



916-SUPPORT | www.thesourcesacramento.com



CALL

(916) SUPPORT
(916) 787-7678



CHAT

TheSourceSacramento.com



TEXT

(916) SUPPORT
(916) 787-7678

For more information and non-emergency needs, please email TheSource@kidshome.org



@The-Source-Sacramento



@TheSourceSacramento



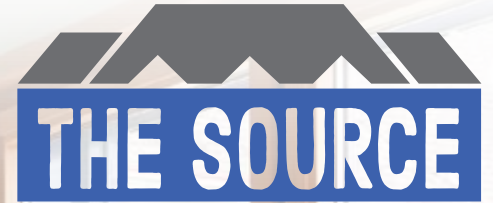
@TheSourceSac



SACRAMENTO CHILDREN'S HOME



This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).



Fostering Support

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24/7 SUPPORT FOR YOUTH & CAREGIVERS





24/7

**Urgent
Response**

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 peers?

WE ARE HERE TO HELP!

The Source helps families and youth (up to age 21) who reside in Sacramento County.

- Services and supports 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.

OUR SERVICES

SUPPORT FOR YOUTH

- Support when youth need help handling life's challenges.
- Help to solve problems and create a plan for the future.

SUPPORT FOR CAREGIVERS

- Assistance to aid overcoming conflicts and challenging situations in the family.
- Intense, short-term help is available.

FOSTER YOUTH & THEIR CAREGIVERS

- Priority given to current and former foster youth, or caregiver of a qualified youth.
- Youth are eligible to participate in monthly activities that promote positive life experiences.

REFERRALS

- Get connected to other supports 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.