

St. Ignatius Parish Mental Health Resource List

The mental health resources provided by St. Ignatius Parish are for informational purposes only and are not intended as medical advice, diagnosis, or treatment. These suggestions do not replace professional medical care or consultation with qualified healthcare providers. St. Ignatius Parish does not endorse or guarantee the accuracy, completeness, or effectiveness of any external resources, websites, or services listed. For medical referrals, mental health treatment, or urgent mental health concerns, please consult your primary care physician, contact your health insurance plan, or call 988 (Suicide & Crisis Lifeline) for immediate assistance. If you are experiencing a mental health emergency, please call 911 or go to your nearest emergency room.

Mental Health Emergency

- 24/7 National Suicide and Mental Health Crisis Hotline:
call or text 988 or (800) 273-8255
- Mental Health Urgent Care Clinic (non-profit; walk-in only; 24/7)
(916) 520-2460 2130 Stockton Boulevard, Building 300, Sacramento
- Wellspace Health (addiction; mental health; pregnancy; midwife;
suicide crisis line): (916) 368-3111; (800) 273-8255.
(parent support line): (888) 281-3000
- 911 (emergency only; tell Dispatch that it is a Mental Health crisis and
ask that a member of the MCST unit (mental health co-response with
law enforcement) be dispatched if available to come with law
enforcement
- Sacramento County 24-hour crisis line: (888) 881-4881
- Sacramento County ACCESS Team (Mental Health): (916) 875-1055
- National Alliance on Mental Illness (NAMI): (916) 890-5467
- WEAVE (domestic violence and sexual assault crisis intervention):
(916) 920-2952
- National Runaway Safe Line: (800) RUN-AWAY; (800) 786-2929
- National Human Trafficking Hotline: (888) 373-7888

Mental Health Counseling and Therapy

- Psychology Today (find a therapist)
<https://www.psychologytoday.com/us/therapists>
- Mental Health America of Northern California
(community outreach, information and referrals): (916) 366-4668;
(855) 642-6222

- Wind Youth Services: (916) 504-3313
(emergency shelter): (916) 628-1492
- CA Coalition for Youth: (916) 514-4464; (800) 843-5200
- The Source (youth up to age 26 and caregivers):
support line; (916) 787-7678
- Mental Health Crisis Center (parent resource): (916) 732-3637
- The Trevor Project (youth suicide crisis): (866) 488-7386; or
Text "START" to 678-678

Insurance Providers

- Aetna
<https://www.aetna.com/individuals-families/find-a-doctor.html>
- Healthnet
<https://www.healthnet.com/portal/providerSearch.action>
- Kaiser Permanente
<https://healthy.kaiserpermanente.org/northern-california/doctors-locations#>
- Mercy Medical Group – Behavioral Health (Dignity Health)
(916) 546-3211 (9:00 a.m. – 5:00 p.m. for referrals)
- Molina Healthcare of California:
<https://molina.sapphirethreesixtyfive.com>
- Sutter
<https://www.sutterhealth.org/services/behavioral-health-care>
- Western Health Advantage
Search "mywha.org/bh"

Other Mental Health Resources

- <http://www.therapyforlatinx.com>
- LA FAMILIA +
Catholic Counseling Agency (Spanish for adults; English/Spanish for children): (916) 792-9797

Support Groups and Self-Care

- LifeTeen.com (Catholic youth/parent)
- Sharing Parents (miscarriage)
<https://sharingparents.org>

- Together We Heal (miscarriage)
<https://www.togetherwehealcommunity.org/loss-through-miscarriage>
- River City Christian Church (divorce)
<https://rivercitychristian.org/divorce-care>
- AA (Alcoholics Anonymous) and NA (Narcotics Anonymous)
Search online for available meetings
- Al-anon (for families and friends of alcoholics)
<https://sacramento-al-anon.org>
- The Gabriel Project (Sacramento Diocese) (pregnancy)
<https://www.scd.org/family-and-faith-formation/gabriel-project>
- Sacramento Life Center (pregnancy)
<https://saclife.org>
- Mary House (pregnancy)
<https://sacloaves.org/wp-content/uploads/2020/09/maryhouse.jpg>

Retreat Centers, Wellness and Spiritual Direction

- Abbey of New Clairvaux Retreats
<https://newclairvaux.org/retreats>
- Christ the King Retreat Center, Citrus Heights
<https://christthekingretreatcenter.org>
- Mercy Center, Auburn: <https://mercycenter.org>
- Franciscan Retreat Center, Danville-San Damiano
<https://sandamiano.org>
- Franciscan Living, Sacramento (spiritual direction and resources)
<https://www.franciscanliving.org/our-heritage>
- Contemplative Practice Yoga, (530) 400-6303
info@contemplativesac.com
- Contemplative Center of Sacramento
(Programs and Practices for Your Mind, Body, and Breath)
<https://contemplativesac.com/>
- Jesuits West: <https://www.jesuitswest.org/>
- Jesuit Retreat Center of Los Altos: <https://www.jrclosaltos.org/>