

Serving Sacramento – Central Location

Funded by the Sacramento County Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA)

FIT

FLEXIBLE INTEGRATED TREATMENT

WHAT WE DO:

- Outpatient Mental Health Services for youth under 21 years old
- Evidence Based/Promising Practices: Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT)
- Short-term therapy
- Skills building
- Medication support
- Case management
- Support for youth/families experiencing, or at risk of, homelessness

SERVICE HOURS:

Monday-Thursday 8:30 am-5:30 pm

Friday 8:30 am-5:00 pm

Closed weekends & holidays

SITE WALK-IN HOURS

Monday-Thursday 4:00-6:00 pm

SITE ADDRESS

8912 Volunteer Lane
Sacramento, CA 95826



CONTACT INFO

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