

SACRAMENTO COUNTY



Behavioral Health Services

Local Behavioral Health Resources

- 988 (*national suicide and crisis life line*)
- Community Support Team (*All ages, referral*): 916-874-6015
- Consumer-Operated Warm Line: 916-366-4668
- Crisis Respite Center (*18yrs and older, 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 and older, referral*): 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

Crisis Lines

- 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



Behavioral Health Services Resources

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Coping Skills

List what works for you
(*Ideas: Breathe deeply, exercise, talk with someone you trust, etc.*)

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

Websites and Additional Resources

- Primary Health:
<https://dhs.saccounty.gov/PRI/Pages/PRI-Home.aspx>
- Probation:
<https://saccoprobaton.saccounty.gov>
- Sacramento Steps Forward (*Housing*):
<https://sacramentostepsforward.org/#>
- Soul Space:
<https://ontrackconsulting.org/services-projects/soul-space/>
- Stop Stigma Sacramento
<https://www.stopstigasacramento.org/>
- Wind Youth Services:
<https://www.windyouth.org/>

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:

Coping Skills

List what works for you

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

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