

GENERAL COMMUNITY RESOURCES

Adult Protective Services 874-9377
Children's Protective Services 875-5437 (KIDS)
Alta Regional Center.....978-6400
Mutual Assistance Network.....927-7694
Crossroads (*Employment Assistance*)..... 457-1900
Department of Human Services 874-3100
(*General Assistance / Food Stamps / CMISP / Medi-Cal*)
In-Home Support Services (IHSS) 874-9471
Sacramento LGBT Community Center
<http://saccenter.org/> 442-0185
WIND Youth Services 561-4900
Social Security (800) 772-1213
Resources for Independent Living 446-3074
(*resources & advocacy for individuals with disabilities*)

BIRTH & BEYOND FAMILY CENTERS:

www.birth-beyond.com

La Familia Counseling Center452-3601
Folsom Cordova Community Partnership361-8684
River Oak FRC244-5800
North Sac FRC679-3743
Valley Hi/Florin FRC290-8281
Meadowview FRC..... 394-6300
North Highlands FRC..... 679-3925
Birth & Beyond 24-Hr Parent Support . (888) 281-3000

TRANSPORTATION / UTILITIES / FOOD

PG&E..... (800) 743-5000
SMUD (888) 742- 7683
Paratransit 429-2009
MEDSTAR (MEDI-CAL accepted) 669-0550
(*Non-Emergency Wheelchair & Ambulatory Transportation*)
Food Closet Search
<http://www.freefood.org/c/ca-sacramento>
CalFresh (DHA) (877) 847-3663
www.dss.cahwnet.gov/foodstamps/
California WIC.....876-5000
(*Women/Infants/Children- Food/Nutrition*)
California LifeLine (866) 272-0349
(*free cell phone*) www.californialifeline.com

MENTAL HEALTH SERVICES

Access Team875-1055
Mental Health Urgent Care Clinic (*Walk in clinic*)
2130 Stockton Blvd. building 300..... 520-2460
Mental Health Treatment Center
Emergency Crisis Intervention 732-3637
Main / Information 875-1000
Guest House (*Homeless entry point*) 440-1500
www.elhogarinc.org/ghp.htm
Wellness & Recovery Center: www.consumerselfhelp.org
North: 3637 Mission Ave. Bldg. B. 485-4175 or 333-3800
South: 7171 Bowling Dr. Ste. 300.394-9195 or 333-3800
Genesis (Homeless Psych Services)..... 669-1536
www.sacloaves.org/programs
Hope Cooperative (TLCS) Respite Program
(*available 24/7*) 737-7483
St. Johns' Mental Health Respite Program
(*women with or without children*)..... 383-1804
NorCal Mental Health America: info@norcalmha.org
(*advocacy and peer support*)..... 855-5427
CalWORKS Wellness Team.....875-3309
(*CalWORKs recipients*).
Community Support Team (*resource team*)..... 874-6015

REGIONAL SUPPORT TEAMS

(**To be referred to these programs, the ACCESS team must be contacted at 875-1055**)

El Hogar Mental Health www.elhogarinc.org
630 Bercut Drive -441-3819
Human Resource Consultants <http://hrcrst.org/>
(HRC) 3727 Marconi Ave..... 485-6500
Northgate Point www.tpcp.org
3810 Rosin Court, Suite 170..... 567-4222
Visions Unlimited www.vuinc.org
South:6833 Stockton Blvd. Ste. 485..... 394-0800
Galt: 425 Pine Street, Suite #2 (209) 745-3101

MANAGED CARE PLANS – Medi-Cal

Molina Healthcare 888-665-4621
Health Net 888 426-0030
Anthem Blue Cross 888-831-2246
Kaiser Permanente N: 973-5300 . . . S:..... 525-6100
Medi-Cal www.dhweb.sacounty.net 874-3100



COMMUNITY & MENTAL HEALTH RESOURCE GUIDE

Sacramento Police Department
For Mental Health emergencies, please dial 911
SPDMentalhealthinfo@pd.cityofsacramento.org

TTY (916) 446-1434

COUNSELING

Wellspace (*Children's*).....679-3925
Wellspace 1820 J Street (*Adult*) 313-8400
Gender Health Center.....455-2391
www.theGenderHealthCenter.org
Authentic Counseling Associates..... 838-0926
www.sacramentocounseling.org
Life Practice Counseling Group 300-6576
LifePractice@comcast.net
Sacramento State University 278-6416
Sacramento Veterans Center 566-7430
(*Counseling for combat Vets*)
University of Phoenix Counseling 830-3812
(*Skills Center*)

DRUG & ALCOHOL SELF-HELP GROUPS

Sac County Alcohol and Drug Services 874-9754
(*System of Care (SOC)*)
Adult Children of Alcoholics/ Al-Anon Family Groups/
Alateen www.al-anonfamilygroups.org 334-2970
Alcoholics Anonymous (24hr.) 454-1100
www.aasacramento.org
Narcotics Anonymous www.sacramentona.org
..... (800) 600-4673 or (866) 565-2135

OLDER ADULT SERVICES

Asian Community Center 394-6399
ACC Senior Services Programs393-9128
Eskaton Senior Connection 334-1072
Meals on Wheels 444-9533
Medicare (800)-633-4227
NorCalMHA Older Adults 855-5444
The Friendship Line (60yrs +)..... (800) 971-0016
Senior Link (*support for older adults 55+*) 369-7872
www.elhogarinc.org

24-HR CRISIS LINES & PHONE SUPPORT

Parent Support Line (888) 281-3000
Suicide Prevention 368-3111
WEAVE Crisis Line 920-2952
My Sister's House 428 -3271
Warm Line (Consumer Operated):
 Local Warm Line 366-4668
 National Warm Line.....(855) 642-6222
Community Info Line
www.communitycouncil.org (916) 498-1000 or 211
National Suicide Prevention Line
 1-800-273-TALK (8255) or 1-800-SUICIDE
Youth in Crisis Line www.youthcrisisline.org
(counseling, medical, shelters, crisis centers AIDS testing and
transportation information.) 800-843-5200
Trans Lifeline *National Hotline* 877-565-8860

SHELTERS/HOUSING RESOURCES

Salvation Army Shelter/Emergency. 442-0331
(Lodging., 1200 North B St. 95814 (single men & women)
Children & Families (VOA)..... 443-4688
St. John's (women & children) 453-1482
Next Move Phone Screenings (Families) 455-5760
(Women only)..... 455-0415
Self Help Housing 341-0593
Renters Help Line 389-7877
Sacramento Housing Alliance 442-2156
1300 North C Street
Union Gospel Mission (men)..... 447-3268
400 Bannon St., 95811
Independent Living (former Foster Youth) 874-9308
Adolfo Permanent (Permanent Supportive Housing, 18 to 24
emancipated former Foster Youth w/ disability) 874-4309
Waking the Village (Tuman House – Pregnant women, Andre's
Emporium – LGBTQ housing programs) 601-2979
Bishop Gallegos (Maternity home for homeless women, all
ages) 395-9370
Family Promise Transitional Housing (4 Families served at
a time w/ children under 18) 443-3107

HEALTH CLINICS

One Community Health 443-3299
www.onecommunityhealth.com
C.O.R.E. Medical Clinic, Inc. 442-4985
www.coremedicalclinic.com
Wellspace Community Health 325-5556
Elica Health Centers.....(855) 354-2242
Mercy Clinic (general medical care) 446-3345
 Primary Care Center 874-9670 or 874-8300
Chest Clinic - 4600 Broadway..... 874-9823
(only treats people with TB)
Sacramento Community Clinic (HALO) 924-7988
Sacramento Community Clinic (Dental) 642-1890
www.halocares.org
Sacramento Native American Health Center 341-0575
www.snahc.org
Women's Health Specialists 451-0621
www.cawhs.org
Peach Tree Midtown 1900 T Street..... 558-4800
(OB/GYN & Family Practice)
AIDS Hotline (English/Spanish)..... (800) 342-2437
www.aidshotline.org
SELF-HELP GROUPS
Alzheimer's Aid Society . 483-2002 or (800) 540-3340
www.alzheimersaidsociety.org
Sobriety Brings a Change (SBAC)..... 454-4242
(DV, anger management, relapse prevention)
Co-Dependents Anonymous – www.greatersaccoda.org
Compassionate Friends (bereaved parents)..... 457-4096
Alliance -Depression and Bipolar Support. 875-5644
Friends for Survival (after a suicide death) 392-0664
www.friendsforsurvival.org
National Alliance on Mental Illness (NAMI) . 364-1642
www.namisacramento.org
OCD & Other Anxiety Disorder 223-6541
Parents and Friends of Lesbians and Gays. 978-0410
Recovery International 483-5616
www.recoveryinternational.org
Sex & Love Addicts Anonymous 552-1442
www.sacslaa.org
Sacramento Valley Overeaters Anonymous. 786-0330

REC & LEISURE RESOURCES

Hands on Sacramento 447-7063
Sacramento Public Library..... 264-2700
Parks and Recreation 808-5200
Aquatics 808-2306

PAYEE SERVICES

Benefits Management - Living in a Familiar
Environment (LIFE) www.webpayee.com 340-7000
Consultants in Educational & Personal Skills (CEPS)
CEPS Downtown 1400 N C St..... 441-1900
CEPS 3111 Fulton Ave www.cepsonline.org 348-1890

LEGAL SERVICES

Community Legal Services 340-6080
(McGeorge School of Law)
Legal Services of Northern CA 551-2150
 Toll free..... (800) 222-1753
Disability Rights Legal Center (866) 999-3752
Legal clinic for low/no income 446-0368
Senior Legal Hotline of Northern Cal (60yrs and older)
Toll free (800) 222-1753 Or..... 551-2140

OTHER RESOURCES

International Rescue Committee 482-0120
(refugee & immigration resource)
World Relief (refuge & immigration resource) 978-2650
SETA Refugee Program 263-1661
Opening Doors..... 492-2591
(refugee, immigration, human trafficking resource)
Francis House Center 443-2646
(Job development, Cal Ids, Hotel vouchers, Family Shelter)
Lao Family Community Development (Asian Refugees,
CalWORKs, Family Support) North 359-2788 .
..... South 393-7501
Folsom Cordova Community Partnership ... 294-9107
(Job Center / Refugee Services)
Chicks in Crisis www.chicksincrisis.org 441-1243
(pregnant teens, young women in crisis) .
Community for Peace (Domestic/family violence, sexual
assault). . . . Office: 728-5613 ... Crisis Line: 728-7210
Youth Help Network (TAY resource: 16-25yrs old)
www.starsyouth.net 1-833-333 2YHN