



California HOPE
of Sacramento County

Hope for Sacramento

CalHOPE Offers:

- Outreach
- Counseling
- Skill Building
- Referral to resources
- Staffing for Community
- Individual Crisis Counseling
- Basic Supportive or Educational Contact
- Group Crisis Counseling
- Public Education
- Community Networking and Support
- Assessment, Referral, and Resource Linkage
- Development and Distribution of Educational Materials
- Media and Public Service Announcements

California HOPE (CalHOPE) is a crisis support program administered by the California Department of Health Care Services (DHCS). Funded by the Federal Emergency Management Agency (FEMA), CalHOPE will implement the Crisis Counseling Assistance and Training Program (CCP). CalHOPE provides supplemental assistance for local entities, states, tribes, and territories by funding mental health assistance and training activities in areas that have received a presidential major disaster declaration.

For HELP and RESOURCES:

CalHOPE Network of Care COVID-19 Resources: <https://us.networkofcare.org/mh/coronavirus/index.aspx?s=ca>

Together for Wellness: <https://calhope.semel.ucla.edu/>

Emotional Well-Being: <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

Managing Your Stress: <https://covid19.ca.gov/manage-stress-for-health/>

CA Surgeon General's Stress Relief Tips in additional languages: <https://www.calhope.org/pages/resources.aspx>

CalHOPE website: <https://calhope.dhcs.ca.gov/>

1500 Capitol Ave., Sacramento CA 95818

CalHOPE Peer-Run Warm Line: Call 833-317-HOPE (4673) Monday – Friday from 7am – 11pm
for COVID-19 specific non-emergency support.

California Warm Peer Line: Call 855-845-7415 for 24/7 for non-emergency support

Crisis Text Line: Text HOME to 741741 for 24/7 crisis support