GENERAL COMMUNITY RESOURCES

Adult Protective Services .......................... 874-9377
Children’s Protective Services ................. 875-5437 (KIDS)
Alta Regional Center ......................... 978-6400
Mutual Assistance Network ................. 927-7694
Crossroads (Employment Assistance) ....... 457-1900
Department of Human Services .......... 874-3100
(General Assistance / Food Stamps / CMISP / Medi-Cal)
In-Home Support Services (IHS) .......... 874-9471
Sacramento LGBT Community Center
http://saccenter.org/ .............................. 442-0185
WIND Youth Services ..................... 561-4900
Social Security .................................. (800) 772-1213
Resources for Independent Living ........ 446-3074
(resources & advocacy for individuals with disabilities)

BIRTH & BEYOND FAMILY CENTERS:
www.birth-beyond.com
La Familia Counseling Center ............... 452-3601
Folsom Cordova Community Partnership .... 361-8684
River Oak FRC ......................... 244-5800
North Sac FRC .............................. 679-3743
Valley Hi/Florin FRC .................... 290-8281
Meadowview FRC ...................... 394-6300
North Highlands FRC ................. 679-3925
Birth & Beyond 24-Hr Parent Support . (888) 281-3000

TRANSPORTATION / UTILITIES / FOOD
PG&E ........................................... (800) 743-5000
SMUD ........................................... (888) 742-7683
Paratransit .................................... 429-2009
MEDSTAR (MEDI-CAL accepted) .......... 669-0550
(Non- Emergency Wheelchair & Ambulatory Transportation)
Food Closet Search
http://www.freefood.org/c/CA-sacramento
CalFresh (DHA) ............................... (877) 847-3663
www.dss.ca.gov/foodstamps/
California WIC ...................... 876-5000
(Women/Infants/Children–Food/Nutrition)
California Lifeline ...................... (866) 272-0349
(free cell phone) www.californialifeline.com

MENTAL HEALTH SERVICES
Access Team ...................................... 875-1055
Mental Health Urgent Care Clinic (Walk in clinic)
2130 Stockton Blvd. building 300 .............. 520-2460
Mental Health Treatment Center
Emergency Crisis Intervention .............. 732-3637
Main / Information ................................ 875-1000
Guest House (Homeless entry point) ........ 440-1500
www.elhogarinc.org/ghp.htm
Wellness & Recovery Center: www.consumerselfhelp.org
South: 7171 Bowling Dr. Ste. 300.394-9195 or 333-3800
Genesis (Homeless Psych Services) ........ 669-1536
www.sacloaves.org/programs
Hope Cooperative (TLCS Respite Program
(available 24/7) ................................ 737-7483
St. John’s Mental Health Respite Program
(women with or without children) .............. 383-1804
NorCal Mental Health America: info@norcalmha.org
(advocacy and peer support) ................. 855-5427
CalWORKS Wellness Team .................. 875-3309
(CalWORKS recipients)
Community Support Team (resource team) .... 874-6015

REGIONAL SUPPORT TEAMs
(To be referred to these programs, the ACCESS team
must be contacted at 875-1055)
El Hogar Mental Health www.elhogarinc.org
630 Bercut Drive - ................................ 441-3819
Human Resource Consultants http://hrcsr.org/
(HRC) 3727 Marconi Ave. ......................... 485-6500
Northgate Point www.tpcp.org
3810 Rosin Court, Suite 170 ..................... 567-4222
Visions Unlimited www.vuincc.org
South: 6833 Stockton Blvd. Ste. 485 ............. 394-0800
Galt: 425 Pine Street, Suite #2 ...........(209) 745-3101

MANAGED CARE PLANS – Medi-Cal
Molina Healthcare .................................. 888-665-4621
Health Net ........................................ 888-426-0030
Anthem Blue Cross ............................... 888-831-2246
Kaiser Permanente N: 973-5300 . . . S ........ 525-6100
Medi-Cal www.dhaweb.saccounty.net .......... 874-3100

COMMUNITY RESOURCE GUIDE
Sacramento Police Department
For Mental Health emergencies, please dial 911
TTY ............................................. (916) 446-1434

COUNSELING
Wellspace (Children’s) ......................... 679-3925
Wellspace 1820 J Street (Adult) .......... 313-8400
Gender Health Center ...................... 455-2391
www.thegenderhealthcenter.org
Authentic Counseling Associates ........... 838-0926
www.sacramentocounseling.org
Life Practice Counseling Group .......... 300-6576
LifePractice@comcast.net
Sacramento State University ................. 278-6416
Sacramento Veterans Center .............. 566-7430
(Counseling for combat Vets)
University of Phoenix Counseling ........... 830-3812
(Skills Center)

DRUG & ALCOHOL SELF-HELP GROUPs
Sac County Alcohol and Drug Services .... 874-9754
(System of Care (SOC)
Adult Children of Alcoholics/ Al-Anon Family Groups/
Alateen www.al-anonfamilygroups.org ........... 334-2970
Alcoholics Anonymous (24hr.) ............. 454-1100
www.aasacsacramento.org
Narcotics Anonymous www.sacramentona.org
............................................. (800) 600-4673 or (866) 565-2135

OLDER ADULT SERVICES
Asian Community Center ................. 394-6399
ACC Senior Services Programs .......... 393-9128
Eskaton Senior Connection ................. 334-1072
Meals on Wheels ................................ 444-9533
Medicare ........................................ (800)-633-4227
NorCalMHA Older Adults ................. 855-5444
The Friendship Line (60yrs +) .......... (800) 971-0016
Senior Link (support for older adults 55+) .... 369-7872
www.elhogarinc.org