

Mental Health Crisis Contact Information

Mental Health Urgent Care Center (MHUCC) 916-520-2460
 Sacramento County, <https://www.tpcp.org/programs/urgent-care/>
 Walk in: 10 to 10 M-F, 10-6 Weekends/Holidays, no insurance needed/all accepted 2130
 Stockton Blvd., Bldg 300, Sacramento – in the back on the left

Sacramento County Mobile Crisis Unit 911
 Sacramento Police or Sacramento Sheriff will come out with a CIT trained specialist.
 Dispatch hours Tuesday – Friday 9:00 am – 7:00 pm

Sacramento County Community Support Team 916-874-6015
 Helps connect individuals to County Mental Health Services from the field. Available M-F 9 am – 5 pm or
 leave voice mail after hours (one clinician and one peer support specialist) to help someone with an urgent
 situation get the services they need.

If you believe you are having a mental health crisis situation, contact the County Crisis Intervention staff at	888-881-4881
National Suicide Prevention Lifeline	800-273-8255
24/7 (Veterans/Active Duty Crisis Line choose #1)	
Online chat: https://suicidepreventionlifeline.org/chat/	
Youth suicide prevention: https://suicidepreventionlifeline.org/help-yourself/youth/	
English	800-273-8255
Spanish	888-628-9454
Deaf and hard of hearing line	800-799-4889
Suicide Prevention Crisis Line (24 hours/7days)	916-368-3111
For people experiencing crisis/thoughts of harming self/others	
National Runaway Safeline	800-621-4000
24-hour crisis line https://www.1800runaway.org/	
For ages 12-21 and family	
Self-Injury –SAFE: Self Abuse Finally Ends	800-366-8288
<u>Domestic Violence/Sexual Assault & Related Services</u>	
National Domestic Violence Hotline	866-331-9474
National Rape and Sexual Assault Hotline	800-656-4673
My Sister’s House (multilingual, domestic violence)	916-428-3271
WEAVE – Rape Crisis/Domestic Violence	916-920-2952
A Community for Peace	916-728-5613
https://acomunityforpeace.org	

Mental Health Resources in Sacramento County (09-25-2020)

Alcohol and Drug Services

Sacramento County Opioid Coalition

http://sacopioidcoalition.org/directory/wpbdp_category/alcohol-and-drug-services/

Sacramento County Alcohol and Drug Services
For substance abuse or addiction assessment, call

916-875-2050

916-874-9754

Gambling Problem

California Department of Public Health, Office of Problem Gambling

For help with gambling addiction, call the following toll free-number, chat online, or text:

- 1-800-Gambler
- 800gambler.chat
- Or text SUPPORT to 53342

Gamblers Anonymous has a closed meeting on Tuesday from 7:15 p.m. to 9 p.m. at 7300 Wyndham Drive in Sacramento. It also has a hotline you can call 855-222-5542.

Sac County Access Line

Sacramento Phone: 211

Email: info@211sacramento.org

Website:

www.211sacramento.org/211/

Service: 2-1-1 Sacramento, a program of Community Link Capital Region, is a free confidential information and referral service that is available 24 hours a day, seven days a week. Assistance is available in multiple languages, and services are accessible to people with disabilities.

<u>General and Mental Health Services</u>	
Bayanihan Clinic 3030 Explorer Drive Sacramento, CA 95827	916- 833-1112

Service: Bayanihan Clinic is a University of California, Davis student-run free clinic serving the underserved and uninsured population of Sacramento. They see patients every Saturday, from 8:00 AM until 12:00 PM.

Preventative Services: A patient generally comes to clinic with a particular health concern, and this concern (the patient's chief complaint) is addressed at the clinic. Includes flu shots, cholesterol counts, screening for select conditions, etc. Also includes physicals which serve to address any health issues discovered during the physical.

Mental Health Resources in Sacramento County (09-25-2020)

Asian Pacific Community Counseling	916-383-6783
7273 14th Avenue #120B Sacramento, CA 95820 Website: apccounseling.org	

Service: serves the mental health needs of Sacramento County's diverse Asian and Pacific Islander (API) communities. The organization, through its workforce of 40 regular and contract positions, delivers culturally and linguistically appropriate services to non-English or limited English speaking clients.

Sacramento County ACCESS Team

916-875-1055

8:00 – 4:30 M-F Phone assessment and phone referrals for moderate to severe mental health issues (not Autism, unless person has another co-occurring disorder). Ages 0 to 17 legal caregiver must call. Medi-cal and/or Medi-care only.

A Mother's Heart

916-681-2907

Supporting women and families experiencing perinatal mood and anxiety disorders.

www.a-mothers-heart.org

National Assoc. of Anorexia Nervosa & Assoc. Disorders	630-577-1330
www.anad.org	
Monday-Friday 9:00 am -5:00 pm Central Time	
Warmline-24 Hour Friendship Line (7 days per week)	800-971-0016

Warmlines-For those not experiencing immediate crisis and/or suicidal thoughts, and just want to talk

Consumer Operated Warmline (NorCal MHA), M-F 9 am to 5 pm Free, 24/7, Confidential Crisis Text Line	916-366-4668 Text Hello to 741741 916-455-
Family Resource Center Warmline (special needs)	9500
English	
MyEars2Hear (text) https://www.MyEars2Hear.org/support-group-info info@myears2hear.org	916-222-2797
For parents of special needs kids with severe mental health disorders and any disabilities	
Iu-Mein Community Services Comprehensive services and transportation www.unitediumien.org/ 5625 Stockton Boulevard, Sacramento	916-383-3083

Mental Health Resources in Sacramento County (09-25-2020)

Anxiety Treatment Centers	916-366-0647
(Insurance required)	
10419 Old Placerville Rd. Ste 258, Sacramento http://anxietytreatmentexperts.com	

<u>Psychiatric Hospitals</u>	
Kaiser Permanente Outpatient Psychiatry Clinic:	
South Sacramento	916-525-6100
Sacramento (Morse) Clinic	916-973-5300
Heritage Oaks Hospital 4250 Auburn Blvd, Sacramento, CA 95841 Website: heritageoakshospital.com	916-489-3336
Sierra Vista Hospital 8001 Bruceville Rd, Sacramento, CA 95823 Website: sierravistahospital.com	916-288-0300

Sutter Center for Psychiatry 7700 Folsom Blvd, Sacramento, CA 95826 Website: www.sutterhealth.org/scp	916-386-3000
Sac. County Mental Health Treatment Center Inpatient referral from ER or MHUCCBusiness 2150 Stockton Blvd, Sacramento, CA 95817	916-732-3637

Partial Hospitalization program (PHP)/ Day hospitalization program :

The Folsom Sierra Wellness Clinic	916-805-5520
Sierra Vista Partial Hospitalization program	916-288-0300
Heritage Oaks Partial Hospitalization program	916-489-3336

Support Groups and Classes

NAMI Sacramento (National Alliance on Mental Illness)

CALL FOR APPOINTMENT

Business Address: 3440 Viking Drive, Suite 106

City/State/Zip: Sacramento, CA 95827

Phone: 916-364-1642

Email: office@namisacramento.org

Website: www.namisacramento.org

Mental Health Resources in Sacramento County (09-25-2020)

Service: Provides support groups, classes for those living with mental illness and their family members. They also provide presentations about the impact of mental illness on the individual, family and friends. Resources for many different Sacramento area service

NAMI Family Support Group (All family members are welcome and Mandarin translation is available)
Third Monday of each month from 6:30 – 8:00 p.m. Sacramento Police Dept, Hall of Honors, 5770 Freeport Blvd, Ste 100 Sacramento 95822. *Contact facilitator Mary Yip at 916-248-4967 or email her at mmaryyip@gmail.com*

Additional support group information available on NAMI Sacramento website www.namisacramento.org

Wellness and Recovery Center

WRC North

3637 Mission Avenue, Building B Carmichael, CA 95608

Phone: 916-485-4175

WRC South

7171 Bowling Drive, Suite 300

Sacramento, CA 95823

Phone: 916-394-9195

Website: www.consumersselfhelp.org

Service: Provides more than 30 support groups and/or activities every week. Available to anyone residing in Sacramento County eighteen years of age or older. All groups and activities are always free. Clinical Services including psychiatry, and rehabilitation for individuals who qualify.

Note: See NAMI Sacramento website (www.namisacramento.org) for additional mental health resources