

Mental Health Resources in Sacramento County (10-2026)

Mental Health Crisis Contact Information

Suicide and Crisis Lifeline

9-8-8

Available 24/7 for those who are experiencing a suicide crisis or emotional distress.

Mental Health Urgent Care Center (MHUCC)

916-520-2460

Sacramento County, <https://www.tpcp.org/programs/urgent-care/>

Walk in: 10 to 10 M-F, 10-6 Weekends/Holidays, no insurance needed/all accepted

2130 Stockton Blvd., Bldg 300, Sacramento – in the back on the left

Sacramento County Mobile Crisis Unit

911

Sacramento Police or Sacramento Sheriff will come out with a CIT trained specialist.

Dispatch hours Tuesday – Friday 9:00 am – 7:00 pm

Sacramento County Community Support Team

916-874-6015

Helps connect individuals to County Mental Health Services from the field.

Available M-F 9 am – 5 pm or leave voicemail after hours (one clinician and one peer support specialist) to help someone with an urgent situation get the services they need.

If you believe you are having a mental health crisis situation, contact the County Crisis Intervention staff at	888-881-4881
National Suicide Prevention Lifeline (988 Suicide and Crisis Hotline) 24/7 (Veterans/Active Duty Crisis Line choose #1) <i>Online chat: 988lifeline.org/chat</i>	3 - Digit Dialing Code: 988
Youth suicide prevention: https://suicidepreventionlifeline.org/help-yourself/youth/	
English	800-273-8255
Spanish	888-628-9454
Deaf and hard of hearing line - Videophone at 988lifeline.org	
<u>Suicide Prevention Crisis Line (24 hours/7days)</u> For people experiencing crisis/thoughts of harming self/others	916-368-3111
National Runaway Safeline 24-hour crisis line https://www.1800runaway.org/ For ages 12-21 and family	800-786-2929
<u>Self-Injury –SAFE: Self Abuse Finally Ends</u>	800-366-8288
<u>Domestic Violence/Sexual Assault & Related Services</u> National Domestic Violence Hotline	800-799-7233
National Rape and Sexual Assault Hotline	800-656-4673
My Sister's House (multilingual, domestic violence)	916-428-3271
WEAVE - Rape Crisis/Domestic Violence	916-920-2952

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A Community for Peace https://acommunityforpeace.org	916-728-5613
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Alcohol and Drug Services

Sacramento County Opioid Coalition

http://sacopioidcoalition.org/directory/wpbdp_category/alcohol-and-drug-services/

Sacramento County Alcohol and Drug Services

916-875-2050

For substance abuse or addiction assessment, call 916-874-9754

Gambling Problem

California Department of Public Health, Office of Problem Gambling

For help with gambling addiction, call the following toll free-number, chat online, or text:

- 1-800-Gambler
- 800gambler.chat
- Or text SUPPORT to 53342

Gamblers Anonymous has a closed meeting on Tuesday from 7:15 p.m. to 9 p.m. at 7300 Wyndham Drive in Sacramento. It also has a hotline you can call 855-222-5542.

Sac County Access Line

Sacramento Phone: 211

Email: info@211sacramento.org

Website: www.211sacramento.org/211/

Service: 2-1-1 Sacramento, a program of Community Link Capital Region, is a free confidential information and referral service that is available 24 hours a day, seven days a week. Assistance is available in multiple languages, and services are accessible to people with disabilities.

General and Mental Health Services	
Bayanihan Clinic 3030 Explorer Drive Sacramento, CA 95827	916-234-6773

Service: Bayanihan Clinic is a University of California, Davis student-run free clinic serving the underserved and uninsured population of Sacramento. They see patients every Saturday, from 8:00 AM until 12:00 PM.

Preventative Services: A patient generally comes to the clinic with a particular health concern, and this concern (the patient's chief complaint) is addressed at the clinic. Includes flu shots, cholesterol counts, screening for select conditions, etc. Also includes physicals which serve to address any health issues discovered during the physical.

Asian Pacific Community Counseling	916-383-6783
7273 14th Avenue #120B Sacramento, CA 95820 Website: apccounseling.org	

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Service: serves the mental health needs of Sacramento County's diverse Asian and Pacific Islander (API) communities. The organization, through its workforce of 40 regular and contract positions, delivers culturally and linguistically appropriate services to non-English or limited English speaking clients.

Sacramento County ACCESS Team 916-875-1055 8:00 – 4:30 M-F Phone assessment and phone referrals for moderate to severe mental health issues (not Autism, unless person has another co-occurring disorder). Ages 0 to 17 legal caregivers must call. Medi-cal and/or Medi-care only.

A Mother's Heart 916-681-2907 Supporting women and families experiencing perinatal mood and anxiety disorders. www.a-mothers-heart.org

National Assoc. of Anorexia Nervosa & Assoc. Disorders www.anad.org	888-375-7767
Monday-Friday 9:00 am -5:00 pm Central Time	
Warmline-24 Hour Friendship Line (7 days per week)	800-971-0016

Warmlines-For those not experiencing immediate crisis and/or suicidal thoughts, and just want to talk

Consumer Operated Warmline - Renamed to Voices (NorCal MHA), M-F 9 am to 5 pm Free, 24/7, Confidential Crisis Text Line	916-366-4668 Text Home to 741741
Family Resource Center Warmline (special needs)	916-455-9500
MyEars2Hear (text) https://www.MyEars2Hear.org/support-group-info info@myears2hear.org For parents of special needs kids with severe mental health disorders and any disabilities	916-222-2797
Iu-Mien Community Services Comprehensive services and transportation www.unitediumien.org/ 5625 Stockton Boulevard, Sacramento	916-383-3083

Anxiety Treatment Centers (Insurance required)	916-366-0647
10419 Old Placerville Rd. Ste 258, Sacramento http://anxietytreatmentexperts.com	

Psychiatric Hospitals

Kaiser Permanente Outpatient Psychiatry Clinic:	
South Sacramento	916-525-6100
Sacramento (Morse) Clinic	916-973-5300
Folsom Clinic	916-973-5300
Roseville Clinic	916-973-5300
Rancho Cordova Clinic	916-631-3000

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Heritage Oaks Hospital 4250 Auburn Blvd, Sacramento, CA 95841 Website: heritageoakshospital.com	916-489-3336
Sierra Vista Hospital 8001 Bruceville Rd, Sacramento, CA 95823 Website: sierravistahospital.com	916-288-0300
Sutter Center for Psychiatry 7700 Folsom Blvd, Sacramento, CA 95826 Website: www.sutterhealth.org/scp	916-386-3000
Sac. County Mental Health Treatment Center Inpatient referral from ER or MHUCC 2150 Stockton Blvd, Sacramento, CA 95817 Website: hcai.ca.gov	916-732-3637
Sacramento Behavioral Healthcare Hospital 1400 Expo Pkwy, Sacramento, CA 95815 Website: norcalbehavioral.com	877-978-4848

Partial Hospitalization program (PHP)/ Day hospitalization program

The Folsom Sierra Wellness Clinic	916-805-5520
Sierra Vista Partial Hospitalization program	916-288-0300
Heritage Oaks Partial Hospitalization program	916-489-3336

List of Partial Hospitalization Programs (PHP) – Daytime Care

Program	Location	Phone	Focus
Sutter Psych Partial Inpatient and IOP Program	7919 Folsom Blvd, Sacramento	916-386-3620	Adult/adolescent psychiatric PHP & IOP
Sierra Vista Outpatient Services	8009 Bruceville Rd, Sacramento	916-288-0300 Outpatient: 530-746-1658	Adult & adolescent behavioral-health PHP/IOP
Pathlight Mood & Anxiety Center Sacramento	3610 American River Dr, Sacramento	916-574-1000	Adult mood, anxiety & trauma PHP/IOP
SagePoint Behavioral Health	2368 Maritime Dr, Elk Grove	916-896-1061	Adult mental-health & SUD PHP/IOP
Branches Elk Grove	8009 Bruceville Rd, Sacramento	916-914-1388	Adult/adolescent behavioral-health PHP/IOP
Branches Carmichael	4300 Auburn Blvd, Sacramento	916-480-5101	Adult behavioral-health PHP/IOP
Branches West Sacramento	2945 Ramco St, West Sacramento	916-480-5101	Behavioral-health PHP/IOP
Akua Mind Body	9121 Folsom Blvd, Sacramento	916-516-1865	Mental health, addiction & dual-diagnosis PHP/IOP

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Program	Location	Phone	Focus
Fair Oaks Recovery Center	2221 Fair Oaks Blvd, Sacramento	888-215-1970	SUD/co-occurring mental health PHP/IOP
New Dawn Treatment Centers – Sacramento Addiction Treatment	9960 Business Park Dr, Sacramento	916-741-6932	Addiction/dual-diagnosis PHP/IOP
Sacramento Wellness	Sacramento area	916-504-9524	Adult mental-health PHP
Sierra Health + Wellness	9985 Folsom Blvd, Sacramento	916-269-5382	

Support Groups and Classes

NAMI Sacramento (National Alliance on Mental Illness)

Phone: 916-890-5467

Email: office@namisacramento.org

Website: www.namisacramento.org

Service: Provides support groups, classes for those living with mental illness and their family members. They also provide presentations about the impact of mental illness on the individual, family and friends.

For **NAMI Sacramento support and education programs**, please fill out the registration form at <https://namisacramento.org/registration> and click the submit button. They will respond and provide directions on how to join their classes, groups and be a part of their team of supporters and peers.

Additional support group information available on NAMI Sacramento website www.namisacramento.org

Wellness and Recovery Center

WRC North

3637 Mission Avenue, Building B Carmichael, CA 95608

Phone: 916-485-4175

WRC South

7171 Bowling Drive, Suite 300

Sacramento, CA 95823

Phone: 916-394-9195

Website: www.consumersselfhelp.org

Service: Provides more than 30 support groups and/or activities every week. Available to anyone residing in Sacramento County eighteen years of age or older. All groups and activities are always free. Clinical Services including psychiatry, and rehabilitation for individuals who qualify.

Mental Health Resources in Sacramento County (10-2026)

Rehab Centers Sacramento

Azure Acres Recovery Center - Sacramento Outpatient Treatment

(916) 974-9067

Hours 9am - 5 pm, Closed Weekends

New Dawn Treatment Centers - Intensive Outpatient Program

(916) 723-1319

9960 Business Park Dr. #116, Sacramento, CA 95827

Residential and outpatient drug & alcohol addiction treatment

River City Recovery Center

(916) 442-3979

Hours 8am - 4pm, Closed Weekends

500 22nd St, Sacramento, CA 95816

Diamond House Detox

(888) 205-9455

Hours 8am - 6pm

7880 Alta Valley Dr Suite 107, Sacramento, CA 95823

Fair Oaks Recovery Center

(888) 991-9786

Hours 8 am - 4:30, Closed on weekends

2221 Fair Oaks Blvd, Sacramento, CA 95825

MedMark Treatment Centers Sacramento

(916) 391-4293

Hours: 5 am - 1 pm Weekdays, 7 am - 10 am Weekends

7240 E Southgate Dr # G, Sacramento, CA 95823

Sacramento Treatment Clinic

(916) 394-1000

7225 E Southgate Dr, Sacramento, CA 95823

Midtown Oaks Post-Acute

(916) 321-9440

2600 L St, Sacramento, CA 95816

Hours: Open 24 hours

University Post-Acute Rehab

(916) 452-6631

2120 Stockton Blvd, Sacramento, CA 95817

Hours: Open 24 hours

McKinley Park Care Center

(916) 452-3592

3700 H St, Sacramento, CA 95816

Hours: Open 24 hours

West Sacramento Nursing and Rehabilitation Center

(916) 572-0802

751 Elm St, West Sacramento, CA 95605

Hours: Open 24 hours

Bridges Professional Treatment Service

(916) 450-0700

3600 Power Inn Rd C, Sacramento, CA 95826

Hours: 10am - 5pm, Closed Weekends

AA Meetings Sacramento, CA

(866) 641-9190

American River Area Narcotics

(800) 600-HOPE

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Alzheimer's Association 1455 Response Rd Suite 190, Sacramento, CA 95815 24/7 Helpline, 800-272-3900	(916) 930-9080
The Source Sacramento Call or Text Home support services to help in crisis. Support available to children up to 26 years old and caregivers. Thesourcesacramento.com	(916) SUPPORT
Caregiver Respite Del Oro Caregiver Resource Center Deloro.org	(916) 728-9333
Caregiver Support ACC Senior Services Accsv.org	(916) 393-9026
Del Oro Caregiver Resource Center Deloro.org	(916) 728-9333
Employment Services Agency on Aging\Area 4 Agencyonaging4.org Mature Edge Job Readiness Program	(916) 486-1876
Grandparent Services Lilliput Families Lilliput.org	(916) 923-5444
Health Insurance Counseling HICAP - Health Insurance Counseling and Advocacy Program	(916) 376-8915
Information & Assistance Community Link, 2-1-1 Sacramento 211sacramento.org	(916) 489-1000
Legal Services of Northern CA	(916) 551-2140
Long-Term Care Ombudsman Services	(916) 376-8910
Meals on Wheels by ACC	(916) 444-9533
First Steps Recovery	(916) 716-7717
Cal Voices	(916) 366-4600
Wellness Without Walls (W3)	(916) 875-6022
Sacramento Native American Health Center	(916) 341-0575
CalHope	(833) 317-HOPE