

A Few Opening Notes:

The following list is a collection of some of the healthcare resources in the Sacramento area that may be available to you. This is not an endorsement of any particular organization or treatment. We do not have an affiliation with these resources and have not independently reviewed them for quality, accessibility, cost, compliance with applicable law, or appropriateness for your particular needs. We are not medical professionals and are not in a position to recommend or give medical advice. There are more mental health resources available than the options listed here.

We recommend that you contact your health insurance provider to confirm insurance coverage, billing, and cost. In-network providers can often be found by contacting your insurance provider or visiting their online portal.

In case of an emergency or immediate danger, contact 911.

You can contact the National Suicide Hotline by dialing 988.

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The Sacramento County Mental Health Access Team provides over-the-phone assessments and works to connect people with appropriate providers.

Services can be accessed in two ways, submitting an online request or calling the Mental Health Access Team.

The form can be found here: [Mental Health Service Request](#)

The Access Team can be reached at 916-875-1055.

Sacramento County also has a Community Wellness Response Team (CWRT) which can be reached by dialing 988. See the following graphic regarding when to call:



When to call 988	When to call 911	When to call 211
<ul style="list-style-type: none"> Public is not in immediate danger. May become a danger to self, others, and/or gravely disabled. Self or support person to a community member dealing with a Behavioral Health crisis in the Sacramento area. 	<ul style="list-style-type: none"> Anyone in immediate danger. Direct/Immediate threats to others' lives. Reported crime that requires some level of investigation. Medical or health emergency. 	<ul style="list-style-type: none"> Housing and Utility Issues. Food banks. Veterans' Services.

Brochure: [BR-Access-Team-Brochure-English.pdf](#)

Community Support Team

Contact Information: 916-874-6015

CST connects people to mental health services, provide peer support specialists, and inform people about resources available in Sacramento County.

The brochure for the CST can be found here: [CST Brochure](#)



Referral Line

(916) 874-6015

Sacramento Mental Health Urgent Care Clinic

Contact Information:

916-520-2460

2130 Stockton Blvd #300,
Sacramento, CA 95817

MHUCC is a walk-in clinic that treats Sacramento County residents in the midst of a mental health and/or substance abuse crisis.

More information can be found here: [MHUCC-Flyer-2023.pdf](#)

ELIGIBILITY FOR SERVICE

We provide services on a walk-in basis to individuals of all ages who are experiencing a mental health and/or co-occurring substance use crisis.

Examples of who might access the urgent care clinic:

- Someone not currently linked to services experiences an unexpected crisis. Clinic staff will provide triage, assessment, and referrals for qualifying services and resources.
- Someone who has been linked to outpatient services but needs to access psychiatric care before it is available where they have been referred. Clinic staff will provide needed urgent care services and communicate treatment with primary provider.
- An individual who is linked to an outpatient provider but missed an appointment and is in need of urgent psychiatric care and medication. Clinic staff will provide needed services, communicate treatment with primary provider, and may set a limit on frequency of urgent care clinic use.
- An individual presenting with a primary substance use disorder or who may be under the influence will be assessed and offered linkage to on-going alcohol and drug treatment services.
- Linked or unlinked individuals experiencing a mental health and/or co-occurring substance use crisis when their assigned provider is closed, afterhours, or during the weekends/holiday. Clinic staff can help avert the need for an emergency department visit by providing urgent care services, communicating treatment with the outpatient provider (if linked), and arranging appropriate follow-up care.

Community Outreach Recovery Empowerment (CORE)

<u>CORE Elk Grove</u>	<u>CORE Madison</u>	<u>CORE Rosin</u>
Phone: (916) 509-8198 Fax: (916) 509-8199 Address: 9340 E. Stockton Blvd, Elk Grove, CA 95624	Phone: (916) 388-3231 Fax: (916) 388-3232 Address: 3628 Madison Ave, Suites 6, 7, and 10 North Highlands, CA 95660	Phone: (916) 567-4222 Fax: (916) 567-4220 Address: 3810 Rosin Court, Suite 170, Sacramento, CA 95834
	WALK IN HOURS Mondays: 9am – 12pm Wednesdays: 1pm – 4pm Thursdays: 1pm – 4pm	WALK IN HOURS Mondays: 9am – 12pm Wednesdays: 1pm – 4pm Thursdays: 1pm – 4pm

Outpatient behavioral services for adults with a qualifying diagnosis and a center that provides individual support and group treatment. Services provided psychosocial rehabilitation, case management, medication management, and group and individual therapy.

Referrals through Sacramento County Access Team: 916-875-1055 or this form:
mentalhealthservicerequest.sacounty.net/Home/Create

Group Classes Include:

Keeping Your Cool: Anger Management Group	Creating a Balance: Mood Regulation Group
Healthy Boundaries: Building Boundaries Group	Remaining Present: Anxiety Support Group
I Am Enough: Depression Support Group	Life Management Skills: Activities of Daily Living Skills
Supporting Sobriety	Listen to Your Art: Creative Writing/Arts Group
Joyful Longevity: Senior Group	Move, Motivate, Maintain: Walking Group
Rising Above It All: PTSD Group	Moments of Tranquility: Self-Compassion and Mindfulness
Building an Understanding: Communication Skills	Mending Our Hearts: Grief and Loss
Lounge Jam	Bingo: Social Room Activities
SOARing Into Income: Fixed Income Group	Ready to Rent: Housing Group for All



Sacramento LGBT Community Center

Contact Information

(916) 442-0185

mentalhealth@saccenter.org

The Center provides counseling services, community support groups, and drop-in respite. These groups include coming out support groups, LGBTQ elders group, and transgender support group. The Center has community resource advocates that can help connect people with resources—mental and physical health professionals, housing, or other support programs. Community members are also welcome to stop in for a safe place to rest and deescalate stressors and mental health conditions.

Drop In Respite: Tuesdays and Thursdays: 10am-4pm

Locations:

Sacramento LGBT Community Center 1015 20th Street Sacramento, CA 95811 (916) 442-0185	Marsha P. Johnson Center South 7725 Stockton Blvd STE O Sacramento, CA 95823 (916) 442-1120
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Peach Tree Health

Contact Information:

(530) 749-3242

info@pickpeach.org

PTH is primary care, but also provides behavioral health services. PTH offers group therapy, individual therapy, medication assisted treatment, psychiatric medication support, and resource linking in the community.

PTH offers a sliding scale for fees based on family size and income for uninsured individuals.

PTH has multiple locations that can be found here: [Locations](#) | [Quality Health Care Clinics](#) | [Peach Tree Health](#)



Sacramento State Counseling & Psychotherapy Services

Contact Information:

(916) 278-6252

ccds@csus.edu

Sacramento State provides individual, family, couples, and youth counseling. This service is provided by students in graduate counseling programs who are under the supervision of licensed faculty members.

The cost for this service for community members is \$5 per session.

There is limited space in this program, but they do keep a waitlist. The link for signing up can be found here: https://csus.co1.qualtrics.com/jfe/form/SV_3U891gpYhqfz38O

Sacramento State has a referral list that was last updated in June 2022 that can be found here: [2022-quick-reference-referral-list.pdf](#)



WellSpace Health

Contact	916-737-5555	916-313-8433 (Integrated	916-313-8434
Information:	(Primary Care)	Behavioral Health)	(Outpatient Substance Use Disorder Treatment)

WellSpace provides primary care, as well as behavioral health care. In particular, WellSpace has [Behavioral Health Continuum of Care](#) and [Integrated Behavioral Health](#) programs. These programs focus on a variety of issues, including substance use treatment, withdrawal management, and psychotherapy services.

WellSpace offers a sliding fee scale to individuals who are uninsured and not eligible for Medi-Cal, with proof of income.

WellSpace has many locations and can be found here: [Centers - WellSpace Health](#)

Crisis Text Line

Text HOME to 741741 to access this service. A live, trained volunteer Crisis Counselor receives the text and responds, all from our secure online platform. This is a 24/7, free service.

The Crisis Text Line does not provide access to licensed mental health professionals, but is a place to talk staffed by unlicensed volunteers when it feels necessary and other resources are not available. Even though this is not a counseling service, volunteers staffing Crisis Text Line follow similar guidelines as mandated reporters and may disclose information you provide. See the whole policy here: [Privacy Policy - Crisis Text Line](#).

Crisis Text Line also has compiled a list of resources for a multitude of topics: [Resources - Crisis Text Line](#).





[Lighthouse Counseling and Family Resource Center](#)

Contact Information 110 Gateway Drive, Suite 210 (916) 645-3300
Lincoln, CA 95648

Lighthouse provides an extensive list of services that can be found here: [List of Services – Lighthouse](#).

Lighthouse offers individual counseling, couples and family counseling, and group classes. The [group classes](#) include: Managing your Emotions: Anger Reduction; Oh, Good Grief; Anxiety and Depression Management for Adults; and more.

Locations:

Lighthouse FRC 110 Gateway Drive, Suite 210 Lincoln, CA 95648	Roseville Satellite Address 735 Sunrise Ave. Suite 110 Roseville, CA 95661
Auburn Satellite Address 11990 Heritage Oaks Place, #4b Auburn, CA 95603	Rocklin Satellite Address 3175 Sunset Blvd., Suite 103 Rocklin, CA 95677

Health and Life Organization, Inc. (HALO)
Sacramento Community Clinics



Contact Information: 916-642-1867

HALO Clinics provide a variety of services to Sacramento residents, including family medicine, dentistry, behavioral health, and more.

The HALO Clinics behavioral health team provides services including evaluation, therapy, counseling, and medication management.

HALO Clinics provide services to insured and uninsured patients, and accept Medi-Cal and Medicare.

Locations:

El Camino 965 El Camino Ave. Sacramento, CA 95815 <i>Services Offered</i> Primary Care, OB/GYN, Dentistry, Behavioral Health, Chiropractic Care, Podiatry	Del Paso 2200 Del Paso Blvd Sacramento, CA 95815 <i>Services Offered:</i> Primary Care, Behavioral Health, Obgyn, CPSP	Assembly Court 5524 Assembly Court Sacramento, CA 95823 <i>Services Offered:</i> Primary Care, OB/GYN, Dentistry, Behavioral Health, Chiropractic Care, Podiatry
Del Paso Dental 2138 Del Paso Blvd Sacramento, CA 95815 <i>Services Offered:</i> Dentistry	Explorer 3030 Explorer Drive Sacramento, Ca 95827 <i>Services Offered:</i> Medical, Dental, Behavioral health, Chiropractic, Acupuncture, Dermatology, OB/GYN, CPSP– Administration	B Teri Burns Clinic 3301 Fong Ranch Rd. Sacramento, Ca 95834-1719 <i>Services Offered:</i> Primary Care
Watt Dental 4986 Watt Ave. North Highlands, CA 95660 <i>Services Offered:</i> Dentistry	55th Clinic 7215 55th St. Sacramento, CA 95823	Southgate Dental 7275 E Southgate Dr. Sacramento, CA 95823, USA <i>Services Offered:</i> Dentistry



LifeRing

Contact Information:

1-800-811-4142

service@lifering.org

LifeRing is a secular, anonymous recovery organization focusing on [LifeRing's 3-S philosophy](#): Sobriety, Secularity, and Self-Help. LifeRing does not cost anything for participants.

LifeRing has both online and in person meetings.

Online Meetings:

Co-Occurring Disorders	CPS: Recovery and Reunification
Friends and Family Weekly Meeting	LGBTQIA+ and Friends
LifeRing 101	The Liver Spot
Men in Recovery	Sober After Sixty-Something
Surviving Our Truth	Veterans in Recovery
Women in Recovery	

In Person meetings can be found on this page: [In-Person Meetings - LifeRing Secular Recovery](#)