

# Reference Referral List

Last updated: June 2022

Organization	
Outpatient Services	
<p><b>ACAC: Another Choice Another Chance</b></p> <p style="text-align: center;">7000 Franklin Blvd, Sacramento, CA 95823</p>	<p>Phone: (916) 388-9418 <a href="http://acacsac.org/">http://acacsac.org/</a></p> <p>Provides services to youth, ages 12-24, suffering from mental health disorders and substance abuse/addiction.</p> <ul style="list-style-type: none"> <li>• Individual &amp; Group Counseling</li> <li>• Intensive Outpatient</li> <li>• Partial Hospitalization</li> <li>• Family Support</li> </ul>
<p><b>Hearts &amp; Hands Counseling</b></p> <p style="text-align: center;">420 Folsom Rd Suite C, Roseville, CA 95678</p>	<p>Phone: (916)-676-3548 <a href="http://www.heartsandhandscounseling.org/">http://www.heartsandhandscounseling.org/</a></p> <p>Open 7 days a week with evening appointments available. Sliding scale to assess fees (sessions range from \$25-\$95.)</p> <ul style="list-style-type: none"> <li>• Couples Counseling</li> <li>• Family Counseling</li> <li>• Individual &amp; Group Counseling</li> </ul>
<p><b>Hope Counseling Center</b></p> <p style="text-align: center;">Midtown Sacramento – Roseville – Folsom</p>	<p>Phone: 916-780-1059 <a href="https://www.hope-counselingcenter.org/">https://www.hope-counselingcenter.org/</a></p> <p>Low-cost counseling services (both online &amp; in-person)</p> <ul style="list-style-type: none"> <li>• Individual Counseling</li> <li>• Adolescent Counseling</li> <li>• Couples Counseling</li> <li>• Pain Management Support Group</li> </ul>
<p><b>Lighthouse Counseling &amp; Family Resource Center</b></p> <p style="text-align: center;">427 A St #400, Lincoln, CA 95648</p>	<p>Phone: (916) 645-3300 <a href="http://lighthousefrc.org/">http://lighthousefrc.org/</a></p> <p>Readily accessible services at no cost to children, youth, adults, and families of Placer County who need physical, emotional and/or mental health resources to improve their quality of life.</p> <ul style="list-style-type: none"> <li>• Services provided in English &amp; Spanish</li> <li>• Individual &amp; Group Counseling</li> <li>• Family Programs/Resources</li> </ul>
<p><b>Sierra Vista Adult Outpatient Services</b></p> <p style="text-align: center;">8009 Bruceville Rd, Sacramento, CA 95823</p>	<p>Phone: (916) 288-0300 <a href="https://sierravistahospital.com/treatment-services/adults/outpatient-treatment/">https://sierravistahospital.com/treatment-services/adults/outpatient-treatment/</a></p> <p>A behavioral health facility and a center of support for adult and adolescent patients and their families.</p> <ul style="list-style-type: none"> <li>• Inpatient treatment</li> <li>• Outpatient treatment</li> <li>• Dual diagnosis treatment (inpatient)</li> </ul>

	<ul style="list-style-type: none"> <li>• Woman’s Program</li> <li>• Free Mental Health Assessment</li> </ul>
<b>Turning Point Regional Support Team (RST)</b>  3810 Rosin Court, Suite 170, Sacramento, CA 95834  5417 Madison Avenue, Sacramento, CA 95841	RST Rosin Phone: (916) 567-4222  RST Madison Phone: (916) 388-3231 <a href="https://www.tpcp.org/programs/rst/#:~:text=RST%20is%20open%20to%20adults,(916)%20875%2D1055">https://www.tpcp.org/programs/rst/#:~:text=RST%20is%20open%20to%20adults,(916)%20875%2D1055</a> .  Two community-based outpatient mental health clinics that serve adults residing in the Northwest area of Sacramento County who meet the Sacramento County’s eligibility criteria of having a chronic and persistent mental health diagnosis. For referrals, call the Sacramento County Access Team at (916) 875-1055.
<b>Uplift Family Services</b>  Sacramento County	Phone: (916) 388-6400 <a href="https://upliffts.org/our-services/services-by-region/sacramento/">https://upliffts.org/our-services/services-by-region/sacramento/</a>  We address mental health and basic needs, including food and clothing. The biggest behavioral health needs here include depression, anxiety, suicidality, substance abuse, school bullying, behavioral issues and parenting skills.  <ul style="list-style-type: none"> <li>• Languages Offered: English, Hmong, Korean, Serbo-Croatian, Spanish</li> <li>• Individual, Family &amp; Group Therapy</li> <li>• ABA &amp; Social Skill Development</li> <li>• Transitional Housing Services</li> <li>• Early Childhood Services</li> <li>• School-Based Services</li> <li>• MediCal Accepted</li> </ul>
<b>Well Space Health</b>  Sacramento & Roseville (Multiple Locations)	Phone: (916) 550-5443 <a href="https://www.wellspacehealth.org/">https://www.wellspacehealth.org/</a>  Offers a full range of quality medical care, dental care for children and adolescents, mental health and behavioral health services to underserved populations. <ul style="list-style-type: none"> <li>• Counseling (Individual, Couples, &amp; Families) &amp; Prevention</li> <li>• Addictions Counseling</li> <li>• Integrated Behavioral Health Psychiatry</li> <li>• Medical Services</li> <li>• English/Hungarian – Accepts MediCal &amp; Medicare</li> </ul>
<b>Windows of Hope</b>  1098 Melody Ln. Suite 101 Roseville, CA 95678	Phone: (916) 412-5679 <a href="http://windowsofhopecounseling.org/counseling-services/">http://windowsofhopecounseling.org/counseling-services/</a>  Call or fill out contact form linked <a href="#">here</a> (staff will contact you within 48 hours).  A non-profit agency created to offer effective and affordable counseling. Offers online + in-person appointments. <ul style="list-style-type: none"> <li>• Individual, Couples, &amp; Family Counseling</li> <li>• Substance Abuse Counseling</li> </ul>

	<ul style="list-style-type: none"> <li>• Grief &amp; Loss Counseling</li> <li>• Sliding Scale Fee (based on income)</li> </ul>
<b>Inpatient Services</b>	
<p><b>Heritage Oaks Hospital</b></p> <p>4250 Auburn Blvd, Sacramento, CA 95841</p>	<p>Phone: (916) 489-3336 <a href="https://heritageoakshospital.com/">https://heritageoakshospital.com/</a></p> <p>A psychiatric hospital that provides treatment to teens, adults, and senior adults struggling with mental illness or addiction issues.</p> <ul style="list-style-type: none"> <li>• Psychiatric Assessments</li> <li>• Inpatient &amp; Outpatient Services</li> <li>• Dual Diagnosis Services</li> <li>• Adult &amp; Senior Services</li> </ul>
<p><b>Turning Point Bender Court Crisis Residential Program (CRP)</b></p> <p>6825 Bender Court, Sacramento, CA 95820</p>	<p>Phone: (916) 394-5379 <a href="https://www.tpcp.org/programs/bender-court/">https://www.tpcp.org/programs/bender-court/</a></p> <p>A 6-bed short-term crisis residential program that is in partnership with UC Davis. Provides support for adults experiencing a mental health crisis averting the need for psychiatric hospitalization. Offers a safe, short-term and supportive environment for individuals experiencing mental health challenges with the goal of symptom stabilization.</p> <p>Services include:</p> <ul style="list-style-type: none"> <li>• Individual and group counseling</li> <li>• Housing assistance, linkage to community resources, &amp; transportation</li> <li>• Establishing primary care provider</li> </ul>
<b>Crisis Services</b>	
<p><b>Turning Point Community Agencies – Mental Health Urgent Care Clinic</b></p> <p>2130 Stockton Boulevard, Building 300, Sacramento, CA 95817</p>	<p>Phone: (916) 520-2460 <a href="https://www.tpcp.org/programs/urgent-care/">https://www.tpcp.org/programs/urgent-care/</a></p> <p>As a walk-in clinic, the MHUCC welcomes anyone experiencing mental health-distress regardless of age and ability to pay.</p> <p>Please call the clinic ahead of your visit to verify that they are open due to occasional emergency hour changes.</p> <ul style="list-style-type: none"> <li>• Monday-Friday, 10:00 AM — 7:00 PM (Last walk-in at 6:00 PM)</li> <li>• Saturdays, Sundays &amp; Holidays, 10:00 AM — 6:00 PM (Last walk-in at 5:00 PM)</li> </ul>

<p><b>Sacramento County Mobile Crisis Support Team</b></p>	<p>Call 911 or local non-emergency law enforcement line + request “mobile crisis support team”  <a href="#">Link to PDF brochure</a></p> <p>Mobile Crisis Support Teams include: (1) a Police Officer or Sheriff’s Deputy trained in Crisis Intervention Training (CIT); (2) a Sacramento County Division of Behavioral Health licensed Senior Mental Health Counselor; and (3) a Sacramento County contracted Peer Navigator.</p> <p>MCT responds to person in crisis, with law enforcement ensuring physical safety of environment. Mental health counselor and peer counselor collaborate to de-escalate person and avoid unnecessary incarceration or hospitalization, with follow-ups in place to ensure person has been connected to local resources.</p> <p>Dispatch Hours of Operation  M – F, 9am–7pm</p>
<p><b>HOPE Cooperative Mental Health Crisis Respite Center</b></p> <p>650 Howe Ave, Sacramento, CA 95825</p>	<p>Phone: (916) 737-7483  <a href="https://hopecoop.org/services/">https://hopecoop.org/services/</a></p> <p>HOPE Cooperative is a private, non-profit psychosocial rehabilitation agency located in Sacramento County. We provide transitional and permanent supportive housing, and a variety of mental health services, including a walk-in crisis center where individuals 18+ can stay for up to 23 hours.</p> <ul style="list-style-type: none"> <li>• Psychiatry, Nursing and Psychotherapy</li> <li>• Medication Assessment and Monitoring</li> <li>• Advocacy &amp; Referral</li> <li>• Employment Support &amp; Assistance Housing Referral</li> <li>• Substance Abuse Recovery and Support</li> <li>• Assistance with Medical Care</li> <li>• Skills Building Activities</li> </ul>
<p><b>WEAVE, Inc.</b></p> <p>1900 K St #200, Sacramento, CA 95811</p>	<p>Phone: (916) 448-2321  <a href="https://www.weaveinc.org/">https://www.weaveinc.org/</a></p> <p>WEAVE is the primary provider of crisis intervention services for survivors of domestic violence and sexual assault in Sacramento County.</p> <ul style="list-style-type: none"> <li>• Individual &amp; Group Counseling for Youth &amp; Adults</li> <li>• Emergency Shelter for Victims of Domestic Violence &amp; Sex Trafficking</li> <li>• Legal Assistance &amp; Advocacy</li> </ul>
<p><b>Wind Youth Services</b></p>	<p>Phone: (916) 561-4900  <a href="https://www.windyouth.org/">https://www.windyouth.org/</a></p> <p>Monday-Friday 7:00 am to 6:00 pm  Weekends 7:30 am to 3:30 pm</p> <p>Provides supportive services and opportunities to youth experiencing homelessness &amp; at-risk youth as they pursue self-determined lives of</p>

<p>3104, 3671 5th Ave, Sacramento, CA 95817</p>	<p>stability and independence.</p> <ul style="list-style-type: none"> <li>• Emergency Youth Shelter</li> <li>• Housing Programs</li> <li>• Full Service Drop-In Center: Meals, Clothing, Shower, &amp; Case Management</li> </ul>
<b>Online Resources</b>	
<p><b>Psychology Today</b></p>	<p><a href="https://www.psychologytoday.com/us">https://www.psychologytoday.com/us</a></p> <p>Search for therapists in your local area and filter by insurance, specialization, types of therapy, price, etc.</p>
<p><b>Know the Signs</b></p>	<p><a href="https://www.suicideispreventable.org/">https://www.suicideispreventable.org/</a></p> <p>Learn about the common warning signs and risk factors related to suicide; how to talk to someone who is feeling suicidal; and find local resources within your area.</p>
<p><b>Open Path Collective</b></p>	<p><a href="https://openpathcollective.org/">https://openpathcollective.org/</a></p> <p>Therapists on Open Path Collective provide affordable, in-office and online psychotherapy sessions between \$30 and \$60, (between \$30 and \$80 for couples &amp; family sessions). Online + in-person sessions available.</p>
<p><b>Therapy Den</b></p>	<p><a href="https://www.therapyden.com/">https://www.therapyden.com/</a></p> <p>Online community of mental health professionals seeking to make the experience of finding a therapist easy. Provides diverse options for clients seeking therapists that serve minority communities, such as the LGBTQIA+ community.</p>
<p><b>SAMHSA</b></p>	<p><a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a></p> <p>Find local substance use disorder treatment centers using the search tool; learn about risk factors and warning signs of specific types of substance use.</p>
<p><b>SacWellness</b></p>	<p><a href="https://sacwellness.com/">https://sacwellness.com/</a></p> <p>Find a therapist in the greater Sacramento area based on accepted insurance, city, issues treated, and therapeutic approach.</p>
<b>Crisis Lines</b>	
<p><b>National Suicide Prevention Lifeline</b></p>	<p>Phone: (800)-273-8255</p> <p><a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></p> <p>Free, 24/7, confidential crisis line for anyone experiencing a suicidal or mental health crisis, or anyone seeking support for a loved one. You do not need to be suicidal to call. Online chat available on the website.</p>
<p><b>Suicide Prevention of Yolo County</b></p>	<p>Phone: (530)-756-5000</p> <p><a href="http://www.suicidepreventionyolocounty.org/">http://www.suicidepreventionyolocounty.org/</a></p> <p>Free, 24/7, confidential crisis line for anyone experiencing a suicidal or mental health crisis, or anyone seeking support for a loved one. You do not need to be suicidal to call. Anyone regardless of residency can call, but volunteers are most knowledgeable about Yolo County and UC Davis resources.</p>

<p><b>Veteran Crisis Line</b></p>	<p>Phone: (800)-273-8255  Text: 838255  PRESS "1" WHEN PROMPTED  <a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a></p> <p>Free, 24/7, confidential crisis line for veterans and their loved ones. You do not have to be enrolled in VA benefits or health care to connect. Online chat available on the website.</p>
<p><b>Crisis Text Line</b></p>	<p>Text: "HOME" to 741-741  <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a></p> <p>Free, 24/7, confidential crisis <u>text</u> line for anyone experiencing a suicidal or mental health crisis, or anyone seeking support for a loved one. Also accessible via WhatsApp (visit website).</p>
<p><b>The Trevor Project</b></p>	<p>Phone: (866)-488-7386  Text: START to 678-678  <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a></p> <p>Free, 24/7, confidential crisis line for LGBT+ youth experiencing a suicidal or mental health crisis. Staffed by volunteers understanding of LGBT+ issues. Online chat available on website.</p>
<p><b>Trans Lifeline</b></p>	<p><b>Phone: (877)-565-8860</b>  <a href="https://translifeline.org/">https://translifeline.org/</a></p> <p>Free, 24/7, confidential peer support line for transgender individuals and those who are questioning. Staffed by transgender volunteers.</p>
<p><b>RAINN</b></p>	<p>Phone: 800-656-HOPE (4673)  <a href="https://www.rainn.org/">https://www.rainn.org/</a></p> <p>Free, 24/7, confidential crisis line for anyone who experienced sexual assault.</p>
<p><b>National Domestic Violence Hotline</b></p>	<p>Phone: (800)-799-SAFE  <a href="https://www.thehotline.org/">https://www.thehotline.org/</a></p> <p>Free, 24/7, confidential crisis line for anyone currently experiencing or has experienced domestic violence.</p>







