

# Mental Health Resources

## Crisis Services

Adult Protective Services (916) 874-9377  
Child Protective Services (916) 875-5437 (KIDS)

## Emergency Numbers Local

Sacramento Police Department (916) 732-0100  
Sacramento County Sheriff (916) 874-5111

## Hotlines

Suicide Prevention Crisis Line (Local) (916) 368-3111

Suicide Prevention Crisis Line (National) (800) 273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Veterans 24 hour Crisis Line (National) (800) 273-8255

WEAVE Crisis Line (916) 920-2952  
[www.weaveinc.org](http://www.weaveinc.org)

Crisis Nursery (Children ages 0-5) (916) 679-3600  
[www.kidshome.org/what-we-do/CrisisNursery.php](http://www.kidshome.org/what-we-do/CrisisNursery.php)

Wind Youth Services – 24 hour Hotline (800) 339-7177  
[www.windyouth.org](http://www.windyouth.org)

Trevor Project Crisis Line – LGBTQ Youth (866) 488-7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org) 866-4-U-TREVOR

## Community Resources – Non-Emergency

Access to Adult Mental Health (916) 875-1055  
Access to Children’s Mental Health (916) 875-9980  
Access to 24 hr. Line (888) 881-4881  
Alcohol & Drug System of Care – Adult (916) 874-9754  
Alcohol & Drug System of Care – Youth (916) 875-2050  
Alta Regional Center (enrolled clients only) (916) 978-6400  
California Relay Service (Hearing Impaired) 711  
Conservators Offices (916) 875-4467  
Friends for Survival, Inc. (916) 392-0664  
Guest House – Homeless Services (916) 440-1500  
Mental Health America of Northern California (916) 366-4600  
National Alliance on Mental Illness (NAMI) (916) 364-1642  
Sacramento Gay and Lesbian Center – (916) 442-0185  
Serves LGBTQ Community  
Gender Health Center – Transgender Individuals (916) 455-2391  
Community Support Team - (916) 874-6015

## **Other Resources**

Info Line – Community Information and Referral

[www.211sacramento.org](http://www.211sacramento.org)

(916) 498-1000

or 211

Adult Mental Health First Aid/Youth Mental Health First Aid –

To register for classes email [MHFA@saccounty.net](mailto:MHFA@saccounty.net) and indicate which session you would like to register for.

To view a 6-month calendar of available classes visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) – click on “Find A Course” and complete the following fields only:

City: *Sacramento*

State: *California*

Instructor: *Rechs*

Next, click on the Find Course button. You should then see a 6-month calendar of available classes in Sacramento County

## **Web Resources**

Network of Care Sacramento – On-line Wellness and Recovery Action Plan (WRAP) tool

<http://sacramento.networkofcare.org/mh/home/index.cfm>

Stop Stigma Sacramento

[www.stopstigmasacramento.org](http://www.stopstigmasacramento.org)

Department of Veterans Affairs – National Center for PTSD

[www.ptsd.va.gov](http://www.ptsd.va.gov)

National Child Traumatic Stress Network

[www.nctsn.org](http://www.nctsn.org)

Wellness and Recovery Action Plan (WRAP) – Mary Ellen Copeland

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

Mental Health America (MHA)

[www.nmha.org](http://www.nmha.org)

National Alliance on Mental Illness (NAMI)

[www.nami.org](http://www.nami.org)

Substance Abuse and Mental Health Services Administration (SAMHSA)

[www.samhsa.gov](http://www.samhsa.gov)

Teen Mental Health

[www.teenmentalhealth.org](http://www.teenmentalhealth.org)

## **Resource List – Detailed**

### **Crisis Services**

**Adult Protective Services (APS)** – APS is a state mandated program dedicated to maintaining the health and safety of elderly and dependent adults subjected to neglect, abuse, or exploitation, or who are unable to protect their own interests. An elder is a person 65 years of age or older. A dependent adult is a person between the ages of 18 and 64 who is unable to protect his or her rights, including but not limited to persons who have physical or developmental disabilities or whose physical or mental abilities have diminished because of age.

In addition to investigating allegations of abuse or neglect, APS social workers may assist the elderly and dependent population of Sacramento County in the following ways:

- Provide 24 hour emergency response services
- Secure linkages and referrals for other county and community services such as public health assessment and counseling services
- Advocate for clients in a variety of situations, for example, with landlords, doctors, hospitals, treatment programs and other social services
- Arrange for direct services such as meal delivery, transportation and immediate assistance with emergency situations
- Coordinate and consult with other providers to ensure the best possible service for the client.

Elder and dependent adult abuse includes: Physical abuse (assault/battery, constraint or deprivation, sexual assault, chemical restraint, and over or under medication), neglect (including self-neglect), financial abuse, abandonment, isolation, abduction, and psychological or verbal abuse.

**Child Protective Services (CPS)** – One of the divisions of CPS is Emergency Response. This division is a response system designed to provide in-person response 24-hours a day to reports of abuse, neglect or exploitation. Its purpose is to investigate and to determine the necessity from providing initial intake services and crisis intervention to maintain the child safely in his/her own home or to protect the safety of the child through emergency shelter care.

### **Emergency Numbers Local**

These numbers are provided for you to use in the event that you are using a cellular phone to contact either the local Police or Sheriff Departments. Calling 911 while using a cellular phone will link you to the California Highway Patrol (CHP) which may result in a delay in response while connection to the appropriate department is reached.

### **Hotlines**

**Suicide Prevention Crisis Line (Local)** – WellSpace Health operates the region's Suicide Prevention Line. The Suicide Prevention Crisis Line receives calls from people of all ages who are experiencing depression, hopelessness, alone, desperate, and sometimes considering suicide as a solution to their pain.

A person does not need to be suicidal to talk with one of their many counselors. Many of our callers are third parties who are concerned about a friend or loved one who is suicidal. They are there to listen and understand, and to offer information and resources as needed.

**Suicide Prevention Crisis Line (National)** – This is the National Suicide Prevention Lifeline. When someone dials this number they will be routed to the nearest crisis center in the national network of more than 150 crisis centers.

The website provides a wealth of information and resources for those who need help for themselves or for someone else. They also have links to web resources that focus on specialty populations (i.e. Veterans, Young Adults, Deaf or Hearing Impaired, etc.)

**Veterans 24 hour Crisis Line (National)** – The professionals at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Many of the responders are Veterans themselves and understand what Veterans and their families and friends have been through and the challenges Veterans of all ages and service eras face.

**Woman Escaping A Violent Environment (WEAVE)** – WEAVE provides an array of services to women, men, and children in the greater Sacramento region who have experienced domestic violence or have been sexually assaulted. WEAVE also works as part of the Rescue & Restore Coalition to support victims of human trafficking.

**Crisis Nursery** – The Sacramento Children’s Home operates Sacramento’s only Crisis Nursery Program. The program is a family strengthening program where families can bring their children, newborn through age 5 for emergency child care or overnight care during stressful or difficult times.

**Wind Youth Services** – Wind Youth Services is a program that serves Sacramento County’s homeless youth. Through their programs and services, Wind Youth Services provides homeless and at-risk youth between the ages of 12 and 24 with basic safety net and survival services and a safe place to stay. Wind Youth Services operates these community programs: Street Outreach, Case Management, Youth and Family Counseling, Wind House – Youth Shelter, and Wind Center.

**The Trevor Project** – The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13 – 24. They offer life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.

## **Community Resources – Non-Emergency**

**Access to Adult Mental Health** – The Adult Mental Health Access Team is the entry point for mental health services for adults and older adults ages 18 years and older. The Access Team conducts over the phone screening, assessment, linkage, and referral information. County Mental Health Services are reserved for those who have Medi-Cal or who are medically indigent.

**Access to Children’s Mental Health** – The Children’s Mental Health Access Team is the entry point for mental health services for children and youth ages 0 – 21 years. The Access Team conducts over the phone triage, assessments, and linkage/referral to county-operated or contracted mental health service providers.

**Access to 24 hour line** – During the hours of 5:00PM to 8:00AM this is the number to contact for Sacramento County Mental Health Services.

**Alcohol and Drug Services (Adult and Youth)** – Sacramento County provides treatment and recovery services for alcohol and drug abuse. They contract with an array of community-based service providers throughout Sacramento County. The range of services provided through these organizations includes outpatient treatment, methadone treatment, day treatment, detoxification, residential services, and perinatal services. To qualify for services, individual must participate in a preliminary assessment that can be conducted by the Alcohol and Drug System of Care staff. For more information visit:

<http://www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx>

**Alta Regional Center** – Alta California Regional Center assists children and adults who have a developmental disability and who are substantially disabled because of that disability. They do this by providing and securing those services and supports necessary to maximize opportunities and choices.

**California Relay Service (711)** – If you have limitations seeing, hearing, speaking, remembering or moving, specially-trained Communication Assistant can relay telephone conversations for all of our calls. Dialing 711 is for everyone, not just those who have difficulty hearing on a standard telephone. Friends, family, and business contacts can dial 711 for relay calls, too.

**Conservators Office** – The Public Conservator arranges for the personal care of an individual or the management of his or her financial affairs. Working under appointment by the court, a conservator may be assigned to either a person or an estate, or both.

**Friends for Survival** – Friends for Survival is a national non-profit outreach organization open to those who have lost family or friends by suicide, and also to professionals who work with those who have been touched by a suicide tragedy.

**Guest House (Homeless Services)** – The Guest House Homeless Clinic is the entry point for homeless indigent individuals seeking mental health services. Services include screening, assessment, medication and rehabilitation services to adults with mental illness and experiencing homelessness.

**Mental Health America of Northern California** – MHANCA provides peer services that foster recovery, reduce stigma and discrimination, and improve cultural competency through self-help, education, and culturally relevant research. The Information and Referral line is operated by consumer staff and provides peer support, linkage, referrals, and resources to the community.

**National Alliance on Mental Illness** – NAMI California is a grass roots organization of families and individuals whose lives have been affected by serious mental illness. They provide leadership in advocacy, legislation, policy development, education and support throughout California. They offers several education and support groups free to the community and are available to conduct trainings for the purpose of stigma reduction.

**Sacramento Gay and Lesbian Center** – The Sacramento LGBT Community Center is dedicated to serving the lesbian, gay, bisexual, and transgender community of the greater Sacramento area and surrounding counties and its allies by providing space, diverse programing, advocacy, and cultural activities in an affirming, compassionate, and safe environment.

**Gender Health Center** – The Gender Health Center is a non-profit organization meeting the counseling needs of the whole community in Sacramento and the surrounding areas by making their services accessible to the most underserved communities, including the LGBTQQI community. As a non-profit agency their fees are based on a sliding scale.

**Community Support Team** – The CST consists of mobile teams of Peer/Family Support Specialists and Sacramento County Mental Health Counselors who will provide a variety of support services. They are able to respond to requests for assistance for individuals, families or the community and address the following:

- Identify and create connections to the community.
- Maximize use of traditional and non-traditional community supports.
- Strengthen personal resilience in the face of challenging circumstances.
- Access self-help skills and resources.
- Problem-solve challenges and navigate system barriers.
- Engage in activities that improve life satisfaction and well-being.

## **Other Resources**

**211 Sacramento** – Provides phone or on-line referrals to more than 2,400 community services in the Sacramento Area, including:

- Employment and Training
- Housing Information
- Financial Assistance
- Children’s Services
- Senior Programs
- Food Programs
- Physical and Mental Health Care Services

### Web Resources

**Network of Care Sacramento** – This web site is a resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws and related news, as well as communication tools and other features. One feature is the on-line Wellness and Recovery Plan (WRAP) tool.

**Stop Stigma Sacramento** – The *Mental Illness: It’s not always what you think* project was initiated by Sacramento County Department of Health and Human Services/Division of Behavioral Health to:

- Reduce stigma and discrimination
- Promote mental health and wellness
- Inspire hope for people and families living with mental illness

This web site offers resources, news and information for those affected by mental health issues in the Sacramento Area.

**Department of Veterans Affairs – National Center for PTSD** – Although the National Center for PTSD provides no direct clinical care they provide expertise and training on **all** types of trauma – from natural disasters, terrorism, violence and abuse to combat exposure. They offer information, training and resources to both the general public and to professionals.

**National Child Traumatic Stress Network** – The NCTSN is a collaboration of frontline providers, researchers and families committed to raising the standard of care for children who have experienced trauma. The main focus of this site is to provide information, training and resources for anyone who works with or cares for children. They provide on-going webinar lecture series on a variety of topics related to child trauma as well as Psychological First Aid training for those professionals who might be asked to support individuals and families during a natural or man-made disaster.

**Wellness and Recovery Action Plan® (WRAP®)** – This site was created by Mary Ellen Copeland, Ph.D. WRAP® is an evidence-based system that was developed by a group of people who have a lived experience of mental health difficulties. WRAP® involves listing your personal resources, your Wellness Tools, and then using those resources to develop an Action Plan to use in specific situations which are determined by you.

**Mental Health America and National Alliance on Mental Illness** – These are the national websites for the peer resources that were discussed in a previous section.

**Substance Abuse and Mental Health Services Administration (SAMHSA)** – SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's community. They conduct research; provide educational material, and training as part of this mission.