

Sacramento County Mental Health Resources

In-Person Services

La Familia

Address: 5523 34th St, Sacramento, CA 95820

Phone: (916) 452-3601

Hours: Monday - Friday 8:30 AM - 5:30 PM

La Familia offers youth mental health counseling, job training and employment support, parenting and youth programs, and community events for families in Sacramento.

Mente Santa, Vida Sana

Address: 2093 Arena Blvd, Sacramento, CA 95834

Phone: (916) 536-6599

Hours: Monday- Friday 8:00 AM - 5:00 PM

Mente Sana, Vida Sana (MSVS) offers workshops, counseling, crisis support, and referrals for mental health and substance use services.

NAMI Sacramento

Address: 7230 S Land Park Dr #115, Sacramento, CA 95831

Phone: (916) 890-5467

(800) 950-6264

Hours: Monday - Friday: 9:00 AM- 4:00 PM

Free support, education, and referral services for people living with mental health conditions and their family members.

Sacramento State Counseling Department

Address: 6000 J St., Eureka Hall, Rm. 421,
Sacramento, CA, 95819

Phone: (916) 278-6252

Email: ccds@csus.edu

Hours: Monday - Friday : 8:00 AM - 5:00 PM

Provides affordable counseling and educational testing during the academic year (September through December and February through May)

Youth Help Network

Address: 401 S Street, Sacramento, CA 95814

Phone: (833) 333-2946

Text (916) 860-9819

Hours: Monday - Friday: 9:00 AM- 5:00 PM

Free outreach, crisis support, peer support, life skills, housing and education help for youth 16–25 in Sacramento County. Drop-in support available.

Sacramento LGBT Community Center

Address: 2031 K St, Sacramento, CA 95811

Phone: (916) 442-0185

Hours: Monday - Friday: 10:00 AM - 8:00 PM

Saturday and Sunday: 10 AM - 6:00 PM

Provides social support, wellness groups, drop-in services, mental health support, workshops, and referrals for LGBTQ+ community members of all ages. Many services are free or sliding scale.



Need support finding a service? Connect with the Health Education Council! Call us at (916) 556-3344 or scan the code on the last page.

Sacramento County Mental Health Resources

WEAVE: Service for Survivors

Address: 1900 K St., Sacramento, CA, 95811

Phone: (916) 920-2952

Email: info@weaveinc.org

Hours: Monday - Thursday: 8:30 AM - 6:00 PM

Friday : 8:30 AM - 5:00 PM

Support for survivors of domestic violence, sexual assault, and human trafficking. Their work focuses on promoting safety, healing, and healthy relationships.

Nation's Finest

Address: 7270 East Southgate Dr., Sacramento, CA, 95823

Phone: (916) 393-8387

Email: shernandez@nationsfinest.org

Hours: Monday - Friday: 8:00 AM- 5:00 PM

Offers support services for veterans, including peer support and community programs addressing mental health and other needs.

Sacramento County

Address: 7001 East Pkwy A, Sacramento, CA, 95823

Phone: (916) 875-1055

Hours: Monday - Friday: 8:00am - 5:00pm

Call the main access point phone line to begin assessments, get connected to therapy/counseling, crisis services, or specialized programs. Many services are free or low cost depending on income/insurance eligibility.

Websites & Mobile Apps

Together For Wellness

Website: togetherca.org

Phone: (916) 703-9211 (UC Davis project contact)

Hours: Online access anytime

Together for Wellness is a California project for young people (ages 13–25) that brings together youth voices, community partners, and experts to share free wellness tools, videos, articles, and digital resources focused on emotional health, stress coping skills, and overall wellbeing.

Soluna

Online/App based available statewide for California residents

Phone: 844-582-2111

Hours: 24/7 digital access through app tools & coaching requests (coaching may have scheduling limitations)

Brightlife

Digital/Online resource for California families

Phone: (888) 275-5357 (BrightLife Kids contact)

Hours: Online access anytime

Free behavioral/mental health support program for children ages 0-12 and their caregivers in California.



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Sacramento County Mental Health Resources

CalHOPE

Digital/phone support available to Californians
Phone: Call or Text (833) 317-HOPE (4673) for emotional support and referrals

Hours: 24/7 support by phone

Website: calhope.org

Free emotional support and mental health resource available to all Californians. You can call or text (833) 317-HOPE anytime to talk with trained peer supporters who listen without judgment and help connect you to services, coping tools, or additional resources.

Phone Support Lines

988 Suicide & Crisis Lifeline

Call or Text 988

Hours: Monday - Friday: 9:00 AM- 7:00 PM

Free outreach, crisis support, peer support, life skills, housing and education help for youth 16–25 in Sacramento County. Drop-in support available.

Trans Lifeline

Phone: (877) 565-8860

Hours: 24 hours of the day, 7 days a week

Offers direct emotional and financial support to trans people in crisis for the trans community, by the trans community.

Need support finding a service? Connect with the Health Education Council!

The Health Education Council connects individuals with resources available in their communities. Please let us know if you need help finding a service. Our trained staff are happy to connect you with additional resources and support. The Health Education Council is not an emergency provider. If you are in danger or in need of immediate medical support, please dial 911.

Reach us by scanning this QR with your phone or call us at (916) 556-3344



HEALTH
EDUCATION
COUNCIL

Health happens together.