

# Mental Health Resources

## Crisis Services

Adult Protective Services	(916) 874-9377
Child Protective Services	(916) 875-5437 (KIDS)

## Emergency Numbers Local

Sacramento Police Department	(916) 732-0100
Sacramento County Sheriff	(916) 874-5111

## Hotlines

Suicide Prevention Crisis Line (Local)	(916) 368-3111
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Suicide Prevention Crisis Line (National) <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	(800) 273-8255
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Veterans 24 hour Crisis Line (National)	(800) 273-8255
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WEAVE Crisis Line <a href="http://www.weaveinc.org">www.weaveinc.org</a>	(916) 920-2952
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Crisis Nursery (Children ages 0-5) <a href="http://www.kidshome.org/what-we-do/crisis-nursery/">www.kidshome.org/what-we-do/crisis-nursery/</a>	(916) 679-3600
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Wind Youth Services – 24 hour Hotline <a href="http://www.windyouth.org">www.windyouth.org</a>	(800) 339-7177
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Trevor Project Crisis Line – LGBTQ Youth <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	(866) 488-7386 866-4-U-TREVOR
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## Community Resources – Non-Emergency

Access to County Mental Health	(916) 875-1055
Access to 24 hr. Line	(888) 881-4881
Alcohol & Drug System of Care – Adult	(916) 874-9754
Alcohol & Drug System of Care – Youth	(916) 875-2050
Alta Regional Center (enrolled clients only)	(916) 978-6400
California Relay Service (Hearing Impaired)	711
Conservators Offices	(916) 875-4467
Friends for Survival, Inc.	(916) 392-0664
Guest House – Homeless Services	(916) 440-1500
Northern California Mental Health America	(916) 366-4600
National Alliance on Mental Illness (NAMI)	(916) 364-1642
Sacramento Gay and Lesbian Center – Serves LGBTQ Community	(916) 442-0185
Gender Health Center – Transgender Individuals	(916) 455-2391
Community Support Team -	(916) 874-6015
Consumer Operated Warm Line -	(916) 366-4668
TLCS Respite Program -	(916) 737-7483