



Adult and Child Mental Health 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, 12/23/2024 through Friday, 12/27/2024			Click Here: Flexible Integrated Treatment (FIT) Clinic Locations		
Provider	Walk-in Hours (date/time)	Location			Phone Number	Evidence-based Practices	Webpage Address/Link
		Geographic Region	Address	Cross Street			
Children's Outpatient Providers Accepting New Clients							
HeartLand Child & Family Services	In Office: Tuesday 11:00am-5:00pm Wednesday 11:00 am- 5:00 pm Thursday 11:00am-5:00pm Telehealth/Phone: Tuesday 5:00- 6:00pm Wednesday 5:00- 6:00 pm Thursday 5:00- 6:00 pm	North	811 Grand Ave, STE D, Sacramento CA 95838	Rio Linda BID	916-922-9868	TF-CBT, ART	https://doingwhateverittakes.org/
River Oak Center for Children	Tuesday Telehealth 3:30- 5:30 pm (Closed Tuesday December 24) Wednesday Office 12:00- 2:00 pm (Closed Wednesday December 25 and January 1st) Thursday Office 1:00- 3:00 pm Friday Office 9:00- 11:00 am	North	5445 Laurel Hills Dr. Sacramento CA 95841	Garfield	916-609-5100	TF-CBT; PCIT; PC-CARE; DBT; Coping Cat; Incredible Years, ART, Team Aim High	www.riveroak.org
Stanford Sierra Youth and Families	Tuesday 3:00- 5:00 pm (Closed Decemeber 24) Wednesday 5:00- 7:00 pm (Closed December 25 and January 1) Thursday 9:00- 11:00 am Thursday 1:00- 3:00 pm	North	8421 Auburn Blvd, Building 3, Citrus Heights, CA 95610	Auburn Blvd and Auburn Oaks Court	916-512-8420	TF-CBT, PCIT, PC-CARE	https://ssyaf.org
Dignity	Mondays 1:00 pm to 3:00 pm Tuesdays from 9:00 am to 11:00am Thursdays from 4:00pm-5:00pm* Thursdays 5:00 pm to 6:00 pm Phone only	Central	9837 Folsom Boulevard, Suite F Sacramento, CA 95827	Horn Road	916-450-2600	None	https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health
Stanford Sierra Youth and Families	Monday 3:00-5:00 pm Tuesday 9:00 -11:00 am Wednesday 11:00-1:00 pm (Closed December 25 and January 1) Wednesday 5:00 -7:00 pm (Closed December 25 and January 1)	Central	8912 Volunteer Lane, Sacramento, CA 95826	Watt Ave and Folsom Blvd	916-344-0199	TF-CBT, PCIT, PC-CARE	https://ssyaf.org

Sacramento County Children's Outpatient Clinic (CAPS)	Call to schedule appointment	Central	3331 Power Inn Rd, Suite 140 Sacramento, CA 95826	Cucamonga Ave	916-875-1183	None	None
Dignity	Mondays 1:00 pm to 3:00 pm Tuesdays from 9:00 am to 11:00am Thursdays from 4:00pm-5:00pm* Thursdays 5:00 pm to 6:00 pm Phone only	South	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
River Oak Center for Children	Tuesday Telehealth 3:30- 5:30 pm (Closed Tuesday December 24) Wednesday Office 12:00- 2:00 pm (Closed Wednesday Decemeber 25 and January 1st) Thursday Office 1:00- 3:00 pm Friday Office 8:00- 10:00 am	South	9412 Big Horn Blvd. Ste 6, Elk Grove CA 95758	Laguna	916-609-5100	TF-CBT; PCIT; PC-CARE; DBT; Coping Cat; Incredible Years, ART, Team Aim High	www.riveroak.org
HeartLand Child & Family Services	In Office: Tuesday 11:00am-5:00pm Wednesday 11:00 am- 5:00 pm Thursday 11:00am-5:00pm Telehealth/Phone: Tuesday 5:00- 6:00pm Wednesday 5:00- 6:00 pm Thursday 5:00- 6:00 pm	South and River Delta Region	6833 Stockton Blvd., Suite 485 Sacramento, CA 95823	65th Street	916-942-9144	TF-CBT, ART	https://doingwhateverittakes.org/
Sacramento Children's Home	Monday 3:00 PM-5:00 PM Tuesday 3:00 PM-5:30 PM Thursday 3:00 PM-5:00 PM	South	2750 Sutterville Rd. Sacramento, CA 95820	Franklin Blvd.	916-492-7240	TFCBT, PCIT, PC-CARE	https://www.kidshome.org/
Turning Point	Mondays 1:00pm-2:00pm Wednesdays 4:00pm-6:00pm Fridays 10:00am-11:00am	South and River Delta Region	3161 Dwight Road, Elk Grove, CA 95758	Laguna Blvd	916-427-7141	TF-CBT, PCIT, PC-CARE, ART, AF-CBT, LMFG	https://www.tpcp.org/

Adult's Outpatient Providers Accepting New Clients							
BACS	Wednesdays: 9:00am-11:00am(closed December 25th and January 1st) Friday: 1:00pm-3:00pm	East	9333 Tech Center Drive, Suite 100, Sacramento	Mayhew	916-379-7964	Strengths Model	https://www.bayareacs.org/core-sacramento/
BACS	Tuesdays: 11:00am-1:00pm Thursdays: 11:00am-1:00pm	East	4600 47 th Ave, Suite 111, Sacramento	46 th Street	916-318-0141	Strengths Model	https://www.bayareacs.org/core-sacramento/
El Hogar	Mondays: 9:00am-11:00am Wednesdays: 1:00pm-3:00pm Thursdays: 9:00am-11:00am	North East	8421 Auburn Blvd, Citrus Heights	**Twin Oaks Avenue (or directly off of I80)	916-441-3819	Strengths Model, Seeking Safety	https://www.elhogarinc.org/
Hope Cooperative	Mondays: 9:30-11:30	North East	3737 Marconi Ave, Sacramento	Watt Ave and Marconi	916-480-1801	Strengths Model	https://hopecoop.org
Turning Point	Mondays: 9:00am -12:00pm Wednesdays: 1:00pm-4:00pm Thursdays: 1:00pm-4:00pm	North West	3810 Rosin Ct. Ste 170, Sacramento	Northgate	916-567-4222	Strengths Model	https://www.tpcp.org/program/core/

Turning Point	Mondays: 9:00am-12:00pm Wednesdays: 1:00pm-4:00pm Thursdays: 1:00pm-4:00pm	North West	3628 Madison Ave Ste 6, North Highlands	Roseville Rd.	916-388-3231	Strengths Model	https://www.tpcp.org/program/core/
El Hogar	Monday: 8:30am- 11am Tuesday: 8:30am-11am Wednesday: 8:30am- 11am	West	600 Bercut Drive, Sacramento	Richards Blvd	916-440-1500	Strengths Model, Seeking Safety	https://www.elhogarinc.org/
Hope Cooperative	Wednesday: 9:00-11:00(closed December 25th and January 1st)	West	1400 X street, Sacramento	X street and 14th street	916-738-7400	Strengths Model	https://hopecoop.org
Hope Cooperative	Wednesday: 1:00pm-3:00pm(closed December 25th and January 1st)	Central	650 Howe Ave. Bldn 300, Sacramento	Howe. and Sierra Blvd.	916-485-6500	Strengths Model	https://hopecoop.org
Sacramento County Adult Psychiatric Support Services (APSS)	M-F 10am to 3pm	Central	2130 Stockton Blvd, Bldg 100 Sacramento, CA 95817	39th Street	916-875-0701	CBT, DBT, MI, PSS, Seeking Safety	None
BACS	Tuesdays: 9:00am-11:00am Thursdays: 12:00pm-2:00pm	South	7171 Bowling Drive, Suite 300, Sacramento	Florin Rd	916-270-6994	Strengths Model	https://www.bayareacs.org/core-sacramento/
Turning Point	Mondays: 12:30pm-4:00pm Thursdays: 12:30pm-4:00pm	South	9340 E. Stockton Blvd, Elk Grove	Laguna Blvd.	916-509-8198	Strengths Model	https://www.tpcp.org/program/core/