

County of Sacramento
Department of Health Services
Division of Behavioral Health Services

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Division of Behavioral Health Services

In partnership with



Community Support Team

(916) 874-6015

Hours of Operation

Monday – Friday: 8:00 a.m. - 5:00 p.m.

Hours are subject to change based on
community needs.

The Community Support Team (CST) is a Mental Health Services Act Prevention and Early Intervention Program. This program is a part of a continuum of services and supports within Sacramento County's Suicide Prevention Project.



Community Support Team

Phone: (916) 874-6015

Fax: (916) 874-4639

California Relay Service: 711

Bilingual/bicultural staff and interpreters are available at no cost.

This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

Who is the Community Support Team?

The Community Support Team is a collaboration that brings county and community-based organization staff into one team with a variety of clinical and outreach skills. It includes:

- ❖ Peer support specialists with lived experience who are able to use their life stories to foster hope and support individuals seeking help.
- ❖ Professional staff with clinical experience across all ages to assess and assist with appropriate referrals and supports.
- ❖ Family support specialists whose experience builds bridges and communication with family members, natural and extended family systems.

Serving the Sacramento County community to:

- ❖ Proactively attend to signs of distress relating to a crisis.
- ❖ Identify and create connections in the community.
- ❖ Maximize use of traditional and non-traditional community supports.
- ❖ Strengthen personal resilience in the face of challenging circumstances.
- ❖ Access self-help skills and resources.
- ❖ Problem-solve challenges and navigate system barriers.
- ❖ Engage in activities that improve life satisfaction and well-being.

How does the Community Support Team help people?

- ❖ Responds to requests for assistance for individuals, families, or the community.
- ❖ Provides flexible, field-based assessment of needs.
- ❖ Builds upon individual, family and community self-identified strengths, skills and natural supports.
- ❖ Assists with making connections and navigate services system.
- ❖ Prevents or reduces risks or stressors, by building protective factors and skills.
- ❖ Provides flexible “help-first” approaches and fosters hope for personal recovery.
- ❖ Provides early intervention to reduce or avoid need for crisis services.
- ❖ Increases active connection with self-identified supports.
- ❖ Educates key individuals, family members or natural supports to improve health and wellness.

Mission Statement

The Community Support Team serves individuals of all ages and diversity in the community with supports, education, resources and connections to services. The goal is to provide services in a culturally and linguistically competent manner to promote recovery, resilience, well-being and reduce the risk of suicide.



Community Resources

Sacramento County Info Line

(916) 498-1000 or 211

Consumer Operated Warm Line

(916) 366-4668

National Warm Line

(855) 642-6222

Suicide Prevention Resources

Suicide Prevention Crisis Line

(916) 368-3111

or

1-800-273-8255

National Suicide Prevention Line

1-800-273-TALK (8255)

or

1-800-SUICIDE