

Referral & Resource Guide 2024

Remember, if you or someone you know is in immediate danger or experiencing a life-threatening emergency, please call 911 or go to the nearest emergency room. These resources are meant to provide support and assistance during mental health crises but are not a substitute for emergency medical care.

General Emergency Resources:

- 988 Suicide and Crisis Lifeline:
 - Call or text 988 for free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones
- National Suicide Prevention Lifeline:
 - Hotline: 1-800-273-TALK (1-800-273-8255)
 - Confidential support for individuals in distress, including those experiencing suicidal thoughts or crisis situations. Available 24/7.
- Crisis Text Line:
 - Text "HELLO" to 741741
 - Connects individuals with trained crisis counselors via text message, providing support and resources for those in crisis. Available 24/7.
- SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration):
 - Hotline: 1-800-662-HELP (1-800-662-4357)
 - Provides information, support, and referrals to treatment services for mental health and substance use disorders. Available 24/7.

UC Davis Students:

- Aggie Compass: <https://aggiecompass.ucdavis.edu/>
- Counseling Services: <https://shcs.ucdavis.edu/services/counseling-services>
- Group Counseling Services: <https://shcs.ucdavis.edu/group-services-new>

Yolo County Homeless Shelters and Services:

- Yolo County Mental Health Crisis Services:
 - Hotline: 1-888-965-6647 (available 24/7)
 - Website: [Yolo County Mental Health Crisis Services](#)
- CommuniCare Health Centers:
 - Crisis Line: 1-888-965-6647 (available 24/7)
 - Website: [CommuniCare Health Centers](#)
- Yolo County Housing Authority:
 - Provides information on affordable housing options, Section 8 vouchers, and other housing assistance programs.
 - Website: [Yolo County Housing Authority](#)
- Yolo County Homeless Services:

- Offers various programs and services for individuals experiencing homelessness, including emergency shelters, transitional housing, and supportive services.
- Website: [Yolo County Homeless Services](#)
- Fourth & Hope (Woodland):
 - Provides emergency shelter, transitional housing, meals, and supportive services for individuals and families experiencing homelessness.
 - Address: 207 Fourth Street, Woodland, CA 95695
 - Phone: 530-661-1218
 - Website: [Fourth & Hope](#)
- Yolo Wayfarer Center (Davis):
 - Provides emergency shelter, meals, case management, and supportive services for individuals experiencing homelessness.
 - Address: 617 A Street, Davis, CA 95616
 - Phone: 530-204-5517
 - Website: [Yolo Wayfarer Center](#)
- Empower Yolo (West Sacramento):
 - Offers shelter and supportive services for survivors of domestic violence, sexual assault, and human trafficking.
 - Address: Confidential location. Contact for assistance.
 - 24-Hour Crisis Line: 530-662-1133 or 916-372-6565
 - Website: [Empower Yolo](#)

Sacramento County Homeless Shelters and Services:

- Sacramento County Access Team:
 - Hotline: 916-875-1055 (available 24/7)
 - Website: [Sacramento County Access Team](#)
- Sacramento County Mental Health Urgent Care Clinic:
 - Address: 2130 Stockton Blvd., Building 300, Sacramento, CA 95817
 - Phone: 916-520-2460
 - Website: [Mental Health Urgent Care Clinic](#)
- Sacramento Housing and Redevelopment Agency (SHRA):
 - Administers affordable housing programs, including Section 8 vouchers, public housing, and affordable housing developments.
 - Website: [Sacramento Housing and Redevelopment Agency](#)
- Sacramento Self-Help Housing:
 - Provides housing counseling, rental assistance, and transitional housing programs for individuals and families in need.
 - Website: [Sacramento Self-Help Housing](#)

Solano County Homeless Shelters and Services:

- Solano County Mental Health Crisis Stabilization Unit:
 - Address: 2201 Courage Drive, Fairfield, CA 94533
 - Phone: 707-428-1131 (available 24/7)

- Website: [Solano County Mental Health Crisis Stabilization Unit](#)
- Solano County Mental Health Crisis Hotline:
 - Hotline: 707-428-1131 or 1-800-547-0495 (available 24/7)
 - Website: [Solano County Mental Health Services](#)
- Solano County Housing Authority:
 - Offers Section 8 vouchers, public housing, and other housing assistance programs for eligible residents.
 - Website: [Solano County Housing Authority](#)
- Solano County Homeless Shelter Directory:
 - Provides information on homeless shelters, transitional housing programs, and supportive services available in Solano County.
 - Website: [Solano County Homeless Shelter Directory](#)

Yolo County Therapy Services:

- Yolo County Health and Human Services Agency (HHSA)
 - Address: 137 N Cottonwood St, Woodland, CA 95695
 - Phone: 530-666-8645
 - Website: [Health & Human Services Agency | Yolo County](#)
- CommuniCare Health Centers
 - Behavioral Health Services in Davis, Woodland, and West Sacramento
 - Phone: 916-403-2970
 - Website: [CommuniCare Health Centers](#)
- Turning Point Community Programs
 - Address: 212 I Street, Davis, CA 95616
 - Phone: 530-601-5959
 - Website: [Turning Point Community Programs](#)
- Davis Community Clinic
 - Address: 2051 John Jones Road, Davis, CA 95616
 - Phone: 530-758-2060
 - Website: [Davis Community Clinic - CommuniCare Health Centers](#)

Solano County Therapy Services:

- Solano County Behavioral Health Services
 - Address: 275 Beck Avenue, Fairfield, CA 94533
 - Phone: 707-784-2080
 - Website: [Solano County - Behavioral Health](#)
- Aldea Children and Family Services
 - Address: 470 Chadbourne Road, Fairfield, CA 94534
 - Phone: 707-425-9670
 - Website: [Aldea Children & Family Services](#)
- Solano Pride Center
 - Address: 1234 Empire Street, Fairfield, CA 94533
 - Phone: 707-207-3430

- Website: [Solano Pride Center](#)
- Caminar
 - Address: 794 Industrial Way, Suite 110, Dixon, CA 95620
 - Phone: 707-678-8200
 - Website: [Caminar](#)

Sacramento County Therapy Services:

- Sacramento County Department of Health Services - Behavioral Health Services
 - Address: 7001-A East Parkway, Suite 400, Sacramento, CA 95823
 - Phone: 916-875-1055
 - Website: [Behavioral Health Services Home](#)
- Sierra Vista Hospital
 - Address: 8001 Bruceville Road, Sacramento, CA 95823
 - Phone: 916-288-0300
 - Website: [Sierra Vista Hospital - Sacramento](#)
- Turning Point Community Programs
 - Address: 3810 Rosin Court, Suite 180, Sacramento, CA 95834
 - Phone: 916-364-8395
 - Website: [Turning Point Community Programs](#)
- WellSpace Health
 - Address: 1820 J Street, Sacramento, CA 95811
 - Phone: 916-313-8400
 - Website: [WellSpace Health](#)
- Sacramento Native American Health Center
 - Address: 2020 J Street, Sacramento, CA 95811
 - Phone: 916-341-0575
 - Website: [Sacramento Native American Health Center](#)
- Therapists Private Practice (Various)
 - Psychology Today: [Find Therapists and Psychologists in Sacramento, CA](#)
 - Use this directory to find licensed therapists in Sacramento County offering various mental health services.

Additional Resources:

- National Alliance on Mental Illness (NAMI) - Yolo County
 - Phone: 530-756-8181
 - Website: [NAMI Yolo County](#)
- National Alliance on Mental Illness (NAMI) - Solano County
 - Phone: 707-422-7792
 - Website: [NAMI Solano County](#)
- National Alliance on Mental Illness (NAMI) - Sacramento
 - Phone: 916-364-1642
 - Website: [NAMI Sacramento](#)