



Adult and Child 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.

Adults: Individuals age 21 or older Children: Individuals under age 21 CORE: Community Outreach Recovery Empowerment FIT: Flexible Intergrated Treatment		Effective:			Click Here: Flexible Integrated Treatment (FIT) Clinic Locations		
Provider	Walk-in Hours (date/time)	Location			Phone Number	Evidence-based Practices	Webpage Address/Link
		Geographic Region	Address	Cross Street			
Children's Outpatient Providers Accepting New Clients							
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	916-584-7800	PCIT, PC CARE, TF-CBT	https://www.starsinc.com/sacramento-county/capital-star-office/
HeartLand Child & Family Services	In Office: Tuesday 11:00am-5:00pm Wednesday 11:00 am- 5:00 pm Thursday 11:00am-5:00pm Telehealth/Phone: 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	https://doingwhateverittakes.org/
HeartLand Child & Family Services	In Office: Tuesday 11:00am-5:00pm Wednesday 11:00 am- 5:00 pm Thursday 11:00am-5:00pm Telehealth/Phone: 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	https://doingwhateverittakes.org/
Pacific Clinic	Thursdays 9:00am-5:00pm	North	3840 Rosin Court, Suite 100 Sacramento, CA 95834	Northgate Blvd	916-921-0828	TF-CBT	https://www.pacificclinics.org/our-services/locations/
River Oak Center for Children	Tuesday Telehealth 3:30- 5:30 pm Wednesday Office 12:00- 2:00 pm 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	www.riveroak.org

Stanford Sierra Youth and Families	Tuesday 3:00- 5:00 pm Wednesda 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	https://ssyaf.org
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	https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health
Pacific Clinic	Tuesdays 3:00 pm to 5:00 pm Wednesdays 10:00am to 12:00pm	Central	9343 Tech Center Drive, Suite 200 Sacramento, CA 95826	Mayhew Road	916-388-6400	TF-CBT	https://www.pacificclinics.org/our-services/locations/
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	https://ssyaf.org
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	None
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	https://health.ucdavis.edu/children/services/CAARE/
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	https://www.dignityhealth.org/dhmf/locations/sacramento-childrens-behavioral-health
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	PC- CARE, Cultura de Salud	https://lafcc.org/
River Oak Center for Children	Tuesday Telehealth 3:30- 5:30 pm Wednesday Office 12:00- 2:00 pm 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	www.riveroak.org

HeartLand Child & Family Services	<p>In Office: Tuesday 11:00am-5:00pm Wednesday 11:00 am- 5:00 pm Thursday 11:00am-5:00pm</p> <p>Telehealth/Phone: Tuesday 5:00- 6:00pm Wednesday 5:00- 6:00 pm Thursday 5:00- 6:00 pm</p>	South	6833 Stockton Blvd., Suite 485 Sacramento, CA 95823	65th Street	916-942-9144	TF-CBT, ART	https://doingwhateverittakes.org/
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	https://www.kidshome.org/
Turning Point	Mondays 1:00pm-2:00pm Wednesdays 4:00pm-6:00pm Fridays 10:00am-11:00am	South	3161 Dwight Road, Elk Grove, CA 95758	Laguna Blvd	916-427-7141	TF-CBT, PCIT, PC-CARE	https://www.tpcp.org/

Adult's Outpatient Providers Accepting New Clients

BACS	Wednesdays: 9:00am-11:00am Friday: 1:00pm-3:00pm	East	9333 Tech Center Drive, Suite 100, Sacramento	Mayhew	916-379-7964	Strengths Model	https://www.bayareacs.org/core-sacramento/
BACS	Tuesdays: 11:00am-1:00pm Thursdays: 11:00am-1:00pm	East	4600 47 th Ave, Suite 111, Sacramento	46 th Street	916-318-0141	Strengths Model	https://www.bayareacs.org/core-sacramento/
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	https://www.elhogarinc.org/
Hope Cooperative	Mondays: 1:00pm-3:00pm	North East	3737 Marconi Ave, Sacramento	Watt Ave and Marconi	916-480-1801	Strengths Model	https://hopecoop.org
Turning Point	Mondays: 8:30am-12:30pm Wednesdays: 12:30pm-4:00pm Thursdays: 12:30pm-4:00pm	North West	3810 Rosin Ct. Ste 170, Sacramento	Northgate	916-567-4222	Strengths Model	https://www.tpcp.org/program/core/
Turning Point	Mondays: 8:30am-12:30pm Wednesdays: 12:30pm-4:00pm Thursdays: 12:30pm-4:00pm	North West	3628 Madison Ave Ste 6, North Highlands	Roseville Rd.	916-388-3231	Strengths Model	https://www.tpcp.org/program/core/
El Hogar	Tuesday: 1:00pm-3:00pm Thursdays: 9:00am to 11am	West	600 Bercut Drive, Sacramento	Richards Blvd	916-440-1500	Strengths Model, Seeking	https://www.elhogarinc.org/
Hope Cooperative	Wednesday: 1:00pm-3:00pm	West	1400 X street, Sacramento	X street and 14th street	916-738-7400	Strengths Model	https://hopecoop.org
Hope Cooperative	Wednesday: 1:00pm-3:00pm	Central	650 Howe Ave. Bldn 300, Sacramento	Howe. and Sierra Blvd.	916-485-6500	Strengths Model	https://hopecoop.org

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	None
BACS	Tuesdays: 9:00am-11:00am Thursdays: 12:00pm-2:00pm	South	7171 Bowling Drive, Suite 300, Sacramento	Florin Rd	916-270-6994	Strengths Model	https://www.bayareacs.org/core-sacramento/
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	https://www.tpcp.org/program/core/