

Other Resources

Info Line – Community Information and Referral
www.211sacramento.org

(916) 498-1000
or 211

Web Resources

Stop Stigma Sacramento
www.stopstigmiasacramento.org

Department of Veterans Affairs – National Center for PTSD
www.ptsd.va.gov

National Child Traumatic Stress Network
www.nctsn.org

Wellness and Recovery Action Plan (WRAP) – Mary Ellen Copeland
www.mentalhealthrecovery.com

Mental Health America (MHA)
www.mha.org

National Alliance on Mental Illness (NAMI)
www.nami.org

Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov

Teen Mental Health
www.teenmentalhealth.org

The Source
www.thesourcesacramento.com
Email: thesource@kidsathome.org

Youth Help Network
www.starsyouth.net