



Adult and Child Provider Walk-in Hours

Our providers offer outpatient mental health services to help people feel better in their lives. Depending on what you need, we have different levels of support for a lot of help or a little bit. Services can be in the home, school (for children), office or other places that would be helpful to receive services. We can also help our clients enrolled in our mental health services if homelessness is a concern.

Adults: Individuals age 21 or older Children: Individuals under age 21	CORE: Community Outreach Recovery Empowerment FIT: Flexible Intergrated Treatment		Effective: Monday, 4/8/2024 through Friday, 4/12/2024		Click here: Flexible Integrated Treatment (FIT) Clinic locations		
Provider	Geographic Region	Walk-in Hours (date/time)	Location		Phone Number	Evidence-based Practices	Webpage Address/Link
			Address	Cross Street			
Children							
Capital Star	North	Tuesdays 1:30pm-5:30pm Fridays 8:30am-12:30pm	3800 Watt Ave, Suite 110 Sacramento, CA 95821	Edison Ave	916-584-7800	PCIT, PC CARE. TF-CBT	https://www.starsinc.com/sacramento-county/capital-star-office/
Dignity	Central	Tuesdays from 9:00-11:00am Thursdays from 1:00pm-3:00pm	9837 Folsom Boulevard, Suite F Sacramento, CA 95827	Horn Road	916-450-2600	None	https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health
Dignity	South	Tuesdays from 9:00am-11:00am Thursdays from 1:00pm-3:00pm	6615 Valley Hi Drive, Suite A Sacramento, CA 95823	Bruceville Road	916-450-2650	None	https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health
HeartLand Child & Family Services	North	Tuesday 11:00am-5:00pm Thursday 11:00am-5:00pm	811 Grand Ave, STE D, Sacramento CA 95838	Rio Linda BID	916-922-9868	TF-CBT, ART	https://doingwhateverittakes.org/
HeartLand Child & Family Services	North	Tuesday 11:00am-5:00pm Thursday 11:00am-5:00pm	2829 Watt Ave STE 200, Sacramento CA 95821	Marconi	916-418-0828	TF-CBT, ART	https://doingwhateverittakes.org/
Pacific Clinic	North	Thursdays 9:00am-5:00pm	3840 Rosin Court, Suite 100 Sacramento, CA 95831	Northgate Blvd	916-921-0828	TF-CBT	https://www.pacificclinics.org/our-services/locations/
Pacific Clinic	Central	Tuesdays 3:00 pm to 5:00 pm Wednesdays 10:00 am to 12:00 pm	9343 Tech Center Drive, Suite 200 Sacramento, CA 95826	Mayhew Road	916-388-6400	TF-CBT	https://www.pacificclinics.org/our-services/locations/
Sacramento Children's Home	South	Mon 9:00am-2:00pm Friday 9:00am-2:00pm	2750 Sutterville Rd. Sacramento, CA 95820	Franklin Blvd.	916-492-7240	TFCBT, PCIT, PC-CARE	https://www.kidshome.org/
Stanford Sierra Youth and Families	North	Thursdays 9:00am-4:00pm	8421 Auburn Blvd, Building 3, Citrus Heights, CA 95610	Auburn Blvd and Auburn Oaks Court	916-512-8420	TF-CBT	https://ssyaf.org
Stanford Sierra Youth and Families	Central	Wednesday 9:00 am- 4:00 pm	8912 VolunteerLane, Sacramento, CA 95826	Watt Ave and Folsom Blvd	916-344-0199	TF-CBT	https://ssyaf.org
Turning Point	South	Mondays 1:00pm-2:00pm Wednesdays 4:00pm-5:00pm Fridays 10:00am-11:00am	3161 Dwight Road, Elk Grove, CA 95758	Laguna Blvd	916-427-7141	TF-CBT, PCIT, PC-CARE	https://www.tpcp.org/
Sacramento County Children’s Outpatient Clinic (CAPS)	Central	Call to schedule appointment	3331 Power Inn Rd. suite 140 Sacramento, CA 95826	Cucamonga Ave	916-875-1183	None	None
Adult							
BACS	East	Wednesdays: 9:00am-11:00am Friday: 1:00pm-3:00pm	9333 Tech Center Drive, Suite 100, Sacramento	Mayhew	916-379-7964	Strengths Model	https://www.bayareacs.org/core-sacramento/
BACS	East	Tuesdays: 11:00am-1:00pm Thursdays: 11:00am-1:00pm	4600 47 th Ave, Suite 111, Sacramento	46 th Street	916-318-0141	Strengths Model	https://www.bayareacs.org/core-sacramento/
BACS	South	Tuesdays: 9:00am-11:00am Thursdays: 12:00pm-2:00pm	7171 Bowling Drive, Suite 300, Sacramento	Florin Rd	916-270-6994	Strengths Model	https://www.bayareacs.org/core-sacramento/
El Hogar	North East	Mondays: 9:00am-11:00am Wednesdays: 1:00pm-3:00pm Thursdays: 9:00am-11:00am	8421 Auburn Blvd, Citrus Heights	**Twin Oaks Avenue (or directly off of I80)	916-441-3819	Strengths Model, Seeking Safety	https://www.elhogarinc.org/
El Hogar	West	Tuesday: 1:00pm-3:00pm Thursdays: 9:00am to 11am	600 Bercut Drive, Sacramento	Richards Blvd	916-440-1500	Strengths Model, Seeking Safety	https://www.elhogarinc.org/
Hope Cooperative	North East	Mondays: 1:00pm-3:00pm	3737 Marconi Ave, Sacramento	Watt Ave and Marconi	916-480-1801	Strengths Model	https://hopecoop.org
Hope Cooperative	Central	Wednesday: 1:00pm-3:00pm	650 Howe Ave. Bldn 300, Sacramento	Howe. and Sierra Blvd.	916-485-6500	Strengths Model	https://hopecoop.org
Hope Cooperative	West	Wednesday: 1:00pm-3:00pm	1400 X street, Sacramento	X street and 14th street	916-738-7400	Strengths Model	https://hopecoop.org
Turning Point	North West	Mondays: 8:30am-12:30pm Wednesdays: 12:30pm-4:00pm Thurdays: 12:30pm-4:00pm	3810 Rosin Ct. Ste 170, Sacramento	Northgate	916-567-4222	Strengths Model	https://www.tpcp.org/program/core/
Turning Point	North West	Mondays: 8:30am-12:30pm Wednesdays: 12:30pm-4:00pm Thurdays: 12:30pm-4:00pm	3628 Madison Ave Ste 6, North Highlands	Roseville Rd.	916-388-3231	Strengths Model	https://www.tpcp.org/program/core/
Turning Point	South	Mondays: 12:30pm-4:00pm Thursdays: 12:30pm-4:00pm	9340 E. Stockton Blvd, Elk Grove	Laguna Blvd.	916-509-8198	Strengths Model	https://www.tpcp.org/program/core/
Sacramento County Adult Psychiatric Support Services (APSS)	Central	M-F 10am to 3pm	2130 Stockton Blvd, Bldg 100 Sacramento, CA 95817	39th Street	916-875-0701	CBT, DBT, MI, PSS, Seeking Safety	None