



City of
SACRAMENTO

Youth, Parks, & Community Enrichment

Sacramento Youth Commission

Mental Health Guide



About Us



The Sacramento Youth Commission (SYC) mission is to protect, preserve, enhance & advance the quality of life for Sacramento youth by advising the City Council and the public on issues relating to youth policies, programs, & opportunities.

My name is Malini Patel and I represent District 1. I am a senior at Inderkum High School and I have been on the Sacramento Youth Commission for about a year.

Hi my name is Skylar Fitt and I represent the Mayor's Office. I am a senior at John F Kennedy high school and I have been on the Sacramento Youth Commission for a year.

Facts about Mental Health

According to Stop Stigma Sacramento, Roughly 1 in 6 children will experience a diagnosable mental health condition during their lifetime. In Sacramento County, more than 300,000 people live with mental illness.

Two-thirds of people with a diagnosable mental illness never seek professional help. This is due to a variety of factors including, but not limited to: lack of awareness or knowledge to identify characteristics of mental illness, lack of awareness about symptoms of mental illness and lack of understanding on how to access health and behavioral health services. Lastly, discrimination and self-stigma is a barrier for people receiving the help they need.



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YOUTH MENTAL HEALTH RESOURCE GUIDE

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Resources for Youth

- [California Coalition for Youth](#)

<https://calyouth.org>

Resources for youth and parents for various situations. Call or text to get connected with counselors.

California Youth Crisis Line- 1(800) 843-5200

- [Child, Youth, and Family Mental Health](#)

<https://dhs.saccounty.gov/BHS/Pages/Child-Youth-and-Family-Mental-Health.aspx>

Resources for youth to access on the Department of Health Services Website.

- [Youth Help Network](#)

<https://starsyouth.net/>

Provides local resources for youth in Sacramento.

Resources for LGBTQ+ Youth

- [LGBTQ Mental Health Resources | The Trevor Project](#)

<https://www.thetrevorproject.org/resources/category/mental-health/>

These are resources and information for the LGBTQ+ community. There are articles about mental health and ways to find a counselor.



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Resources in Sacramento

- [Stop Stigma Sacramento](#)

<https://www.stopstigmatasacramento.org>

This website can be accessed in six different languages.

Discusses misconceptions about mental illnesses in addition to providing support and resources for all ages.

- [211 Sacramento](#)

<https://www.211sacramento.org>

Provides emergency services in your area.

- [Department of Health Services](#)

<https://dhs.saccounty.gov/BHS/Pages/Mental-Health-Services.aspx>

This link has a support line for youth and has support teams. It is for people in Sacramento.

- [CalHOPE Resources](#)

<https://www.calhope.org/pages/resources.aspx>

This link has everything from crisis counseling to housing assistance. It has resources for California and Sacramento specifically. It has resources for teens and for veterans.



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Sacramento School District Resources

- [Sacramento Unified School District Resources](#)

<https://www.scusd.edu/mental-health-crisis-response-and-suicide-prevention>

This link has local resources that students at Sacramento Unified Student Support Centers and Connect Center can use.

- [Natomas Unified School District Resources](#)

<https://natomasunified.org/departments/student-services-and-support/mental-health-services-emergency>

This link provides information about school psychologists for students in Natomas Unified School District as well as social-emotional support in both English and Spanish.

- [Twin Rivers Unified School District Resources](#)

<https://www.trusd.net/StudentsFamilies/Student-Services/Health-Services/Mental-Health-Wellness-/Mental-Health-Services/index.html>

This provides ways to access the Twin Rivers Unified School District Mental Health Access Team and Care Solace which is available 24/7.

- [San Juan Unified School District Resources](#)

<https://www.sanjuan.edu/resources/mental-health-support>

This link contains information on how to refer students to get help in the San Juan Unified School District and it has referrals outside of the district as well.



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- [Folsom Cordova Unified School District Resources](#)

<https://sites.google.com/fcusd.org/calmingroom/home>

This link leads to a calming room that contains support for students in the Folsom Cordova Unified School District. But, there are also meditations, movement, sounds, and more for every person to access.

- [Elk Grove Unified School District Resources](#)

<https://www.egusd.net/Departments/Behavioral-Health-and-Counseling-Services/index.html>

This website provides school psychologist information and broader resources for students in the Elk Grove Unified School District.

Resources Through Medical Systems

- [Mental Health and Wellness Care | Kaiser Permanente](#)

<https://healthy.kaiserpermanente.org/health-wellness/mental-health>

This has resources through Kaiser and ways to make an appointment to address mental health. It also has apps that every person can use and has information about specific conditions.

- [Behavioral Health Care | Sutter Health](#)

<https://www.sutterhealth.org/services/behavioral-health>

This link provides ways to get help through Sutter Health and it has articles to educate yourself or loved ones on various mental conditions.

- [Behavioral Health - Mercy Medical Group - Sacramento, CA | Dignity Health Medical Foundation](#)

<https://www.dignityhealth.org/dhmf/locations/sacramento-behavioral-health2>

This is a way to access behavioral health services through Mercy Medical Group in Sacramento. It provides the hours, the phone number, and the address to contact them.



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- [Child and adolescent mental health services | Psychiatry and Behavioral Sciences | UC Davis Health](#)

<https://health.ucdavis.edu/psychiatry/mental-health-services/child-adolescent-psychiatry.html>

This section gives information about outpatient services, ways to make an appointment, and the phone number for behavioral health services. This link is specifically for youth, however, there are links provided to the side that go to other mental health services.

Helplines

- [988 Suicide & Crisis Lifeline](#)

<https://988lifeline.org>

This link provides information about and a link to the suicide hotline.

- [Substance Abuse and Mental Health Services Administration](#)

<https://www.samhsa.gov/find-help/national-helpline>

This link has a helpline and more resources for substance abuse.

Phone number for treatment referrals: 1-800-662-HELP (4357)

Phone number for confidential information service: 1-800-487-4889

- [California Coalition for Youth](#)

<https://calyouth.org/>

Call or text to get connected with counselors.

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- [Warm Line - Mental Health Association of San Francisco](#)

<https://www.mentalhealthsf.org/warm-line/>

Call or Text 855-600-WARM (9276)

Resources for Parents

- [Mental Health Resources for Parents](#)

<https://mhanational.org/mental-health-resources-parents>

This source has resources to help parents address their children's mental health and have healthy conversations.

- [Family Resource Center - Child Mind Institute](#)

<https://childmind.org/resources/>

This link addresses various disorders and how parents can best support their children.

Resources For Various Illnesses

- [Anxiety & Depression Association \(ADAA\) Directory](#)

<https://members.adaa.org/page/FATMain>

This link is for people struggling with anxiety and depression. It has webinars and allows people to find therapists.

- [National Eating Disorders Association](#)

<https://www.nationaleatingdisorders.org>

This is the National Eating Disorder Association. It has a screening tool, a way to find treatment, etc.



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- [Depression and Bipolar Support Alliance](https://www.dbsalliance.org)

<https://www.dbsalliance.org>

This allows people to find support near their homes and has articles to educate people regarding depression and bipolar disorder.

Resources for Individuals With Autism

- [Mental Health Tool Kit | Milestones Autism Resources | Cleveland, OH](https://www.milestones.org/resources/tool-kits/mental-health-tool-kit)

<https://www.milestones.org/resources/tool-kits/mental-health-tool-kit>

This link answers frequently asked questions and has a resource guide with links to resources for specific illnesses.

Broad Resources With Many Different Tools

- [Mental Health Resource Center | The Jed Foundation](https://jedfoundation.org/mental-health-resource-center/)

<https://jedfoundation.org/mental-health-resource-center/>

This link allows people to find resources on a variety of problems they might be facing. It allows people to help themselves as well as their friends.

- [NAMI](https://www.nami.org/Home)

<https://www.nami.org/Home>

This is the National Alliance on Mental Health. It has services in both English and Spanish. It has support, education, and ways to advocate for change regarding mental health.



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- [Tools and Resources](#)

<https://www.cdc.gov/mentalhealth/tools-resources/index.htm>

This link has many different hyperlinks for mental health depending on what someone needs help with. It has resources for older adults, veterans, and ways to find treatment.

- [60 Digital Resources for Mental Health Social Workers](#)

<https://socialworklicensemap.com/social-work-resources/mental-health-resources-list/>

This link has links to sixty different resources. It has resources broken up into groups for various illnesses and specific populations.