



24/7

**Urgent
Response**

OUR SERVICES

ARE YOU FEELING OVERWHELMED?

- Are you having a hard time with life's responsibilities?
- Are you feeling alone, stressed or sad?
- Are you having challenges with your family or friends?

WE ARE HERE TO HELP!

The Source helps families and youth (up to age 26) who reside in Sacramento County.

- Services and support are available 24 hours a day, 7 days a week.
- Services are free and confidential.

The Source is a program of the Sacramento Children's Home.

SUPPORT FOR YOUTH

- Support you in handling life's challenges.
- Help to solve problems and create a plan for the future.

SUPPORT FOR CAREGIVERS

- Assistance in overcoming conflicts and challenges in your family.
- Intense, short-term help is available.

FOSTER YOUTH & THEIR CAREGIVERS

- Priority given to current and former foster youth, or caregiver of a foster youth.
- Youth can join our monthly fun activities for a positive change in your life.

REFERRALS

- Get connected to other support and programs in the community.

ADVOCACY

- Get support from staff with lived experiences similar to youth and caregivers.

SUPPORT WHEN & WHERE NEEDED

- Get support by Phone, Text or Live Chat whenever you need it most, and we will help you make a plan for wellness.
- Face-to-face help at home, in-school or other safe community locations.