

SACRAMENTO COUNTY



Behavioral Health Services

Behavioral health conditions are real, common and treatable – treatment can improve your overall well-being at any age or stage of life. Below you will find resources that may help you navigate resources and supports.

Local Behavioral Health Resources

National Suicide and Crisis Life Line: 988
Community Support Team (*All ages*): 916-874-6015
Consumer-Operated Warm Line: 916-366-4668
Crisis Respite Center (*18yrs +, 24/7*) 1-916-RESPITE
Mental Health Access Line (*24/7*): (888) 881-4881
CA Relay: 711
Mental Health Urgent Care Clinic (*All ages*):
916-520-2460
Senior Link (*55yrs +*): 916-369-7872
Substance Use Prevention and Treatment Services:
916-874-9754
The Source (up to 26yrs, 24/7) call/text: 916-SUPPORT
Youth Help Network (*16-25yrs*) call/text: 916- 860-9819

Crisis Lines

American River Area Narcotics Anonymous (*24hr Helpline*):
800-600-HOPE (4673)
California Youth Crisis Line: 1-800-843-5200
Deaf & Hard of Hearing Crisis Line: TTY Users: 711 then
800-273-8255
Domestic Violence Support Line-WEAVE: 916-920-2952
My Sister's House (multilingual crisis line): 916-428-3271
Drug addiction Hotline: 1-888-633-3239
Human trafficking Resource Center: 1-888-373-7888
National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Eating Disorder Association: 1-800-931-2237
National Runaway Safeline: 1-800-786-2929
Parent Support Line: 1-888-281-3000
Sexual Assault Crisis Line 1-800-656-HOPE (4673)
Suicide Hotline (*24/7*): 916-368-3111
Suicide Prevention Hotline (*24/7*): 1-800-273-8255
Trans Lifeline: 1- 877-565-8860
Trevor Project Lifeline: 1-877-565-8860
Veterans Crisis Line: 1-800-273-8255

Websites and Additional Resources

American River Area Narcotics Anonymous
<https://sacramentona.org/meetings/>
Department of Human Assistance:
<https://ha.saccounty.net/Pages/default.aspx>
Sacramento LGBT Community Center:
<https://saccenter.org/>
Sacramento 2-1-1 (community resources):
<https://www.211sacramento.org/211/> - 2-1-1
Sacramento Crisis Nursery in Sacramento:
<https://www.daycarecenters.us/sacramento-crisis-nursery-in-sacramento-ca-e372eef4b88f>
Sacramento Cultural & Linguistic Center (Interpreting):
<https://teamsclc.org/> 916-421-1036
Primary Health:
<https://dhs.saccounty.gov/PRI/Pages/PRI-Home.aspx>
Probation: <https://saccoprobation.saccounty.gov>
Sacramento Steps Forward (*Housing*):
<https://sacramentostepsforward.org/#>
Soul Space:
<https://ontrackconsulting.org/services-projects/soul-space/>
Stop Stigma Sacramento <https://www.stopstigmatasacramento.org/>
Wind Youth Services: <https://www.windyouth.org/>



Behavioral Health Services
Website

Coping Skills:

List what works for you

(Ideas: Breathe deeply, exercise, talk with someone you trust, etc.)

Emergency Information:

In case of life-threatening emergency, call 9-1-1.

In case of personal emergency, names and phone number of emergency contacts/trusted friends:
