



RESOURCES:

Contact your primary care physician or your health plan for a referral.

Organizations:

- 24/7 National Suicide and Mental Health Crisis Hotline: call or text 988 or (800) 273-8255
- Sacramento County 24-hour crisis line: (888) 881-4881
- Sacramento County ACCESS Team (mental health): (916) 875-1055
- WEAVE (domestic violence and sexual assault crisis intervention): (916) 920-2952
- Minor Emergency Response Team (MERT) (children and youth): (916) 875-1114
- AA (Alcoholics Anonymous) and NA (Narcotics Anonymous): Check online for available meetings
- AL-Anon (for families and friends of alcoholics): <https://sacramento-al-anon.org>
- Psychology Today (local therapist search resource): <https://www.psychologytoday.com/us/therapists>

Scan the QR code to visit our website:

