

GENERAL COMMUNITY RESOURCES

Adult Protective Services 874-9377
Children's Protective Services 875-5437 (KIDS)
Alta Regional Center 978-6400
Mutual Assistance Network 927-7694
Crossroads (*Employment Assistance*) 457-1900
Department of Human Services 874-3100
(*General Assistance / Food Stamps / CMISP / Medi-Cal*)
In-Home Support Services (IHSS) 874-9471
Sacramento LGBT Community Center
<http://saccenter.org/> 442-0185
WIND Youth Services 561-4900
Social Security (800) 772-1213
Resources for Independent Living
(*resources & advocacy for individuals with disabilities*) . 446-3074

BIRTH & BEYOND FAMILY CENTERS:

www.birth-beyond.com

La Familia Counseling Center 452-3601
Folsom Cordova Community Partnership ... 361-8684
River Oak FRC 244-5800
North Sac FRC 679-3743
Valley Hi/Florin FRC 290-8281
Meadowview FRC 394-6300
North Highlands FRC 679-3925

TRANSPORTATION / UTILITIES / FOOD

PG&E (800)-743-5000
SMUD (888)-742-7683
Paratransit 429-2009
(*transportation for elderly/people w/ disabilities*)
MEDSTAR (MEDI-CAL accepted)..... 669-0550
(*Non-Emergency Wheelchair & Ambulatory Transportation*)
Food Closet Search
<http://www.freefood.org/c/ca-sacramento>
CalFresh (DHA) (877) 847-3663 (FOOD).
www.dss.cahwnet.gov/foodstamps/
California WIC 876-5000
(*Women/Infants/Children*) Food/Nutrition
California LifeLine (866) 272-0349
(*free cell phone*) www.californialifeline.com

COUNSELING

Wellspace (*Children's Therapy*) 679-3925
Wellspace (*Adult Mental Health Services/Counseling*)
1820 J Street 313-8400
Gender Health Center www.theGenderHealthCenter.org
Sacramento, CA 95817. 455-2391
Authentic Counseling Associates
www.sacramentocounseling.org 838-0926
Life Practice Counseling Group
LifePractice@comcast.net 300-6576
Sacramento State University (*Counseling*): ... 278-6416
Sacramento Veterans Center
(*counseling for combat Vets*) 566-7430
University of Phoenix Counseling
(*Skills Center*). 830-3812

REGIONAL SUPPORT TEAMS

(**To be referred to these programs, the ACCESS team must be contacted at 875-1055**)

El Hogar Mental Health www.elhogarinc.org .
630 Bercut Drive - 441-3819
Human Resource Consultants <http://hrcrst.org/>
(HRC) 3727 Marconi Ave. 485-6500
Northgate Point www.tpcp.org
601 W. North Market Blvd, Suite 100 567-4222
Visions Unlimited www.vuinc.org
South:6833 Stockton Blvd. Ste. 485 394-0800
Galt: 425 Pine Street, Suite #2 (209) 745-3101
OLDER ADULT SERVICES
Asian Community Center 394-6399
ACC Senior Services Programs 393-9128
Eskaton Senior Connection 334-1072
Meals on Wheels 444-9533
Medicare (800)-633-4227
NorCalMHA Older Adults 855-5444
Senior Link (support for older adults 55+)
www.elhogarinc.org 369-7872
The Friendship Line (60yrs + (800) 971-0016



COMMUNITY RESOURCE GUIDE

MENTAL HEALTH SERVICES

Access Team 875-1055
Mental Health Urgent Care Clinic (*Walk in clinic*)
2130 Stkn Blvd. building 300..... 520-2460
Mental Health Treatment Center
Emergency Crisis Intervention. 732-3637
Main / Information 875-1000
Community Support Team (resource team)..... 874-6015
Guest House (*Homeless entry point*)
www.elhogarinc.org/ghp.htm 440-1500
Wellness & Recovery Center:
www.consumerselfhelp.org
North: 3637 Mission Ave. Bldg. B. 485-4175 or 333-3800
South: 7171 Bowling Dr. Ste. 300.394-9195 or 333-3800
Genesis (Homeless Psych Services) 669-1536
www.sacloaves.org/programs
TLCS Respite Program (*available 24/7*). 737-7483
St. Johns' Mental Health Respite Program
(*women with or without children*) 383-1804

24-HOUR CRISIS LINES

Parent Support Line (888) 281-3000
Suicide Prevention 368-3111
WEAVE Crisis Line 920-2952
My Sister's House 428 -3271

PHONE SUPPORTS

Warm Line (Consumer Operated):
Local Warm Line 366-4668
National Warm Line ... (855) 642-6222
Community Info Line
www.communitycouncil.org (916) 498-1000 or 211
National Suicide Prevention Line
1-800-273-TALK (8255) or 1-800-SUICIDE
Youth in Crisis Line www.youthcrisisline.org
(*counseling,medical,shelters,crisis centers AIDS testing and transportation information.*)..... 800 843-5200

SELF-HELP GROUPS

Alzheimer's Aid Society 483-2002 or
www.alzheimersaidsociety.org (800) 540-3340

Sobriety Brings a Change (SBAC) 454-4242
DV support group, anger management, relapse prevention

Co-Dependents Anonymous – www.greatersaccoda.org

Compassionate Friends 457-4096
(for bereaved parents)

Alliance -Depression and Bipolar Support. . 875-5644

Friends for Survival 392-0664
www.friendsforsurvival.org *(after a suicide death)*

National Alliance on Mental Illness (NAMI) . 364-1642
www.namisacramento.org

OCD & Other Anxiety Disorder 223-6541
(Support Group)

Parents and Friends of Lesbians 978-0410
and Gays

Recovery International. 483-5616
www.recoveryinternational.org

Sex & Love Addicts Anonymous 552-1442
www.sacs1aa.org

Sacramento Valley Intergroup of 786-0330
Overeaters Anonymous

SHELTERS/HOUSING RESOURCES

Salvation Army Shelter/Emergency. 442-0331
(Lodging., 1200 North B St. 95814 (single men & women)

Children & Families (VOA) 443-4688

St. John's *(women & children)* 453-1482

Next Move Phone Screenings *(families)*. 455-2160

Self Help Housing 341-0593

Renters Help Line 389-7877

Sacramento Housing Alliance 442-2156
1300 North C Street

Union Gospel Mission *(men)* 447-3268
400 Bannon St., 95811

PAVEE SERVICES

Benefits Management - Living 340-7000
in a Familiar Environment (LIFE) www.webpayee.com

HEALTH CLINICS

CARES 443-3299

Center for AIDS Research Education, and Services
www.caresclinic.org

Chest Clinic 874-9823
4600 Broadway *(only treats people with TB)*

C.O.R.E. Medical Clinic, Inc. 442-4985
www.coremedicalclinic.com

Wellspace Community Health. 325-5556

Mercy Clinic *(general medical care)* 446-3345

Primary Care Center 874-9670 or 874-8300

Sacramento Native American 341-0575
Health Center www.snahc.org

Women's Health Specialists 451-0621
www.cawhs.org

Peach Tree Midtown 558-4800
1900 T Street *(OB/GYN & Family Practice)*

HIV / AIDS RESOURCES & SUPPORT GROUPS

AIDS Hotline *(English/Spanish)*

www.aidshotline.org (800) 367-2437

DRUG & ALCOHOL SELF-HELP GROUPS

County Alcohol and Drug Services
(System of Care (SOC)) 874-9754

Adult Children of Alcoholics/ Al-Anon Family Groups/
Alateen www.al-anonfamilygroups.org 334-2970

Alcoholics Anonymous (24hr.)
www.aasacramento.org 454-1100

Narcotics Anonymous (800) 600-4673
www.sacramentona.org (866) 565-2135

LEGAL SERVICES

Community Legal Services
(McGeorge School of Law) 340-6080

Legal Services of Northern CA 551-2150
Toll free (800) 222-1753

Disability Rights Legal Center (866) 999-3752
Legal clinic for low/no income 446-0368

Senior Legal Hotline of Northern Cal (60yrs and older)
Toll free (800) 222-1753 Or 551-2140

MANAGED CARE PLANS – Medi-Cal

Molina Healthcare 888-665-4621

Health Net 888 426-0030

Anthem Blue Cross 888-831-2246

Kaiser Permanente N: 973-5300 . . . S: . . . 525-6100

Medi-Cal www.dhweb.saccounty.net 874-3100

REC & LEISURE RESOURCES

Hands on Sacramento. 447-7063

Sacramento Public Library. 264-2700

City of Sacramento -

Parks and Recreation. 808-5200

Aquatics 808-2306

OTHER RESOURCES

International Rescue Committee. 482-0120
(refugee & immigration resource)

War Relief. 978-2650
(refuge & immigration resource)

Opening Doors 492-2591
(refugee, immigration, human trafficking resource)

Francis House Center 443-2646
(Job development, Cal Ids, Family Shelter)

Chicks in Crisis www.chicksincrisis.org
(pregnant teens, young women in crisis) . . . 441-1243

Community for Peace: (Domestic, family violence, sexual
assault). Office: 728-5613. Crisis Line: 728-7210

NorCal Mental Health America: info@norcalmha.org
(advocacy and peer support). 855-5427



TTY (916) 446-1434