

# Sacramento County Mental Health Respite Services

## Program Contact Information

### SACRAMENTO COUNTY MENTAL HEALTH RESPITE SERVICES

*Funded through the Respite Partnership Collaborative*

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### ADULTS IN CRISIS

TLCS, Inc.: Crisis Respite Center

(916) 737-7483 • [www.tlcssac.org](http://www.tlcssac.org)

*Respite care for individuals 18 and older for up to 23 hours*

### ADULTS IN CRISIS

Turning Point Community Programs:  
Abiding Hope Respite House

(916) 287-4860 • [www.tpcp.org](http://www.tpcp.org)

*Short-term respite available 24 hours/  
7 days a week*

### ADULTS IN CRISIS

A Church for All: Ripple Effect

(916) 807-7305 • [www.achurchforall.org](http://www.achurchforall.org)

*LGBTQ-friendly drop-in respite*

### ADULT WOMEN IN CRISIS

Saint John's Program for Real Change

(916) 453-1482 • [www.saintjohnsprogram.org](http://www.saintjohnsprogram.org)

*Respite and on-site support for women  
and women with children*

### LGBTQ ADULTS IN CRISIS

Sacramento LGBT Community  
Center: Lambda Lounge

(916) 442-0185 • [www.saccenter.org](http://www.saccenter.org)

*LGBTQ-friendly planned and drop-in respite*

## **LGBTQ ADULTS IN CRISIS**

Gender Health Center

(916) 455-2391 • [www.thegenderhealthcenter.org](http://www.thegenderhealthcenter.org)

*Transgender-centered drop-in respite*

## **HOMELESS TEENS/TRANSITION-AGE YOUTH IN CRISIS**

Wind Youth Services

(916) 561-4900 • [www.windyouth.org](http://www.windyouth.org)

*Drop-in respite for youth ages 13 to 25*

## **LGBTQ TEENS/TRANSITION-AGE YOUTH IN CRISIS**

Sacramento LGBT

Community Center: Q Spot

(916) 442-0185 • [www.saccenter.org](http://www.saccenter.org)

*Drop-in respite and drop-in support groups for youth ages 13 to 23*

## **ADULT CAREGIVERS IN CRISIS**

Del Oro Caregiver Resource Center

(916) 728-9333 • [www.deloro.org](http://www.deloro.org)

*Planned respite for caregivers caring for family members with dementia*

## **PARENTS OF ADOPTIVE CHILDREN – PARENTS IN CRISIS**

Capital Adoptive Families Alliance

(916) 834-3700 • [www.capadoptfam.org](http://www.capadoptfam.org)

*Planned respite through events for adoptive parents of children with complex mental health needs*

## **YOUTH, ADULT PLANNED RESPITE**

Iu-Mien Community Services

(916) 383-3083 • [www.unitediumien.org](http://www.unitediumien.org)

*Planned respite through events for youth, adults and older adults of the Mien community*