



# SACRAMENTO COUNTY 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.

<b>Adults:</b> Individuals age 21 or older <b>Children:</b> Individuals under age 21 <b>CORE:</b> Community Outreach Recovery Empowerment <b>FIT:</b> Flexible Intergrated Treatment		<b>Effective:</b> Monday, 1/20/2025 through Friday, 1/24/2025			<a href="#">Click Here: Flexible Integrated Treatment (FIT) Clinic Locations</a>		
Provider	Walk-in Hours (date/time)	Location			Phone Number	Evidence-based Practices	Webpage Address/Link
		Geographic Region	Address	Cross Street			
<b>Children's Outpatient Providers Accepting New Clients</b>							
Capital Star	Tue: 2:30-5:30 PM-in person Wed: 4-6 PM/phone triage Fri: 8:30-11:30AM-in person	North	3800 Watt Ave, Suite 110 Sacramento, CA 95821	Edison Ave	916-344-0249	PCIT, PC CARE. TF-CBT, TIP	<a href="https://www.starsinc.com/sacramento-county/capital-star-office/">https://www.starsinc.com/sacramento-county/capital-star-office/</a>
HeartLand Child & Family Services	<b>In Office:</b> Tuesday 11:00am-5:00pm Wednesday 11:00 am- 5:00 pm Thursday 11:00am-5:00pm <b>Telehealth/Phone:</b> 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	<a href="https://doingwhateverittakes.org/">https://doingwhateverittakes.org/</a>
HeartLand Child & Family Services	<b>In Office:</b> Tuesday 11:00am-5:00pm Wednesday 11:00 am- 5:00 pm Thursday 11:00am-5:00pm <b>Telehealth/Phone:</b> Tuesday 5:00- 6:00pm Wednesday 5:00- 6:00 pm Thursday 5:00- 6:00 pm	North	2829 Watt Ave STE 200, Sacramento CA 95821	Marconi	916-418-0828	TF-CBT, ART	<a href="https://doingwhateverittakes.org/">https://doingwhateverittakes.org/</a>
Pacific Clinic	Thursdays 9:00am-5:30pm Call in Times Monday and Friday 9:00 am to 5.00 pm	North	3840 Rosin Court, Suite 100 Sacramento, CA 95834	Northgate Blvd	916-921-0828	TF-CBT	<a href="https://www.pacificclinics.org/our-services/locations/">https://www.pacificclinics.org/our-services/locations/</a>
River Oak Center for Children	Tuesday Telehealth 3:30- 5:30 pm Wednesday Telehealth 8:00 - 10:00 am 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	<a href="http://www.riveroak.org">www.riveroak.org</a>

Stanford Sierra Youth and Families	Tuesday 3:00- 5:00 pm Wednesday 5:00- 7:00 pm 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	<a href="https://ssyaf.org">https://ssyaf.org</a>
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	<a href="https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health">https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health</a>
Pacific Clinic	Tuesdays 3:00 pm to 5:30 pm Wednesdays 10:00am to 12:00pm Call In Times Monday and Friday from 9:00 am to 5:00 pm	Central	9343 Tech Center Drive, Suite 200 Sacramento, CA 95826	Mayhew Road	916-388-6400	TF-CBT	<a href="https://www.pacificclinics.org/our-services/locations/">https://www.pacificclinics.org/our-services/locations/</a>
Stanford Sierra Youth and Families	Monday 3:00-5:00 pm Tuesday 9:00 -11:00 am Wednesday 11:00-1:00 pm Wednesday 5:00 -7:00 pm	Central	8912 Volunteer Lane, Sacramento, CA 95826	Watt Ave and Folsom Blvd	916-344-0199	TF-CBT, PCIT, PC-CARE	<a href="https://ssyaf.org">https://ssyaf.org</a>
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	<a href="#">None</a>
UCD	Monday 2:00 to 4:00 pm Monday 3:00 to 5:00 pm Monday 5:00 pm Tuesday 12:00 to 2:00 pm Tuesday 2:00 to 4:00 pm Friday 1:00 to 3:00 pm	Central	3671 Business Drive, Suite 100 Sacramento, CA 95820	14th Ave	916-734-8396	PCIT, TF CBT, DBT PC CARE	<a href="https://health.ucdavis.edu/children/services/CAARE/">https://health.ucdavis.edu/children/services/CAARE/</a>
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	<a href="https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health">https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health</a>
La Familia	Monday 9:00 am to 1:00 pm Wednesday 1:00 pm to 5.00 pm Fridays 11:00 am to 1:00 pm 1st Saturday of the month by appointment only	South	3301 37th Avenue Sacramento, CA 95824	Franklin Blvd	916-452-3601	Cultura de Salud	<a href="https://lafcc.org/">https://lafcc.org/</a>
River Oak Center for Children	Tuesday Telehealth 3:30- 5:30 pm Wednesday Telehealth 8:00 - 10:00 am 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	<a href="http://www.riveroak.org">www.riveroak.org</a>

HeartLand Child & Family Services	<p><b>In Office:</b>  Tuesday 11:00am-5:00pm  Wednesday 11:00 am- 5:00 pm  Thursday 11:00am-5:00pm</p> <p><b>Telehealth/Phone:</b>  Tuesday 5:00- 6:00pm  Wednesday 5:00- 6:00 pm  Thursday 5:00- 6:00 pm</p>	South and River Delta Region	6833 Stockton Blvd., Suite 485 Sacramento, CA 95823	65th Street	916-942-9144	TF-CBT, ART	<a href="https://doingwhateverittakes.org/">https://doingwhateverittakes.org/</a>
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	<a href="https://www.kidshome.org/">https://www.kidshome.org/</a>
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	<a href="https://www.tpcp.org/">https://www.tpcp.org/</a>

**Adult's Outpatient Providers Accepting New Clients**

BACS	Wednesdays: 9:00am-11:00am( <b>cancelled 1/29/25</b> ) Friday: 1:00pm-3:00pm	East	9333 Tech Center Drive, Suite 100, Sacramento	Mayhew	916-379-7964	Strengths Model	<a href="https://www.bayarea.org/core-sacramento/">https://www.bayarea.org/core-sacramento/</a>
BACS	Tuesdays: 11:00am-1:00pm Thursdays: 11:00am-1:00pm( <b>cancelled 1/30/25</b> )	East	4600 47 <sup>th</sup> Ave, Suite 111, Sacramento	46 <sup>th</sup> Street	916-318-0141	Strengths Model	<a href="https://www.bayarea.org/core-sacramento/">https://www.bayarea.org/core-sacramento/</a>
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	<a href="https://www.elhogarinc.org/">https://www.elhogarinc.org/</a>
Hope Cooperative	Mondays: 9:30-11:30	North East	3737 Marconi Ave, Sacramento	Watt Ave and Marconi	916-480-1801	Strengths Model	<a href="https://hopecoop.org">https://hopecoop.org</a>
Turning Point	Wednesdays: 1:00pm-4:00pm Thursdays: 1:00pm-4:00pm	North West	3810 Rosin Ct. Ste 170, Sacramento	Northgate	916-567-4222	Strengths Model	<a href="https://www.tpcp.org/program/core/">https://www.tpcp.org/program/core/</a>
Turning Point	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	<a href="https://www.tpcp.org/program/core/">https://www.tpcp.org/program/core/</a>
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	<a href="https://www.elhogarinc.org/">https://www.elhogarinc.org/</a>
Hope Cooperative	Wednesday: 9:00-11:00	West	1400 X street, Sacramento	X street and 14th street	916-738-7400	Strengths Model	<a href="https://hopecoop.org">https://hopecoop.org</a>
Hope Cooperative	Wednesday: 1:00pm-3:00pm	Central	650 Howe Ave. Bldn 300, Sacramento	Howe. and Sierra Blvd.	916-485-6500	Strengths Model	<a href="https://hopecoop.org">https://hopecoop.org</a>

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	<a href="#">None</a>
BACS	Tuesdays: 9:00am-11:00am Thursdays: 12:00pm-2:00pm( <del>cancelled 1/30/25</del> )	South	7171 Bowling Drive, Suite 300, Sacramento	Florin Rd	916-270-6994	Strengths Model	<a href="https://www.bayarea.org/core-sacramento/">https://www.bayarea.org/core-sacramento/</a>
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	<a href="https://www.tpcp.org/program/core/">https://www.tpcp.org/program/core/</a>