

## **Mental Health Resources**

### **Black Emotional and Mental Health Collective**

- ❖ The mission of the Black Emotional Mental Health Collective “is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing through education, training, advocacy, and the creative arts.” They have a Black Virtual Wellness Directory to help people find a virtual Black therapist, doula, yoga teacher, mediator, and other providers.

### **Black Mental Wellness**

- ❖ Black Mental Wellness Corp provides evidence-based mental and behavioral health information and resources from a Black perspective.

### **California Parent & Youth Helpline**

- ❖ The California Parent & Youth Helpline provides emotional support for families during COVID-19.
- ❖ The helpline can be reached everyday from 8am-8pm at 1(855)427-2736

### **CalHOPE**

- ❖ CalHOPE provides crisis support for people impacted by a national disaster. Services include individual and group crisis counseling and support, education, community networking and support, and connections to resources.
- ❖ CalHOPE Warm Line: (833)317-4673
- ❖ [CalHOPE Connect](#) offers emotional support relating to COVID-19. They also offer culturally sensitive emotional support sessions for the following communities: African American/Black, Asian and Pacific Islanders, Latino/Latinx, LGBTQ+, Veterans, Youth and Young Adults
- ❖ [CalHOPE Red Line](#) is a phone, chat, and video chat service providing resources, referrals, and trauma informed support for Urban Indian and Tribal populations.

### **CalWORKs Wellness Team**

- ❖ The CalWORKs Wellness Team provides counseling services including assessment and treatment of mental health and substance use needs, referral to intensive alcohol and drug treatment, referrals for medication evaluation and support, connections to resources.
- ❖ To connect with the Wellness Team, call (916)875-3309 or request a referral from a staff member with the Department of Human Assistance.

### **Crisis Text Line**

- ❖ Crisis Text Line is a free, 24/7 crisis line that can be accessed via text, Facebook Messenger, and WhatsApp.
- ❖ To access via text, send HOME to 741741.
- ❖ To access via Facebook Messenger, click “Send Message” at [facebook.com/crisistextline](https://www.facebook.com/crisistextline).

- ❖ To access via WhatsApp, message 443-SUP-PORT
- ❖ If your cell phone plan is with AT&T, T-Mobile, Sprint, or Verizon, texts to short-code 741-741 are free of charge, with other plans, standard text messaging rates apply.

### [Harm Reduction Services](#)

- ❖ Harm Reduction Services provides public health centered services including Medical Case Management, HIV/Hep C testing, and syringe exchange. HRS also provides NARCAN, also known as Naloxone, free of charge.
- ❖ Phone: (916)456-4849
- ❖ Email: [hrssacramento@hrssac.org](mailto:hrssacramento@hrssac.org)

### [La Familia Counseling Center](#)

- ❖ La Familia Counseling Center provides mental health, behavioral health services, crisis intervention services, family programs, and community programs.

### [MH First Sacramento](#)

- ❖ MH First Sacramento is a project of the Anti Police-Terror Project and provides non-police response to mental health crises. They respond to crises including psychiatric emergencies, substance use support, and domestic violence safety planning.
- ❖ They can be reached via call or text Friday-Sunday from 7pm-7am at (916)670-4062.

### [National Parent Helpline](#)

- ❖ The National Parent Helpline offers emotional support to caregivers of children and youth.
- ❖ The helpline can be reached Monday-Friday 10am-7pm at 1(855)427-2736.

### [National Suicide Prevention Hotline](#)

- ❖ The National Suicide Prevention Hotline can be reached 24/7 at 1(800)273-8255.
- ❖ For Spanish speakers, dial 1(888)628-9454
- ❖ For people who are Deaf or Hard of Hearing, use your preferred relay services or dial 711, then 1(800)273-8255.
- ❖ A chat option is available on their website.

### [River Oak Center for Children](#)

- ❖ River Oak Center for Children offers a variety of programs, including Therapeutic Behavioral Services, Early Head Start, and Juvenile Justice Diversion and Treatment.

### [Sacramento County Department of Health Services – Substance Use Prevention and Treatment Services](#)

- ❖ Substance Use Prevention and Treatment Services provides prevention services, outpatient treatment, intensive outpatient services, medication-assisted treatment, withdrawal management, residential treatment, recovery residences, and more. They serve adults, youth, and perinatal and pregnant people.

- ❖ Adult System of Care for Substance Use Treatment: (916)874-9754
- ❖ Youth System of Care for Substance Use Treatment: (916)875-2050

#### Sacramento County Mental Health Access Team

- ❖ The Mental Health Access Team connects Sacramento County residents with mental health services.
- ❖ Phone: (916)875-1055
- ❖ A request for mental health services for those with MediCal can also be completed here: <https://mentalhealthservicerequest.saccounty.net/>
- ❖ Mental health emergency services are available for youth under 18 years old, 7 days a week, from 10am-7pm at the Intake Stabilization Unit at 2150 Stockton Boulevard Sacramento, CA 95817. The phone number for the Intake Stabilization Unit is (916)875-1000

#### Sacramento LGBT Community Center

- ❖ The Sacramento LGBT Community Center supports the health and wellness of the LGBT+ community. Services provided include telehealth counseling, drop-in respite, free individual counseling for LGBTQ+ victims of crime, 12-step addiction recovery groups, and various support groups.
- ❖ Phone: (916)442-0185

#### Sacramento Mental Health Urgent Care Clinic

- ❖ The Mental Health Urgent Care Clinic is available to those in immediate need of mental health care. Patients are accepted regardless of age or ability to pay.
- ❖ Location: 2130 Stockton Boulevard, Building 300, Sacramento, CA 95817
- ❖ Hours: Monday – Friday 10am-7pm, Saturday-Sunday and holidays 10am-6pm
- ❖ Phone: (916)520-2460 – call ahead due to occasional emergency hour changes

#### Sacramento Mobile Crisis Support Team

- ❖ A collaboration between Behavioral Health and Law Enforcement, the Mobile Crisis Support Team dispatches a law enforcement officer trained in Crisis Intervention Training, a licensed Senior Mental Health Counselor, and a Sacramento County Peer Navigator, to respond to calls involving a mental health crisis.
- ❖ The Mobile Crisis Support Team is dispatched Monday-Friday from 9am-7pm and are reached by calling 911.

#### Sacramento Crisis Nursery

- ❖ The Sacramento Crisis Nurseries offer free, emergency and overnight childcare for children 0-5.
- ❖ There are two locations:
  - 4533 Pasadena Avenue Sacramento, CA 95821, (916)679-3600
  - 6699 South Land Park Drive Sacramento, CA 95831, (916)394-2000

## SOUL SPACE

- ❖ SOUL SPACE provides case management, coaching, support groups, and other services and is free to the Black community.
- ❖ Phone: (916)285-1808
- ❖ Email: [pymoore@getontrack.org](mailto:pymoore@getontrack.org)

## The Source

- ❖ The Source provides 24/7 support and referrals via phone, chat, and text for youth, caregivers, and foster youth and their caregivers.
- ❖ Phone: (916)787-7678
- ❖ Email: [thesource@kidshome.org](mailto:thesource@kidshome.org)

## Therapy for Black Girls

- ❖ A community designed for Black women to present mental health topics in an accessible and relevant manner. Their website includes a therapist directory.

## Therapy for Black Men

- ❖ This website hosts a directory of therapists and other resources for Black men.

## Trans Lifeline

- ❖ Trans Lifeline provides trans peer support service and is available to people in crisis or if you just need someone to talk to. The hotline is available 24/7 at 1(877)565-8860. To be connected with a Spanish speaking counselor, press 2.

## Trevor Project

- ❖ The Trevor Project is a suicide prevention and crisis intervention organization serving the LGBTQ+ community. The hotline can be reached 24/7 by calling 1(866)488-7386, texting START to 678-678, or via chat on their website.
- ❖ [TrevorSpace](#) is an online community for LGBTQ+ young people between the ages of 13-24.

## Wellspace Health Suicide Prevention

- ❖ Sacramento Suicide Prevention Hotline: (916)368-3111
- ❖ 24-Hour Maternal Support Line: (916)681-2907
- ❖ Crisis Chat by Text: Send the word HOPE to (916)668-4226