-392-0664

<http://www.friendsforsurvival.org>

Mental Health - Solace from Stigma

Mental Health support group. If you or someone you know/love is dealing with ADHD, Anxiety, Depression and/or Bipolar Disorder, and you are tired of dealing with stigma - come join us.

916-207-4142

Mental Health - Black Emotional and Mental Health (BEAM)

BEAM is a training, movement building and grant making organization dedicated to the healing, wellness and liberation of Black and marginalized communities.

www.beam.community

Mental Health -Black Virtual Therapist Network

In virtual therapy, counseling is provided over the internet by a certified professional, making mental health services more accessible to everyone.

<https://www.beam.community/bvtn>

Mental Health - Asian Pacific Community (mental health services)

We have been providing mental health and wellness services to the diverse Asian and Pacific Islander communities throughout Sacramento County for over 35 years.

916-383-6783

<http://apccounseling.org/>

Mental Health - La Familia Counseling Center

For more than 40 years, we've been helping at-risk youth and disadvantaged families improve the quality of their lives through counseling, job training and placement, parenting, and health services programs.

916-452-3601

916-210-8773

<https://lafcc.org/>

Mental Health - Lighthouse (Lincoln area)

We help individuals and families heal by providing counseling, educational classes, and easy access to resources. Sliding scale; free to those with history of trauma

916-645-3300

Mental Health - Sacramento State Center for Counseling

The center provides the broader Sacramento region affordable counseling and educational testing. Services are offered during the academic year: September through December and February through May.

916-278-6252

Mental Health Serving - One Community Health

Full service, federally qualified health center.

<https://onecommunityhealth.com/>

Addiction Specific Resources

Addiction Services - Marijuana Anonymous

Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction.

800-766-6779

Addiction Services - Narcotics Anonymous Sacramento

Narcotics Anonymous is a group of individuals who support each other in learning to live drug free.

800-600-4673

Addiction Serving - Sacramento Recovery (24 hour)

Sacramento Recovery is a non-medical residential treatment center for alcohol and drugs in a safe home environment, staffed with licensed, certified substance abuse counselors.

916-364-7660

Addiction Serving - Another Choice, Another Chance (Sacramento County)

Another Choice, Another Chance is a network of national behavioral healthcare organizations dedicated to reducing the harm caused by alcohol and drug addiction and mental health disorders among youth, adults and families.

916-361-2089

Housing Resources

Housing & Mental Health - Welcome Home Housing

We provide affordable homes for adults with mental illness in an environment that encourages individual development and personal self worth. Cooperative housing for mental health clients; limited staff support

916-899-0951

Housing & Mental Health - 211 Sacramento

All types of resources incl. emergency housing (Sacramento County)

916-211

<http://211sacramento.org>

Housing & Mental Health - New Morning counseling services and emergency youth shelter

The mission of New Morning Youth & Family Services is to provide quality professional social services to enhance the lives of Western Slope El Dorado County youth and their families.

<https://www.newmorningyfs.org/>

Interpersonal Violence Resources

Abuse - National Domestic Violence Hotline

Our trained peer advocates are available 24/7/365 to offer education, support and advocacy to teens and young adults, as well as their concerned friends and family members, who have questions or concerns about their dating relationships.

866-331-9474

Abuse - National Rape and Sexual Assault Hotline

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization.

800-656-4673

Abuse - My Sister's House (multilingual, domestic violence)

To serve Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking by providing a culturally appropriate and responsive safe haven, job training, and community services.

916-428-3271

Abuse - A Community for Peace

A Community For Peace is a state certified trauma-informed social justice crisis center serving children and adult survivors of domestic violence and sexual assault.

916-728-5613— <https://acomunityforpeace.org>

Women - WEAVE Rape Crisis/Domestic Violence

WEAVE's mission is to promote safe and healthy relationships and support survivors of sexual assault, domestic violence and sex trafficking.

916-920-2952

LGBTQ+ Specific Resources

LGBTQ+ - Gender Health Center

provide excellent counseling/therapy services to anyone who expresses the need as well as anyone who self identifies or is perceived to be gender variant. Our services embrace the psychological well-being and self-fulfillment of individuals coming out and/or beginning or in the transition process in a safe, supportive and welcoming environment.

916-455-2391

<https://thegenderhealthcenter.org>

Trans Mental Health - Transgender Suicide support Hotline

The center provides the broader Sacramento region affordable counseling and educational testing. Services are offered during the academic year: September through December and February through May.

877-565-8860

<https://www.translifeline.org>

LGBT+ Mental Health & Housing - Q Spot

the Q-Spot offers LGBTQ+ and allied youth a brave space to hang out amongst community peers

<https://saccenter.org/youth>

<https://saccenter.org/housing>

LGBT+ & Mental Health - GLBT National Help Center

Telephone, online private one-to-one chat and email peer-support, as well as information and resource listings across the country.

<http://youthtalkline.org/>

LGBT+ Health & Wellness - [Golden Rule Services](https://www.goldenruleservicesacramento.org/)

Culturally competent clinic offering STD education, prevention, and support services with emphasis placed on people of color, LGBTQ+ communities, injection drug users, youth, and more.

<https://www.goldenruleservicesacramento.org/>

Trans & Mental Health - [Transline](https://www.translifeline.org/)

Crisis hotline operated by transgender people for transgender people. Free with specific hours, counselors are culturally competent to serve trans and gender nonconforming communities.

<https://www.translifeline.org/>

LGBT+ & Mental Health - [Trevor LGBTQIA Crisis Line](https://www.trevorproject.org/)

Crisis intervention and suicide prevention line to lesbian, gay, bisexual, trans, queer, and questioning youth and young adults. Online messaging during certain hours.

<https://www.thetrevorproject.org/>

LGBT+ - TQYC (formerly Fair Oaks Youth Group)

Trans & Queer Youth Collective provides a safe space for youth who do not otherwise have an opportunity to receive services. From basic needs assessments and health-care resource linkage to providing gender-affirming mental health services and LGBTQ+ education, TQYC provides the opportunity to create a chosen family and build a community of support.

<https://tqyc.org/>

Food Security Resources

Food Security - Central Downtown Food Basket

Clients from ALL ZIP CODES can pick up bagged groceries 3 times a month at our downtown location, once a month at our Rosemont location, and once a month at our River Park location.

1701 L Street

Sacramento, CA - 95811

(916) 761-5624

<https://www.cdfb.org/>

Food Security - Sacramento Food bank and Family Services

As the largest nonprofit provider of basic human needs in Sacramento County, we take our mission one-step further by offering educational opportunities and family support services that allow people who seek support to shape their best tomorrow.

1951 Bell Avenue

Sacramento, CA - 95838

(916) 925-3240

<https://www.sacramentofoodbank.org/>

Food Security - California Emergency Foodlink

FOODLINK HAS FORGED STRONG PARTNERSHIPS WITH THE MOST NOTABLE PUBLIC AND PRIVATE LEADERS AND DONORS IN EMERGENCY FOOD DISTRIBUTION.

5800 Foodlink Street

Sacramento, CA - 95828

(800) 283-9000

<http://www.foodlink.org/>

Food Security - River City Community Services

Many of the people who seek our help have been keeping their heads above water until something unexpected happens. River City Food Bank helps many people who are “working poor,” as well as people on fixed incomes and those facing serious illnesses.

1319 27th Street

Sacramento, CA - 95816

(916) 446-2627

<https://rivercityfoodbank.org/>

Health and Wellness Resources

General Health - Planned Parenthood

<https://www.plannedparenthood.org/planned-parenthood-mar-monte/campaigns/sac-health-centers>

- Woodland Health Center 530-662-4646
520 Cottonwood Street Suite 10, Woodland
- Sacramento Capital Plaza Health Center 916-444-7966
1125 10th Street Sacramento
- Sacramento B Street Health Center 916-446-6921
201 29th Street, Ste. B Sacramento
- Sacramento Fruitridge Health Center 916-452-7305
5385 Franklin Blvd., Suites A-D, Sacramento
- North Highlands Health Center 916-332-5715
5700 Watt Ave. North Highlands
- Roseville Health Center 916-781-3310
729 Sunrise Ave. Suite 900, Roseville

Women’s Resources

Women and Family - Acres of Hope

Acres of Hope provides a safe family environment and a healthy living program for women with children that sets the foundation of change and breaks the cycle of homelessness. Faith based long term housing for women and children under 10

530-878-8030

Women - Wellsprings Women’s Center

Wellspring Women’s Center in Sacramento’s Oak Park neighborhood, nurtures the innate goodness and personal self-esteem of women and their children.

Drop in for low-income, homeless women & children

916-454-9688

Additional Resources

What to do in an emergency: <https://namisacramento.org/resources/crisis-contacts-services/what-to-do-in-an-emergency/>

What to do if a family member gets arrested: <https://namisacramento.org/resources/crisis-contacts-services/criminal-justice-2/>