

If you want to let the counseling team know about specific student or friend you are worried about, you can tell your counselor or teacher directly. If it is an immediate emergency, you should call 911 and tell an adult.

Please see below for crisis numbers and resources:

## **EMERGENCY ASSISTANCE/HOTLINES**

California Youth Crisis Line	1-800-843-5200
Children’s Protective Services	1-916-875-5437
Diogenes Youth Services	1-916-363-0063
National Runaway Hotline	1-800-231-6946
Sacramento County Mental Health Treatment Center	1- 916-732-3637
Victims of Crime Resource Center	1-800-VICTIMS
WEAVE (Women Escaping a Violent Environment)	1-916-920-2952
Suicide Prevention	1-916-368-3111
Sacramento County Sheriff’s Child Abuse Bureau	1-916-874-5191
Sacramento Area Emergency Housing Center- Family Shelter	1-916-455-2160
Wind Youth Services	1-916-443-8333
Elk Grove Food Bank Services/Elk Grove Clothes Closet	1-916-685-8453

## **COUNSELING SERVICES**

Alcoholics Anonymous	916-454-1100
Narcotics Anonymous	916-732-2299
Alateen / Al-Anon	916-334-2970
Elk Grove Creekside Counseling	916-685-5258
Catholic Social Services	916-452-4781
Family Service Agency	916-368-3080
La Familia Counseling Center	916-452-3601
People Reaching Out	916-546-3300
Heart and Soul	916-988-5945
Samaritan Counseling Center	916-442-8112
Save our Youth, Inc	916-944-1845
South Sacramento Counseling Center	916-427-5208
CA Smokers Helpline	1-800-7NO-BUTTS
Diogenes Youth & Family Services	916-369-5447