

The following is a list of resources that can be useful to community members in times of navigating the COVID-19 circumstances. Please call ahead to verify agencies are still operating services.



## Mental Health Resources

AGENCY	ADDRESS/PHONE NUMBER	INFORMATION
<b>La Familia Counseling Center</b>	3301 37 <sup>th</sup> Ave, Sacramento, CA 95824 916-210-8773	Children's Mental Health. Contact for information or resources.
<b>NAMI (National Alliance of Mental Illness)</b>	Helpline: 1-800-950-6264	<a href="https://www.nami.org/find-support/nami-helpline">https://www.nami.org/find-support/nami-helpline</a>
<b>Mental Health Access Team</b>	Call 916-875-1055, (888)881-4881, or 711 M-F 8am-5pm	Sacramento County Mental Health Services
<b>The Disaster Distress Hotline SAMHSA</b>	1-800-985-5990 Text "TalkWithUs" to 66746	The Disaster Distress Helpline can provide immediate counseling to anyone who is seeking help in coping with the mental or emotional effects caused by the Coronavirus
<b>Department of Human Assistance</b>	916-875-3309 <a href="https://ha.saccounty.net/benefits/Pages">https://ha.saccounty.net/benefits/Pages</a>	The Sacramento County CalWORKs Wellness Team provides counseling services to help break down barriers to employment for CalWORKs eligible customers. Services include: <ul style="list-style-type: none"> <li>• Confidential assessment and treatment of mental health and substance abuse needs.</li> <li>• Authorization and referral to intensive alcohol and drug treatment if needed.</li> <li>• Referrals for medication evaluation and support if needed.</li> <li>• Linkage to resources and tools to assist you in your recovery.</li> </ul> To access services, call the CalWORKs Wellness Team referral line at (916)875-3309 or request a referral from Department of Human Assistance staff.
<b>National Domestic Violence Hotline</b>	Call 1-800-799-7233 TTY 1-800-787-3224	National Domestic Violence Hotline can help victims, survivors of domestic violence
<b>Mental Health Urgent Care Clinic</b>	2130 Stockton Blvd #300 Sacramento CA 95817 Call 916-520-2460  Visit Monday-Friday, 10am-10pm Saturday, Sunday, & Holidays, 10am-6pm	THE MENTAL HEALTH URGENT CARE CLINIC (MHUCC) is a walk-in clinic for individuals with an urgent mental health need.

<b>Local 24-hour Suicide Prevention Line</b>	Call 916-368-31111 Toll Free: 800-273-8255	Suicide prevention phone line available 24/7.
<b>Consumer-operated Warm Line</b>	Call 916-366-4668	Lived-experienced individuals providing supportive listening and making referrals to other mental health services.
<b>Source Support Line for Youth and Caregivers</b>	Call 916-787-7678 Available 24/7	Call if you're feeling alone, stressed, or sad. Plenty of Spanish speakers available.
<b>Hope Cooperative Peer Support Line</b>	Call 855-502-3224 Monday-Friday, 8am-5pm	Feeling anxious and needing support. Spanish speakers available.
<b>WEAVE Crisis Line</b>	Call 916-920-2953	24 hour support and information line
<b>TrevorLifeline</b>	Call 1-866-488-7386.	Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline.