

## **Resources**

### **2-1-1**

2-1-1 Sacramento provides referrals to more than 1,600 community services in the Sacramento area, including: senior services, employment and training, housing information, financial assistance, children's services, food programs, health care services, and more. 2-1-1 is available 24 hours a day, seven days a week and can provide assistance in many languages. 2-1-1 or (916) 498-1000.

<http://www.211sacramento.org/211/>

### **The Source**

A 24 hour a day resource for youth and their caregivers. **Call, chat or text 916-787-7678 for immediate mental health support, assistance for overcoming family conflict and challenges, and community referrals.**

<https://thesourcesacramento.com/>

### **Medi-Cal Eligible Students:**

Call Mental Health ACCESS Team: **916-875-1055** or toll free at **888-881-4881**

### **WellSpace Health**

Healthcare, Mental Health and other services

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

**(916) 737-5555**

**24 hour Suicide Prevention Hotline 916-368-3111 OR**

**Text HOPE to 916-668-4226 for**

### **La Familia Counseling Center**

5523 34<sup>th</sup> Street

**(916) 291-2545**

<https://lafcc.org/>

### **Asian Pacific Community Counseling**

5330 Power Inn Road, Suite A

**916- 383-6783**

<http://apccounseling.org/>

### **California State University Sacramento**

Center for Counseling and Diagnostic Services

Counseling Services (currently offering virtual counseling)

**916-278-6252**

<https://www.csus.edu/center/counseling-diagnostic-services/>

### **WEAVE**

For those who have experienced domestic violence or sexual assault

**916-920-2952**

<http://www.weaveinc.org/services-counseling>

**LGBT Support**

Sacramento Community LGBT Center

**916-442-0185**

<http://saccenter.org/>

**Crisis Text Line**

<https://www.crisistextline.org/> Text 'Home' to 741741 from anywhere in the USA to text with a trained Crisis Counselor.

**24-Hour Suicide Prevention Hotline**

**(916) 368-3111 or Toll Free (800) 273-8255**

**National Suicide Prevention Hotline**

**1 (800) 273-8255** or <https://suicidepreventionlifeline.org/>

**Trevor Project Crisis Line**

LGBTQ Youth

866-488-7386

[www.thetrevorproject.org](http://www.thetrevorproject.org)

**WIND Youth Services**

24 hour hotline

800-339-7177

[www.windyouth.org](http://www.windyouth.org)

**Sacramento Chinese Community Service Center**

916-442-4228

[www.sccsc.org](http://www.sccsc.org)

**Sacramento County Mental Health**

Crisis Intervention

**1-888-881-4881**

Mental Health Service

**916-875-1055**

<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

**CRISIS TEXT LINE |**

**[Crisis Text Line](#)**

**Text Hello to 741741**



[The Source Sacramento](#)

Immediate 24-hour mental health support for children and caregivers.

Call or text 916-SUPPORT



[Suicide Prevention Resources](#)

24-hour Suicide Prevention Crisis Lines at (916) 368-3111 or  
1-800-273-8255.

Text the word HOPE to 916-668-iCAN (4226)



[Mental Health Access Team](#)

Monday - Friday, 8 am - 5 pm (24/7 for Mental Health Crisis Calls)

(916) 875-1055 or toll free (888) 881-4881



[Helping Kids Manage Anxiety During a Pandemic](#)



# Social & Emotional Development

Supporting Your Child's Social Emotional Growth

[Parent Toolkit](#)



[Coping in Hard Times: Fact Sheet for Parents](#)



[Helping Children Cope With Changes Resulting From COVID-19](#)



**Sacramento State Graduate Students No Cost Virtual Counseling**

**Call (916-278-6252 M-F 8am-5pm)**

[Sac State Counseling FAQ](#)



California Surgeon General's Playbook: [Stress Relief for Caregivers and Kids during COVID-19](#)