

Sacramento County Crisis & Mental Health Resources

Crime and Abuse Reporting Lines

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| 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

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

Mental Health Urgent Care

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

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| 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 |