Sacramento County
Crisis & Mental Health Resources

Crime and Abuse Reporting Lines
Child Protective Services (916) 875-5437 (KIDS)
Adult Protective Services (916) 874-9377
Sacramento Police Department (916) 732-0100
Sacramento County Sheriff (916) 874-5111

Crisis Hotlines
24 hour Parent Support Line (WellSpace Health) (888) 281-3000
Crisis Nursery (Children ages 0-5) (916) 679-3600
www.kidshome.org/what-we-do/CrisisNursery.php
Friendship Line – 24 hours (800) 971-0016
Runaway – California Youth Crisis Line (800) 843-5200
Runaway – National Runaway Hotline (800) 621-4000
Suicide Prevention Crisis Line (Local) (916) 368-3111
Suicide Prevention Crisis Line (National) (800) 273-8255 English
www.suicidepreventionlifeline.org (888) 628-9454 Spanish
Trevor Project Crisis Line – LGBTQ Youth (866) 488-7386
www.thetrevorproject.org 866-4-U-TREVOR
My Sister’s House 24 hour Multilingual Helpline (Domestic Violence, Ages 14+)
(916) 428-3271
www.my-sisters-house.org
Veterans 24 hour Crisis Line (National) (800) 273-8255
WEAVE Crisis Line (Sexual Assault/Domestic Violence) (916) 920-2952
www.weaveinc.org
Wind Youth Services – 24 hour Crisis Hotline (Emergency Shelter and Support Services, Ages 12+)
(800) 339-7177
www.windyouth.org

Mental Health Urgent Care
Turning Point Mental Health Urgent Care Clinic (916) 520-2460
Monday – Friday, 10 am – 10 pm
Saturday, Sunday, and Holidays, 10 am – 6 pm

Community Resources – Non-Emergency
211 Sacramento (Resource Information Line) 211 or (916) 498-1000
California Relay Service (Hearing Impaired) 711
Friends for Survival, Inc. (916) 392-0664
Gender Health Center – LGBT and Transgender Individuals (916) 455-2391
National Alliance on Mental Illness (NAMI) - Sacramento (916) 364-1642
National Association of Anorexia & Associated Disorders (874) 831-3438
Sacramento County Access Mental Health (916) 875-1055
Sacramento County Alcohol & Drug System of Care – Adult (916) 874-9754
Sacramento County Alcohol & Drug System of Care – Youth (916) 875-2050
Sacramento LGBT Community Center (916) 442-0185