



Sacramento Police Resources

- [**Alcohol/Drug Addiction Resources**](#)
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ALCOHOL/DRUG ADDICTION RESOURCES

Gay and Sober

3501 2nd Ave
Sacramento, CA 95817

<https://www.gayandsober.org/meeting-finder-sacramento>

LGBTQ+ AA Meetings, Daily at 12 p.m., 6 p.m. & 8 p.m.

Over the Rainbow Group Sacramento

2012 K Street St.
Sacramento, California 95811

1-800-407-7195

<https://www.narcotics.com/na-meeting/over-the-rainbow-group-sacramento/>

Weekly Narcotics Anonymous meeting on Tuesday, 7 to 8 p.m.

Yancey Recovery Services/ Yancey Christian Recovery Services

2740 Fulton Ave. Suite 121
Sacramento, CA 95821

916-252-3783

mark@yanceyrecovery.org

Yancey Recovery Services provide the following: Drug & Alcohol Addiction, Court ordered Anger Management, and Christian Counseling. Services are offered as Intensive Outpatient (IOP), Outpatient and Court ordered.

Youth and Community Connection (YCC)

<https://sacyouthconnect.org/app-home>

Dozens of youth programs to include educational, alcohol/drug related, behavioral, career programs, shelter, clothing, health and nutrition, life skills, parenting programs, arts, and recreation programs.



WellSpace Health

1820 J St. Sacramento, CA 95811
2425 Alhambra Blvd. Sacramento, CA 95817
3415 Martin Luther King Jr Blvd. Sacramento, CA 95817
2433 Marconi Ave. Sacramento, CA 95821
916-737-5555
https://www.wellspacehealth.org/

WellSpace Health focuses to offer full range of quality medical care, dental care for children and adolescents, mental health, and behavioral health services to underserved populations.

Sacramento System of Care- Department of Health Services

3321 Power Inn Road, Suite 120 Sacramento, CA 95826
916-874-9754
https://dhs.saccounty.gov/BHS/Pages/SUPT/Substance-Use-Prevention-and-Treatment.aspx
https://dhs.saccounty.gov/PRI/Documents/MAT%20Collaborative/ADS/ADS%20System%20of%20Care%20Info%20with%20Map%20October%202018.p

Prevention and treatment services for substance (alcohol and drugs) use disorders. The range of [services](#) provided through community based service providers includes prevention services, outpatient treatment, intensive outpatient services, medication-assisted treatment, withdrawal management (detoxification), residential treatment, recovery residences, and more. Services are available for youth, young adults, perinatal/parenting women, adults, and seniors. Services will be provided to meet your [cultural and language needs](#) free of charge.



OMNI

9616 Micron Ave # 750, Sacramento, CA 95827

916-362-2000

https://www.omniyouth.net/

Train and educate teens & adults in reducing youth marijuana, alcohol & drug use. Teen empowerment, family strengthening & community engagement. Services are free to any individual or organization serving Sacramento County.

Sacramento County Opioid Coalition

888-881-4881

https://sacopioidcoalition.org/

Call for help to get treatment for you or someone you know for opioid addiction/use. Resource page for local support/treatment centers, safe disposal locations, safe pain management plans and counseling how to help those with an opioid addiction.

MADD (Mothers Against Drunk Driving) Sacramento

916-481-6233

https://www.madd.org/sacramento/

Free victim services for those in the aftermath of a drugged and drunk driving crash. Services may include emotional support, wide selection of free literature, education and assistance understanding various laws related to drunk and drugged driving in your area, preparing statements for parole hearings or probation hearings, victims rights advocate, etc.



Another Choice- Another Chance

7000 Franklin Blvd.
Sacramento, CA 95823

916-388-9418

<https://www.acacsac.us/>

Focused on improving the quality of life of residents through drug and alcohol treatments for youth and adults. Assessments, individual or group counseling, family services, anger-management, mental health treatment, trauma services, clean and sober living and recovering coaches are all services that ACAC can provide.

Elevate Addiction Services

831-740-89298

Tele-health services for Northern California Residents



DOMESTIC VIOLENCE VICTIM RESOURCES

WEAVE

1900 K Street #200 Sacramento, CA 95811
Support Line: 916-920-2952
Business Line: 916-448-2321
https://www.weaveinc.org/

WEAVE’s mission is to promote safe and healthy relationships and support survivors of sexual assault, domestic violence, and sex trafficking.

My Sister’s House

3053 Freeport Blvd #120 Sacramento, CA 95818
Helpline: 916-428-3271 (24 hour multilingual)
Business line: 916-930-0626
http://www.my-sisters-house.org/

My Sister’s House is available to serve Asian, Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking by providing a culturally appropriate and responsive safe haven, job training, and community services.

Sacramento Crisis Nursery

North Crisis Nursery	South Crisis Nursery
4533 Pasadena Ave, Sacramento, CA 95821	6699 South Land Park Dr. Sacramento, CA 95831
916-679-3600	916-394-2000

Safe nursery for children to stay 1-30 days during parental crisis; sudden illness or accident; drug/alcohol problem; homelessness; emotional distress, frustration, etc. Services are free.



Sacramento Regional Family Justice Center

3341 Power Inn Rd, Sacramento, CA 95826
Support line: 916-875-HOPE (4673)
Business line: 916-875-3400
www.sacramentoFJC.org

The Sacramento Regional Family Justice Center (FJC) collaborative provides victims and their families with a “one stop” facility to report a crime, provide a complete statement taken by a detective or a trained child interviewer, get assistance to obtain a temporary restraining order, find safe housing, meet their prosecutor and victim advocate to learn what will happen in court, and most importantly, find the support they need to keep them from falling back into the hands of the accused.

National Domestic Violence Hotline

Support line: 1-800-799-SAFE (7233)
Text START to 88788
http://www.ndvh.org

For those that have experienced domestic violence, as well as their family and friends. Crisis intervention, information about domestic violence and referrals to local programs in many languages. Callers can speak with domestic violence advocates 24/7. Advocates are also available to help individuals who are deaf or hard of hearing.

California Partnership to End Domestic Violence

Support line: 1-800-799-7233
Business line: 916-444-7163
http://www.cpedv.org

Provides referrals to local service providers, shelters, legal services, and more. Training, education, and technical assistance for direct service providers.



Rape, Abuse, & Incest National Network Hotline (RAINN)

Support line: 1-800-656-HOPE

<http://www.rainn.org/>

Operates the National Sexual Assault Hotline where victims can get support, information, and referrals from trained support specialists.

Safe At Home; Confidential Address Program

1500 11th St. 6th floor
Sacramento, CA 95814

1-800-322-5227

<http://www.sos.ca.gov/safeathome/>

A confidential mail-forwarding program administered by the CA's Secretary of State's Office that provides confidential P.O. Box to domestic violence victims. This program also helps with filing name change documents.

Residential Family Center- Volunteers of America

470 Bannon St.
Sacramento, CA 95811

916-443-4688

www.voa-ncnn.org/greater-sacramento

A residential shelter to accommodate individuals with children. Support services include food, transportation to and from school, permanent housing referrals and educational/job-search information. Max stay is 120 days.

ManAlive-Sacramento, Inc.

7000 Franklin Blvd. Suite 640
Sacramento CA 95823

1-877-NO2-VIOlence (1-877-662-8465)

<http://www.no2violence.com/>

Offers education programs that allow participants to learn to recognize their violent behaviors and the process by which they choose to commit violence. Participants will learn to practice accountability for their actions and to be aware of the impact their violence can have.



EDUCATION/CAREER ADVANCEMENT RESOURCES

Highlands Charter School

1333 Grand Ave. Sacramento, CA 95838

916-844-2283

https://www.hccts.org/

Highlands Charter School provides access to education, technology, communication, and employment for 21st century achievers. Applicants must be 21+ years old and not possess a High School diploma. Help obtaining the diploma and furthering education is provided.

Sacramento Job Corps Center

3100 Meadowview Rd. Sacramento, CA 95832

916-394-0770

https://sacramento.jobcorps.gov/

Offering a tuition free training and education program that connects eligible young men and women with skills and education opportunities to establish careers. Criteria: 16-24 years old. Maximum age may be waived if application is a person with a documented disability. Income and citizenship eligible (see website for details).

Voices of Youth (VOY)

2251 Florin Rd. Sacramento, CA 95822

916-949-9026

https://voiceoftheyouth.org/contact/

Promoting the value of education and academic growth by connecting our youth with education-based community resources. Assisting our youth in implementing sound financial practices through accountability and effective money management. Teaching our youth interpersonal and communication skills for the establishment of healthy relationship dynamics. Empowering our youth in the development of self-awareness, prompting self-advocacy, and enhancing their belief in their ability to achieve. Serving our youth as a leading organization in the provision of mentorship services within the community.



Department of Rehabilitation

721 Capitol Mall Sacramento, CA 95814

916-324-1313

https://www.dor.ca.gov/Home/Programs

Department of Rehabilitation administers vocational rehabilitation services to help job seekers with disabilities obtain competitive employment as well as assist in finding independent living services.



GANG PREVENTION/INTERVENTION/DIVERSION RESOURCES

Office of Violence Prevention for City of Sacramento

<https://www.cityofsacramento.org/City-Manager/Divisions-Programs/Office-of-Community-Response/Office-of-Violence-Prevention>

The City of Sacramento Office of Violence Prevention strives to reduce gang violence through the implementation of four key initiatives:

- Gang Prevention and Intervention Taskforce
- Gang Prevention and Intervention Taskforce Grant Program
- Peace maker Fellowship Program
- Violence Reduction Summit

SAFE SAC COALITION

Mervin Brookins- 916-604-0162

Eight Sacramento Community Based Organizations working together with the Office of Violence Prevention to assist in urgent events, referrals and call in needs to help with violence reduction.

All N Together

Clifford McDowell

916-752-5400

Cliffordmc41@gmail.com

All N Together provides an avenue for mentorship in our youth. This includes a 24 hour call line for youth in crisis, youth support services and parent support services. Youth Transportation can also be provided as well as sports and activities coaching. All N Together works in partnership with the community for crisis response and gang violence prevention/interruption and community engagement/outreach.



Brother to Brother

3634 Marysville Blvd. Sacramento, CA 95838

916-604-0162

Brother 2 Brother is dedicated to assisting and engaging those individuals seeking to make positive lifestyle changes. Provide the guidance and structure necessary for self-correction. Mentors are matched with individuals with similar life experiences that create instant connections and build trusting relationships. Those relationships then provide the opportunity for guidance. Our guiding motto is “Accountability, Transformation, and Redemption.

Growing Oak Park

Dedrick Suggs

916-728-8475

dedricksuggs@gmail.com

Youth mentor, Certified mental Health first and responder for youth, One on one sessions, Group sessions, Community crisis response and Gang violence prevention/interruption to include Community engagement and outreach.

Impact Sac

1610 R St #280, Sacramento, CA 95811

916- 410-9770

https://impactsac.org/

Impact Sac provides empowerment by connecting individuals to counseling for grief support, discussion group, conflict mediation and de-escalation skills, employment readiness opportunity, and provide opportunity to give back to community through public service. IMPACT Sac focuses on at-risk individuals.



Just Us United

Mister Herriel
916-770-1287
Just.us.unitedd@gmail.com

Just Us United is committed to enriching our communities with edifying programs and projects that level the playing field, giving every member of the community equal access to life sustaining opportunities. We offer a wide array of programs, trainings and experiences: ◦ Youth and Adult Counseling ◦ NASM (National Academy of sports medicine) Certified Sports Fitness and Nutrition Education and Training. •Community rec leagues For kids and adults • AAU Travel ball services ◦ Leadership Academy ◦ Financial Literacy Courses ◦ Mental Health Services ◦ Computer Science Education Services ◦ Community Service Opportunities

Ready for Change

Freddie Dearborn Jr.
916-877-1791
R4cSac@gmail.com

Ready for Change provides youth mentorship as well as Community crisis response, gang violence prevention/interruption and Community engagement and outreach.

Rose Family Creative Empowerment Center

7000 Franklin Blvd, Ste 1000 Sacramento, CA 95823
916-378-7916
https://www.rfcecenter.com/

Rose Family Creative Empowerment Center will provide violence interruption and disruption services for youth and adults. Services will include Community Intervention Discussion (healing circles) for youth and adults two to three times per week. The youth and adults who attend the healing circles will be connected to other services offered by Rose Family Creative Empowerment Center.



City of Refuge

3216 Martin Luther King Jr. Blvd
Sacramento, CA 95817

916-370-5080

<https://cityofrefugesac.com/>

City of Refuge Sacramento, a community-based organization, exists to support people living in marginalized communities of Sacramento and to empower their ability to create a personal transformation that will lead to a healthy and thriving community. We offer services for Individuals Experiencing Homelessness, Women that have been victimized by Sexual Exploitation and Trafficking or Abuse, At-Risk Youth Engagement Programs, Workforce Development, Community Outreach and Life Development Programs.

Neighborhood Wellness

3805 Clay St.
Sacramento, CA 95838

<https://neighborhoodwellness.org/>

Community Intervention Discussion (Healing Circles) are evidenced-based and grounded in culture and history. They are structured to provide a trusted space to process wellbeing and resilience, as well as behaviors and barriers that trigger or exacerbate unresolved historical traumas that lead to violence and other challenges. Session topics include impact of chronic toxic stress and anxiety on our health outcomes, academic performance, relationships, decisions. Healing Circles offer work-related and cultural coping including grief, parenting skills, and how environments influence health. Healing circles serve as an opportunity for community members to recognize and break negative patterns they have developed and what they see in their community. Many who attend our Healing Circles also request individual sessions for privacy and more intentional skill development for coping and protective factor skills.

Helping Our People Eat (H.O.P.E.)

1017 L St #439
Sacramento, CA 95814

916-896-9682

<https://www.helpingourpeopleeat.org/>

Organization primarily focuses on detection and intervention of high gang involved violence and providing services that provide productive choices and alternatives for those desiring a better path. H.O.P.E. has built strong personal relationships and direct connection with active and former gang members across the city. They provide mentorship resources and work-force development at-risk individuals.



Self Awareness and Recovery (SAR)

Fruitridge Community Collaborative Center

4625 44 th St.

Sacramento, CA 95820

916-490-6398

Self-Awareness and Recovery is a non-profit community-based organization that was founded and ran by those formerly incarcerated. SAR’s mission is to help reduce recidivism rates of incarceration in youth and adults as well as to, through meaningful diversionary practices, intervene in cycles of trauma that leads to first contacts with the justice system. The focus of SAR is on both youth prevention of initial contact with law enforcement and desistance from criminal activity that has resulted in youth being placed within the jurisdiction of the juvenile justice system. SAR has brought its programming through other contracts with The California Endowment, Sierra Health Foundation, and CDCR. These contracts include programs such as Power Source, Healthy Relationships, Substance abuse Disorder Workshop, Self-Esteem Building/Gang Intervention, Facilitator/Leadership Training, and Houses of Healing.



GENERAL COMMUNITY RESOURCES

People's Guide to Health, Welfare & Other Services: Sacramento County

https://www.srceh.org/files/ugd/ee52bb_b8fb775e1c0346ab81064268be471dc2.pdf

Roberts Family Development Center

766 Darina Ave
Sacramento, CA 95815

916-644-6631

www.robertsfdc.org

African American Healing Network partners with therapists, counselors, churches, businesses, and service providers to deliver customized healing support to address the effects of trauma in the African American community.

Law Enforcement Chaplaincy Sacramento (LECS)

Hotline: 916-857-1801

Business line: 916-978-0296

Email: info@sacchaplains.com

www.sacchaplains.com

Chaplains are called out by first responders to attend to family members, neighbors, by standers, classmates, and coworkers when they have been victimized, suffered serious injury, or have been traumatized by an event. Chaplains can be contacted directly by the community member, without the intervention of a first responder. Services are provided such as crisis intervention, stress management, follow up services, funeral planning and officiating.

Birth & Beyond Family Resource

Multiple Family Resource Center locations

<https://www.birth-beyondfrc.com/locations>

<https://www.birth-beyondfrc.com/resources> (list of the offered resources)

Welcoming places offering a range of services such as community gatherings, domestic violence, education, food, health, housing, legal& job services, shelters, substance use and senior citizen support.



GUN RELATED RESOURCES

Gun Violence Restraining Order “GVRO”

720 9th Street, Sacramento, CA 95814

https://www.saccourt.ca.gov/restraining-orders/firearms.aspx

An immediate family member or law enforcement agency may seek a Gun Violence Restraining Order prohibiting an individual who poses a significant danger of personal injury to himself, herself or another from owning, possessing, purchasing, receiving, or attempting to purchase or receive a firearm or ammunition.

Gun Violence Information for Teens (GIFT)

YouthPrograms@sacda.org

https://www.sacda.org/in-the-community/community-programs/gift/

GIFT educates teens about the legal consequences of gun possession and gun related violence as well as encourages them to make positive choices.



HEALTH RESOURCES

Elica Health Centers

Multiple locations
916-454-2345
https://www.elicahealth.org/

Elica Health Centers provide a variety of health care services to include primary care, dental care, behavioral, and special needs. Elica also provides links to social services to low-income patients in the Sacramento Region regardless of their ability to pay.

Planned Parenthood

Multiple locations
1-877-855-7526
https://www.plannedparenthood.org/planned-parenthood-mar-monte/campaigns/sac-health-centers

Planned Parenthood assists communities by providing health care and education and by expanding rights and access for all.

Sacramento Covered

819 19 th St. Sacramento, CA 95811
916-414-8333
https://www.sacramentocovered.org/

Nonprofit organization who assists access and care coordination for all who live in Sacramento region.



WellSpace Health

1820 J St. Sacramento, CA 95811
2425 Alhambra Blvd. Sacramento, CA 95817
3415 Martin Luther King Jr Blvd. Sacramento, CA 95817
2433 Marconi Ave. Sacramento, CA 95821
916-737-5555
https://www.wellspacehealth.org/

WellSpace Health focuses to offer full range of quality medical care, dental care for children and adolescents, mental health, and behavioral health services to underserved populations.



HUMAN TRAFFICKING RESOURCES

National Human Trafficking 24-Hr. Hotline

Hotline: 888-373-7888

Text Hotline: text INFO or HELP to BeFee (233733)

https://humantraffickinghotline.org/

Dignity Health Human Trafficking Medical Safe Haven

916-681-3488

www.dignityhealth.org/sacramento/humantrafficking

Program to provide a safe medical environment for victims and survivors of human trafficking.

Community Against Sexual Harm (CASH)

3101 1st Ave, Sacramento, CA 95817

916-856-2900

https://cashesacramento.org/

CASH serves women who are or have been commercially sexually exploited, sex trafficked, or involved in prostitution. helps find housing, a safe place, connection with others, peer mentoring, food, fresh clothing, etc. Drop in visits to the Center for Women are Monday-Friday 1pm-5pm.

HOPE Program for Sacramento

2020 Hurley Way, Suite 420 Sacramento, CA 95825

916-482-0120

https://www.rescue.org/announcement/hope-program-sacramento

The Human-trafficking Outreach, Prevention and Education (H.O.P.E.) Program provides comprehensive services to survivors of human trafficking, as well as training and outreach to increase awareness and identification of survivors. Our goal is to help survivors build lives that are free from abuse and exploitation.



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916-370-5080

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IDENTITY THEFT VICTIM RESOURCES

DOJ- Fraud Unit

1-877-ID-THEFT

<https://www.justice.gov/criminal-fraud/report-fraud>

Provides telephone numbers and links to different types of fraud units in the Department of Justice

National Fraud Information Hotline

202- 835-3323

<https://fraud.org/>

Nationwide toll-free hotline for consumers to get advice about telephone solicitation and report possible telemarketing fraud to law enforcement agencies.

Federal Trade Commission

202-326-2222

<https://www.identitytheft.gov/#/>

Accepts complaints from consumers to help uncover fraud and abuse.

Do Not Call Registry

<https://complaints.donotcall.gov/complaint/complaintcheck.aspx>

Federal Trade Commission do not call list. You can also report after hours debt collectors calls, recorded messages or robot calls.



LEGAL RESOURCES

Marsy's Card and Resources

<https://oag.ca.gov/victimservices/marsy>

Victim's Bill of Rights

National Center for Victims of Crime

202-467-8700

<https://victimsofcrime.org/>

The National Center for Victims of Crime is a nonprofit organization that advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues.

Office of Victim/Survivor Rights and Services

877-256-6877

http://www.cdcr.ca.gov/victim_services/index.html

This website will provide you with valuable information if you were the victim, survivor, or witness to a crime and the offender was sentenced to the California Department of Corrections and Rehabilitation (CDCR) either in an adult or juvenile facility

California Victims Compensation Board

800-777-9229

<https://victims.ca.gov/>

Provide financial assistance to victims of crime and help them restore their lives.



Voluntary Legal Services Program

501 12 th St. Sacramento, CA 95814
916-551-2102
https://capitalprobono.org/

Provide low-income residents of the Sacramento region with their civil legal problems.

Civic Self-Help Center (At the Sacramento County Public Law Library)

609 9 th St. Sacramento, CA 95814
916-874-6012
https://saclaw.org/self-help/civil-self-help-center/

Provide general information and basic assistance to individual self-represented litigants who reside within Sacramento County or have cases in Sacramento County Superior Court that fall within their scope of services.

Victims Legal Resource Center

3200 Fifth Ave. Sacramento, California 95817
1-800-VICTIMS (842-8467)
Text: 1-800-842-8467
https://1800victims.org/resources

McGeorge law students provide resource and referral information to victims and their families, victim service providers, and other victim advocates. Callers receive information on matters such as victims' compensation, victims' rights in the justice system, restitution, civil suits, the right to speak at sentencing and parole board hearings, as well as information on specific rights of victims of domestic violence, elder abuse, child abuse, and abuse against the disabled.



Sacramento County Victim Witness Assistance Center

901 G St. Sacramento, CA 95814

916- 874-5701

http://www.sacda.org/helpingvictims/victim-witness/

The District Attorney's Office Victim/Witness Assistance Program provides services to victims. Trained and experienced advocates provide crisis counseling, orientation to the criminal justice system, community referrals, assistance with applying for victim compensation, a support group for family members of homicide victims, and many other services.

District Attorney - Sacramento

901 G St. Sacramento, CA 95814

916-874-6218

http://www.sacda.org/

The District Attorney's Office will work closely with all components of the criminal justice system to protect the victim, assist witnesses, and appropriately prosecute those charged with a crime.

Homicide Support Network

906 G St. Sacramento, CA 95814

916-874-6218

http://www.sacda.org/helpingvictims/homicide-support-network/

The group's purpose is to support persons who survive the violent death of someone close as they seek to recover; provide contact with similarly bereaved person and establish self-help groups that meet regularly; and to provide information about the grieving process.



Directory of Crime Victim Services

<https://ovc.ojp.gov/directory-crime-victim-services>

The Directory of Crime Victim Services has helped many crime victims and service providers find nonemergency crime victim service programs in the United States and abroad. The Directory includes contact information for thousands of victim service providers.

Victim Connect

Hotline: 855-4-VICTIM (855-484-2846)

<https://victimconnect.org/>

The Victim Connect Resource Center is a referral helpline where crime victims can learn about their rights and options confidentially and compassionately.

V.I.N.E. (Victim Information & Notification Everyday)

1-800-491-3064

<https://vinelink.vineapps.com/search/CA>

Victims can register to be notified upon release of abuser from jail.



LGBTQ+ RESOURCES

Sacramento LGBT Community Center

1015 20th St. Sacramento, CA 95811

916-442-0185

http://saccenter.org/

The Sacramento LGBT Community Center offers weekly support groups and holds Estate Planning Workshops, Cultural Competency Trainings, Suicide Prevention Workshops, Family Building Workshops, and Queer Women's Events. The Center also offers suicide prevention training, clinics, and referrals for housing and public benefits, help with disability issues, legal referrals, and homelessness services.

Sacramento Chapter of PFLAG (Parents, Families and Friends of Lesbians and Gays)

916-978-0410

https://www.pflagsacramento.org/

The Sacramento Chapter of PFLAG promotes the health and well-being of gay, lesbian, bisexual, transgender and intersex persons, their families and friends through: Support, to cope with an adverse society; Education, to enlighten an ill-informed public; and Advocacy, to end discrimination and to secure civil rights.

The Trevor Project

866-488-7386

http://www.thetrevorproject.org/

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25 years of age.

Transgender Suicide Support Hotline

877-565-8860

https://www.translifeline.org



Gender Health Center

3823 V St. Sacramento, CA 95817
916-455-2391
https://www.genderhealthcenter.org/

We provide programs, trainings, and direct services that center Queer and Transgender People of Color (QTPOC).

Stars Behavioral Health Group

Sacramento – Arden Arcade Center	Sacramento – Downtown Center
3815 Marconi Ave. Sacramento, CA 95821	401 S St. Sacramento, CA 95811
Business line: 916-584-7800	Business line: 916-584-7800
https://www.starsinc.com/sacramento-county/	

Stars Behavioral Health Group offers a Full-Service Partnership (FSP) program for young adults ages 16-25 that provides mental health services and supports young people’s independence. Treatment includes involving Transition Age Youth (TAY) in their own futures planning related to employment, education, living situations, and more.

National Center for Lesbian Rights

415-392-6257
http://www.nclrights.org

NCLR is a national legal organization committed to advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families through litigation, legislation, policy, and public education.

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3501 2 nd Ave Sacramento, CA 95817
https://www.gayandsober.org/meeting-finder-sacramento

LGBTQ+ AA Meetings, Daily at 12 p.m., 6 p.m. & 8 p.m.



Over the Rainbow Group Sacramento

2012 K Street St. Sacramento, California 95811

1-800-407-7195

https://www.narcotics.com/na-meeting/over-the-rainbow-group-sacramento/

Weekly Narcotics Anonymous meeting on Tuesday, 7pm to 8 pm



MENTAL HEALTH ASSISTANCE

Mental Health Crisis Treatment Center

2150 Stockton Boulevard, Sacramento, CA 95817

Business line: 916-875-1000

https://dhs.saccounty.net/BHS/Pages/BHS-Home.aspx

Provides a full array of culturally competent and linguistically proficient mental health services to individuals of all ages. Services include prevention and early intervention, outpatient services, case management services, crisis intervention and stabilization services, and inpatient psychiatric hospitalizations.

HOPE Cooperative Respite Center

650 Howe Ave. Bldg 400-A Sacramento, CA 95825

Support line:916-737-7483

https://hopecoop.org/

24/7 crisis Hotline. Any Sacramento County resident at least 18 years old who is in mental health crisis can call for a 23-hour max stay at the Respite Center. Transportation can be provided.

Mental Health Urgent Care Clinic (MHUCC)

2130 Stockton Boulevard, Building 300, Sacramento, CA 95817

916-520-2460

https://www.tpcp.org/programs/urgent-care/

The Mental Health Urgent Care Clinic (MHUCC) is a walk-in clinic for individuals with an urgent mental health need. The MHUCC is a client-centered program that focuses on providing immediate relief to individuals and families in distress.



Guest House Homeless Clinic (El Hogar)

600 Bercut Drive Sacramento, CA 05811

Business line: 916-440-1500

www.elhogarinc.org/guest-house-homelessclinic/

The Guest House Homeless Clinic Offers outpatient medication and mental health support services to adults experiencing homelessness and struggling with mental health challenges. Guest House provides consumers with access to mental health and supportive services.

National Suicide Prevention Hotline

Local Support line: 916-368-3111

National Support line: 800-273-8255

https://suicidepreventionlifeline.org/

This lifeline provides 24/7, free and confidential support for people in distress. Prevention and crisis resources are available for you or your loved ones.

Mental Health Access Team

Support line: 1-888-881-4881

Business line: 916-875-1055

https://dhs.saccounty.gov/BHS/Pages/Mental-Health-Services.aspx

Submit an online Mental Health Service Request or call the 24hour support line to request an over-the-phone assessment and linkage to an appropriate mental health service provider. This includes Mental Health Medi-Cal Service Providers and Prevention & Early Intervention and Mental Health Respite Service Providers.

Community Support Team

Business line: 916-874-6015

California Relay Service: 711

https://dhs.saccounty.gov/BHS/Documents/Provider-Forms/Brochures/BR-Community-Support-Team-brochure-English.pdf

The Community Support Team (CST) is a Mental Health Services Act Prevention and Early Intervention Program.



VA Mental Health Clinic (Mather)

10535 Hospital Way Mather, CA 95655
Business line: 916-366-5420

The Sacramento Mental Health Clinic provides a full range of psychiatric and psychological assessments and interventions including individual and group psychotherapy, medication management, substance abuse treatment and a Post-Traumatic Stress Disorder (PTSD) treatment program.

Stars Behavioral Health Group

Sacramento – Arden Arcade Center	Sacramento – Downtown Center
3815 Marconi Ave. Sacramento, CA 95821	401 S St. Sacramento, CA 95811
Business line: 916-584-7800	Business line: 916-584-7800
https://www.starsinc.com/sacramento-county/	

Stars Behavioral Health Group offers a Full-Service Partnership (FSP) program for young adults ages 16-25 that provides mental health services and supports young people’s independence. Treatment includes involving Transition Age Youth (TAY) in their own futures planning related to employment, education, living situations, and more.

NAMI

Peer/Family Resource Helpline (non-crisis): 916-890-5467
Business line: (appointments): 916-364-1642
https://namisacramento.org/

NAMI Sacramento is a grassroots organization that provides a community of support, education, resources and outreach activities to families, friends, and persons with mental illness to improve their general welfare, and to reduce the stigma of mental illness.



NEIGHBORHOOD CONCERNS

Neighborhood Wellness

3805 Clay St. Sacramento, CA 95838

https://neighborhoodwellness.org/

“We are founded on shared life experiences, community connectedness and a deep desire to help build healthy neighborhoods for our residents”

311

http://www.cityofsacramento.org/information-technology/311

To report trash clean up needs, graffiti problems, code enforcement violations, abandoned cars, or homeless encampments.

Civil Harassment Orders

720 9th St. Sacramento, CA 95814

916-874-5522

https://www.saccourt.ca.gov/restraining-orders/civil-harassment.aspx



NUTRITION/FOOD RESOURCES

Sacramento Food Bank

3333 3 rd Ave. Sacramento, CA 95817

916-456-1980

https://www.sacramentofoodbank.org/

Sacramento Food Bank helps with more than just food. It also helps with clothing, diapers, parenting supplies and education, immigration legal services, refugee resettlement services, and utilities assistance.

Youth and Community Connection (YCC)

https://sacyouthconnect.org/app-home

Dozens of youth programs to include educational, alcohol/drug related, behavioral, career programs, shelter, clothing, health and nutrition, life skills, parenting programs, arts, and recreation programs,

Women, Infants, and Children (WIC)

Multiple locations

916-876-5000

https://dhs.saccounty.gov/pub/wic/Pages/Women-Infants-and-Children-Home.aspx

Helps pregnant women, new moms and young children eat well, stay healthy, and be active. Income eligibility requirements.

River City Food Bank

1800 28 th St. Sacramento, CA 95816

916-446-2627

https://rivercityfoodbank.org/

River City Food Bank welcomes all people experiencing hunger in Sacramento County. RCFB provide healthy groceries.



Central Downtown Food Basket

1701 L St. Sacramento, CA 95811

916-761-5624

https://www.cdfb.org/

Provides healthy and fresh groceries to those in need at mobile sites (<https://www.cdfb.org/locations>) throughout Sacramento.



PERSONS EXPERIENCING HOMELESSNESS

Wellspring Women's Center

3414 4 th Ave Sacramento, CA 95917

916-454-9688

https://www.wellspringwomen.org/

Wellness programs, emergency services (bus tickets, diapers, hygiene, etc.). Breakfast and light lunch served M – F – 7:30am – 11:30 am. Women and children only

Veterans' Homeless Hotline

Support line: 1-877-424-3838

Help with Mental Health and all other needed resources: employment, etc. Homeless Program Social Worker assistance.

Volunteers of America – Veterans' Resources

916-265-3400

https://www.voa-ncnn.org/veterans-services

VOA's Veterans programs provide supportive services to low-income veterans who are facing homelessness including housing, housing assistance, counseling, employment training, temporary financial assistance, case management, and other supportive services (i.e. access to food, household items, and furniture).

Volunteers of America

1400 A St. Sacramento, CA 95811

916-448-5507

https://www.voa.org/

VOA's programs provide supportive services to low-income individuals who are facing homelessness including housing, housing assistance, counseling, employment training, temporary financial assistance, case management, and other supportive services (i.e. access to food, household items, and furniture).



Sacramento Information/Referral

Business line: 211
Business line: 1-844-546-1464
Business line: 916-498-1000
www.211sacramento.org

For shelter and for Sacramento Steps Forward appointments for those who are homeless or temporarily housed. Be prepared for possibility of long wait (1 hour) on hold. Screening for most transitional/supportive/permanent housing for homeless.

Loaves and Fishes

1351 North C Street, Sacramento, CA 95811
916-446-0874
http://www.sacloaves.org

Daytime shelter for men/women/children. Hot meals served daily, 365 days/year. Available by phone from 7AM - 3PM Mon.-Fri.

Union Gospel Mission

400 Bannon Street, Sacramento, CA 95811
916-447-3268
http://www.ugmsac.com/

Overnight stay and rehabilitation program for men only. Spiritual help and beds, clothing, food, and counseling services for men. Office hours: M-Th 8a-4p, F 8a-12p.



Francis House

8001 Folsom Boulevard, Sacramento, CA 95826

916-443-2646

https://www.nextmovesacramento.org/francis-house-center/

Provides emergency housing/hotel assistance for one week for families with minor children. Must call Tuesday morning at 9AM for a screening over the phone.

Center of Hope Emergency Shelter (Salvation Army)

1200 N B St, Sacramento, CA 95811

916-442-0331

The Center of Hope Emergency Shelter provides homeless adults with a safe refuge, including sleeping accommodations and additional supportive services.

ACT (Area Congregations Together)

2701 Del Paso Road, Suite 130, Sacramento, USA 95835

916-389-8990

https://www.sacact.org/who-we-are

Sacramento ACT empowers ordinary people to identify and change the conditions that create economic and racial injustice.

Sacramento Housing and Redevelopment Agency

630 I St. Sacramento, CA 95814

916-440-1390

https://www.shra.org/

Sacramento Area Housing and Redevelopment Agency provides funding for a variety of homebuyer and homeowner assistance program.



Sacramento Self Help Housing

1010 Hurley Way Sacramento, CA 95825

916-341-0596

https://www.sacselfhelp.org/

Sacramento Self Help Housing is dedicated to assisting persons experiencing homelessness maintain affordable, safe, and permanent housing.



SENIOR CITIZEN RESOURCES

Hart Senior Center

915 27th St. Sacramento, CA 95816

916-808-5462

https://www.cityofsacramento.org/ParksandRec/Recreation/older-adult-services/Hart-Senior-Center/Supportive-Services

HICAP (HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM)

505 12th St. Sacramento, CA 95814

916-376-8915

https://cahealthadvocates.org/hicap/sacramento/

Trained volunteer counselors can answer your questions and help you understand your Medicare rights and benefits, including

- How to appeal denials of coverage;
- Medicare supplemental insurance (Medigap policies);
- Medicare Advantage plans;
- Employee and retiree coverage;
- Long-term care insurance
- Medicare appeals or administrative hearings

HICAP can provide legal help and representation, referral services and community education.

Agency on Aging Area 4

1401 El Camino Avenue, 4th Floor Sacramento, CA 95815

Business line: 916-486-1876

1-800-510-2020

https://agencyonaging4.org/

Assistance choosing home and community-based services and living arrangements to suit the elderly community.



Adult Protective Services

3701 Branch Center Rd.
Sacramento, CA 95827

To report abuse call 916-874-9377

<https://www.saccounty.gov/services/Pages/Adult-Protective-Services.aspx>

ACC Meals on Wheels

7375 Park City Dr,
Sacramento, CA 95831

916-444-9533

<https://www.mowsac.org/>

Meals delivered to seniors who are homebound due to illness or recovery, disability, or other causes. If seniors are mobile and would like to dine out, the All Seasons Café serves hot noontime meals to seniors 1-5 days a week. Pet food can also be requested with food delivery services.

Grants for Seniors

Online resource list

<https://grantsforseniors.org/grants-for-seniors-in-california/>

Online resource help for senior citizens with housing/rent, health, financial, utility bills, and food assistance.



VETERANS RESOURCES

VA Mental Health Clinic (Mather)

10535 Hospital Way
Mather, CA 95655

Business line: 916-366-5420

The Sacramento Mental Health Clinic provides a full range of psychiatric and psychological assessments and interventions including individual and group psychotherapy, medication management, substance abuse treatment and a Post-Traumatic Stress Disorder (PTSD) treatment program.

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<https://www.voa-ncnn.org/veterans-services>

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YOUTH SERVICES

Impact Sac

1610 R St #280, Sacramento, CA 95811

916-410-9770

https://impactsac.org/

Funded largely in part by the City of Sacramento, Office of Violence Prevention, Impact Sac hosts monthly workshops to support violence reduction and youth engagement in Sacramento. Workshops are led by experts in the respected areas of each workshop.

Brother to Brother

3634 Marysville Blvd. Sacramento, CA 95838

916-604-0162

Mentoring of youth in the community to make good decisions and be an integral part of change in the community.

Rose Family Creative Empowerment Center

7000 Franklin Blvd. Sacramento, CA

916-376-7916

https://www.rfcecenter.com/

The RFCE assists children and families of color in the South Sacramento area with skills, tools and opportunities through creative arts, academics, and health.



VOY (Voice of the Youth)

2251 Florin Road, Suite 35, Sacramento, CA 95822

916-949-9026

https://voiceoftheyouth.org/

Provides training, mentorship, and motivation to the youth of our community. We innovatively help our clients gain insight and self-awareness through interactive group discussion and age-appropriate activities.

Mustard Seed School

1321 North C Street, Sacramento, CA 95811

916-447-3626

https://sacloaves.org/programs-services/

Mustard Seed is a free, private school for children 3-15 years old which provides a safe, nurturing, and structured environment, a positive learning experience, happy memories, survival resources of food, clothing and shelter referrals, medical and dental screenings, immunization updates, counseling for children and their parents, and assistance while families seek stable and permanent living situations.

WIND Youth Service

815 S Street, Sacramento CA, 95811

24-Hour Shelter Line: 916- 628-1492

Business line: 916-561-4900

https://www.windyouth.org/

Emergency beds for homeless youth, ages 11-17, hot meals, shower, laundry, clothing, etc. Other services include counseling, case management and referral services.



National Runaway Safeline

Hotline: 1-800-RUNAWAY (786-2929)
http://www.1800runaway.org/

The National Runaway Safeline is the crisis line for runaway, homeless and at-risk youth. NRS provides critical crisis intervention for youth and families through its free, confidential hotline and online services. NRS can connect youth with services such as shelter, transitional living programs, mental health services and more.

Stars Behavioral Health Group

Sacramento – Arden Arcade Center	Sacramento – Downtown Center
3815 Marconi Ave. Sacramento, CA 95821	401 S St. Sacramento, CA 95811
916-584-7800	916-584-7800
https://www.starsinc.com/sacramento-county/	

Stars Behavioral Health Group offers a Full-Service Partnership (FSP) program for young adults ages 16-25 that provides mental health services and supports young people’s independence. Treatment includes involving Transition Age Youth (TAY) in their own futures planning related to employment, education, living situations, and more.

Capitol Star Children’s Mental Health (FIT Program)

3800 Watt Ave., Suite 110 Sacramento, CA 95821
916-344-0249
https://www.starsinc.com/sacramento-county/

The Flexible Integrated Treatment (FIT) Program provides services and support to children and youth up to age 21 and their families. The FIT team works with everyone involved in each youth’s well-being, such as their family, school, social workers, probation officers, mentors, and others.



Boys and Girls Club

5212 Lemon Hill Ave., Sacramento, California 95824

916-392-1350

https://bgcsac.org/

Boys & Girls Clubs of Greater Sacramento offers a variety of tested, proven and nationally recognized programs designed to empower kids and teens to excel in school, become good citizens and lead healthy, productive lives.

Sacramento County Department of Child, Family and Adults Service

916-875-5437

https://dcfas.saccounty.net/Pages/Home.aspx

Report incidents of child abuse. 24 hours a day

Children's Receiving Home of Sacramento

3555 Auburn Boulevard, Sacramento, CA 95821

916-875-5437

http://www.crhkids.org/

24 hour emergency, short-term care for abused or neglected children from Sacramento County.

Black Child Legacy Campaign: Healing the Hood

1321 Garden Hwy, Suite 120, Sacramento, CA 95833

916-993-7701

https://blackchildlegacy.org/

The goal of the Healing the Hood project (HTH) – is to decrease community violence through the comprehensive violence prevention, intervention and interruption services and resources for youth, as well as on-the-ground crisis response.



National Center for Missing and Exploited Children

Hotline: 1-800-843-5678

<https://www.missingkids.org/HOME>

24/7 Hotline to report missing and exploited children. Also works with local law enforcement to find missing children.

River Oak Center for Children

5445 Laurel Hills Drive,
Sacramento, California 95841

916-609-5100

<https://www.riveroak.org/>

River Oak Center for Children helps children and youth who need support, coaching and treatment to thrive in school, at home and in the community. Through innovative and evidence-based programs, helps them to manage life's challenges and achieve their full potential.

Roberts Family Development Center

766 Darina Ave
Sacramento, CA 95815

916- 644-6631

www.robertsfdc.org

Free afterschool programs 2pm-6pm 7 days a week.

Youth and Community Connection (YCC)

<https://sacyouthconnect.org/app-home>

Dozens of youth programs to include educational, alcohol/drug related, behavioral, career programs, shelter, clothing, health and nutrition, life skills, parenting programs, arts, and recreation programs,



All N Together

Clifford McDowell
916-752-5400
Cliffordmc41@gmail.com

All N Together provides an avenue for mentorship in our youth. This includes a 24 hour call line for youth in crisis, youth support services and parent support services. Youth Transportation can also be provided as well as sports and activities coaching. All N Together works in partnership with the community for crisis response and gang violence prevention/interruption and community engagement/outreach.

Growing Oak Park

Dedrick Suggs
916-728-8475
dedricksuggs@gmail.com

Youth mentor, Certified mental Health first and responder for youth, One on one sessions, Group sessions, Community crisis response and Gang violence prevention/interruption to include Community engagement and outreach.

Just Us United

Mister Herriel
916-770-1287
Just.us.unitedd@gmail.com

Just Us United is committed to enriching our communities with edifying programs and projects that level the playing field, giving every member of the community equal access to life sustaining opportunities. We offer a wide array of programs, trainings and experiences: ◦ Youth and Adult Counseling ◦ NASM (National Academy of sports medicine) Certified Sports Fitness and Nutrition Education and Training. •Community rec leagues For kids and adults • AAU Travel ball services ◦ Leadership Academy ◦ Financial Literacy Courses ◦ Mental Health Services ◦ Computer Science Education Services ◦ Community Service Opportunities



Ready for Change

Freddie Dearborn Jr.
916-877-1791
R4cSac@gmail.com

Ready for Change provides youth mentorship as well as Community crisis response, gang violence prevention/interruption and Community engagement and outreach.