



NEED HELP?

YOU ARE NOT ALONE

988 HELP 24/7

**MENTAL HEALTH CRISIS
24/7
916 875 1055**

**MENTAL HEALTH
URGENT CARE CLINIC
24/7
916 520 2460**

**WARM LINE
M - F 9 - 5
916 366 4668**

**YOUTH AND CAREGIVER
SUPPORT
24/7
916 SUPPORT OR 787 7678**



YOU ARE
not alone

DO YOU WANT TO GET INVOLVED?

You can be a voice to improve mental health services.

Check out
<https://tinyurl.com/SacramentoMHB>
or contact your county supervisor at 916 874 5411 to apply for the Mental Health Board.



Sacramento County Mental Health Board
Behavioral Health Services
Department of Health Services
County of Sacramento
7001 E Parkway Sacramento CA 95823
916 875 1055
MentalHealthBoard@SacCounty.net

SACRAMENTO
COUNTY

**MENTAL
HEALTH
BOARD**



Sacramento County Mental Health Board

The Mental Health Board is mandated by state law and advises the Sacramento County Board of Supervisors and Mental Health Director as it reviews and provides oversight of mental health services.

- Conducts Site Visits
- Recommends Budgets for Mental Health Services
- Reviews County Performance Outcome Data
- Reviews and Evaluates Mental Health Needs, Facilities and Services

Who are the Mental Health Board?

The Mental Health Board members are your diverse neighbors, community leaders, consumers of services, family members of those with mental illness, peers, professionals and volunteers who have an interest to support and advocate for mental health services.

There are 16 appointed members, 3 from each district plus a member of the Board of Supervisors.



Public Meetings

General Meetings

1st Wednesday Each Month
6pm - 8pm
Zoom

Adult Care Committee

4th Tuesday Each Month
4pm - 6pm
Zoom

Children's Care Committee

4th Thursday Each Month
4pm - 6pm
Zoom

Executive Committee

3rd Tuesday Each Month
12pm
Zoom