

Emergency Hotlines/Crisis Support

- ★ **Child Abuse & Neglect (Sacramento County)**: 916-875-KIDS, 24/7 hotline
- ★ **Child Abuse & Neglect (El Dorado County)**: (844) 756-3699, 24/7 hotline
- ★ **Crisis Text Line**: Text “HOME” to 741741 to connect with a crisis counselor 24/7
[Crisistextline.org](https://crisistextline.org)
- ★ **Domestic Violence Hotline (Sacramento County)**: 916-920-2952
- ★ **National Alliance on Mental Illness (NAMI)**: Text “NAMI” to 741741 for confidential, free crisis counseling 24/7 nami.org
- ★ **National Domestic Violence Hotline**: Free and confidential support 24/7. Get help identifying abuse, making a plan for safety, or how to support others.
1-800-799-SAFE (7233) or visit thehotline.org to chat live and for other resources
- ★ **Suicide & Crisis Lifeline**: Provides free and confidential support to people in suicidal crisis or emotional distress, 24/7.
Call 988 or visit 988lifeline.org
- ★ **Poison Control**: 800-876-4766
- ★ **Sacramento County Mental Health Crisis Line**: Support for those experiencing a mental health crisis, available 24/7. 888-881-4881 OR 916-875-1055
- ★ **Senior or Dependent Adult Abuse (Sacramento County)**: 916-874-9377
- ★ **TrevorLifeline**: 24/7 crisis intervention and suicide prevention for LGBTQ youth under the age of 25. 1-866-488-7386 thetrevorproject.org

Support Resources

- ★ **7 Cups**: Free and anonymous online chat available 24/7 for emotional support; group support sessions; ongoing online therapy (for a fee) 7cups.com

- ★ **California Parent Helpline**: Call, text, or live chat with trained counselors for free; also provide weekly anonymous online support groups
855-427-2736, caparentyouthhelpline.org

- ★ **Kaiser**: Wellness resources for topics such as managing stress, sleeping better, parenting, and relationships. You do not have to be a Kaiser member.
healthy.kaiserpermanente.org

- ★ **Mental Health America**: Mental health and COVID-19 information and resources.
Mhanational.org

- ★ **Mental Health Urgent Care Clinic**: Walk-in clinic for individuals and families in distress with urgent mental health needs, regardless of age or ability to pay.
2130 Stockton Blvd. Bldg. 300, Sacramento 95817 916-520-2460 tcp.org
Hours: Mon - Fri, 10:00 AM - 10:00 PM (last walk-in at 9:00)
Saturday and Sunday, 10:00 AM - 6:00 PM (last walk-in at 5:00)

- ★ **National Alliance on Mental Illness (NAMI) Helpline**: 800-950-6264 Mon - Fri
7:00 AM - 5:00 PM. nami.org

- ★ **Substance Abuse and Mental Health Services Administration (SAMHSA)**:
SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for those facing mental and/or substance use disorders. Referrals to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) samhsa.gov

- ★ **Talkspace**: Online therapy with 24/7 access. Now accepting insurance.
[Talkspace.com](https://www.talkspace.com)
- ★ **Warm Line**: Use for emotional support BEFORE people have reached their boiling point in the hopes of preventing future crisis, available 24/7. 855-845-7415 to speak to a counselor, or visit [The Warm Line](https://www.thewarmline.org) for online chat.
- ★ **WellSpace Health**: Provides counseling for individuals and families, as well as mental health evaluations. 916-737-5555 [wellspacehealth.org](https://www.wellspacehealth.org)
- ★ **WellSpace Parent Support Line**: available 24/7 for issues a parent may be having personally, or with their child: 888-281-3000