

# SACRAMENTO MENTAL HEALTH RESOURCES

## URGENT CARE RESOURCES

SACRAMENTO COUNTY RESOURCES	BRIEF DESCRIPTION
<p><b>Sacramento County Intake Stabilization Unit</b>            2150 Stockton Blvd, 95817  <b>Open 7 days a week, 10 am - 7 pm</b>  <b>916-875-1000</b></p>	<p><b><u>If a youth is in a crisis from 10 am – 7 pm, and needs local assistance, call here first:</u></b></p> <p>The Intake Stabilization Unit (ISU), formerly known as MERT (Minor Emergency Response Team), is part of the Sacramento County Mental Health Treatment Center campus. The ISU provides a mental health assessment and crisis services to children and adolescents experiencing a mental health crisis.</p>
<p><b>Mental Health ACCESS Team</b>  <a href="http://www.dhs.sacounty.net/BHS/Pages/Mental-Health-Services.aspx">http://www.dhs.sacounty.net/BHS/Pages/Mental-Health-Services.aspx</a>  <b>916-875-1055 Mon - Fri, 8 am - 5 pm</b>  <b>888-881-4881 24 hour/toll free or (916) 876-8892 TTY</b></p>	<p>Over the phone mental health screening and brief assessment; linkage to services and other referrals. Services include:</p> <ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• Therapy &amp;/or rehabilitation services</li> <li>• Services for Youth with coexisting Mental Health &amp; Alcohol/Substance Abuse Disorders</li> </ul>
<p><b><u>NEW</u> Mental Health Urgent Care Clinic</b>  <a href="https://www.tpcp.org/programs/urgent-care/">https://www.tpcp.org/programs/urgent-care/</a>            2130 Stockton Blvd., Bldg. 300, 95817  <b>Open 7 days a week,</b>  <b>Mon – Fri, 10 am - 10 pm (last walk-in @ 9pm)</b>  <b>Wkds, 10am – 6pm (last walk-in @ 5)</b>  <b>916-520-2460</b></p>	<p>New clinic offers a variety of mid-level urgent mental health services including peer support, mental health or substance use screening and referrals, crisis intervention and triage services. <i>(Opened November 2017)</i></p>

TEXT & APP HOTLINE SERVICES	BRIEF DESCRIPTION
<p><b>Crisis Text Line</b>  <a href="http://www.crisistextline.org">www.crisistextline.org</a>  <b>Text 741741</b></p>	<p>Text HOME to 741741 from anywhere in the U.S, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text &amp; responds, all from a secure online platform. The volunteer Crisis Counselor will help you move from a “hot moment to a cool moment.”</p>

PHONE HOTLINE SERVICES	BRIEF DESCRIPTION
<b>24-Hour Suicide Crisis Line</b> <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>  <b>916-368-3111 or 800-273-8255</b>	<p>The Suicide Prevention Crisis Line is for people of all ages who are experiencing depression, hopelessness, loneliness, desperation, &amp; sometimes considering suicide as a solution to their pain. When someone dials this number they will be routed to the nearest crisis center in the national network of more than 150 crisis centers.</p>

## OTHER LOCAL MENTAL HEALTH RESOURCES

SAMPLING OF SACRAMENTO MENTAL HEALTH PROVIDERS	BRIEF DESCRIPTION
<b>Gender Health Center</b> <a href="http://www.thegenderhealthcenter.org">www.thegenderhealthcenter.org</a> Mon – Fri, 9am – 9pm <b>(916) 455-2391</b>	<p>They offer sliding-scale counseling to everyone. Particular focus on the Trans and greater queer community. Hormone clinic, advocacy services, and respite available as well.</p>
<b>La Familia Counseling Center</b> <a href="http://www.lafcc.org">www.lafcc.org</a>  <b>916-452-3601</b>	<p>Provides multicultural counseling, outreach, &amp; support services to low-income, at-risk youth &amp; families in Sacramento County.</p>
<b>River Oak Center for Children</b> <a href="http://www.riveroak.org">www.riveroak.org</a>  <b>916-244-5800</b>	<p>Programs serve children &amp; youth experiencing behavioral health challenges to meet their goals, including Wraparound, Flexible Integrated Treatment, Therapeutic Behavioral Services, &amp; Psychological Testing.</p>
<b>Sierra Vista Adolescent Outpatient Services</b> <a href="http://www.sierravistahospital.com">www.sierravistahospital.com</a>  <b>(916) 288-0300</b>	<p>Schedule a free &amp; confidential assessment call. Serves youth between 12 - 17 years of age on Monday thru Friday from 3 p.m. to 6 p.m. Dinner is provided. Tuesdays &amp; Thursdays are family nights. There is an eight week life-skills training program, presented in four modules for youth who are experiencing mental health issues. Medical Insurance needed.</p>