

# 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) <a href="http://www.kidshome.org/what-we-do/CrisisNursery.php">www.kidshome.org/what-we-do/CrisisNursery.php</a>	(916) 679-3600
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) <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	(800) 273-8255 English (888) 628-9454 Spanish
Trevor Project Crisis Line – LGBTQ Youth <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	(866) 488-7386 866-4-U-TREVOR
My Sister’s House 24 hour Multilingual Helpline (Domestic Violence, Ages 14+) <a href="http://www.my-sisters-house.org">www.my-sisters-house.org</a>	(916) 428-3271
Veterans 24 hour Crisis Line (National)	(800) 273-8255
WEAVE Crisis Line (Sexual Assault/Domestic Violence) <a href="http://www.weaveinc.org">www.weaveinc.org</a>	(916) 920-2952
Wind Youth Services – 24 hour Crisis Hotline (Emergency Shelter and Support Services, Ages 12+) <a href="http://www.windyouth.org">www.windyouth.org</a>	(800) 339-7177

## Mental Health Urgent Care

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

## 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