

# **Counseling Services**

## **Mental Health**

***Visions Unlimited Inc.***

(916) 394-0800

6833 Stockton Blvd. Suite 485

## ***Capital Star Behavioral Health***

(916) 584-7800

3615 Marconi Ave

Monday – Friday 8:30AM–5PM

## ***Turning Point***

(916) 364-8395

10850 Gold Center Drive, Suite

325, Rancho Cordova

## ***River Oaks***

916-609-5100

5445 Laurel Hills Drive

## ***La Familia Counseling Center***

916-452-3601

M&F- 8:30AM–6PM

W- 8:30AM–7PM

T&Th- 8:30AM–8PM

Multicultural counseling

## ***Stanford Youth Solutions***

916-344-0199

Family counseling

# **Crisis Resources**

## ***California Youth Crisis Line***

1-800-843-5200

24-hr emergency response  
system for youth (ages 12-24)  
and families in crisis

## ***Suicide Lifeline***

988 or 1-800-273-8255

24-hr, free confidential  
support and prevention  
for you or loved ones

## ***Mental Health Urgent Care Clinic (MHUCC)***

(916) 520-2460

2130 Stockton Boulevard,  
Building 300

M-F 10:00 – 9:00

Sat, Sun, holiday 10:00 – 5:00

## ***Sacramento County Crisis Intervention And Stabilization***

(916) 875-1114

2150 Stockton Blvd

## ***Non-Emergency Line***

(916) 874-5115

# **Resources For Teens**

**Help for:**

**Crisis**

**Mental illness**

**Substance abuse**

**LGBTQ+ services**

# Counseling Services

## ***Friends for Survival Inc.***

NOT 24 hour, voice mail is available after hours.

Suicide Loss Help Line

800-646-7322

Friends for Survival Help Line

916-392-0664

Outreach for those who are grieving the suicide of family or friend.

## ***Paradise Oaks Youth Services***

(916) 967-6253

7806 Uplands Way, Suite A,  
Citrus Heights

Behavioral services and specialized services for sexual victimization and perpetration

## **Substance Abuse**

***Another Choice Another Chance***

916-224-4677

M-Th 8:30am-7:30pm

Friday 8:30am-5:00pm

## ***Strategies For Change***

South Site:

4343 Williamsborough Drive,

(916) 395-3552

North Site: 4441 Auburn Blvd.

Suite E, (916) 473-5764

Includes mental health

# LGBTQ+ Services

## ***Trevor Project Crisis Line***

866-488-7386

## ***Gender Health Center***

(916) 455-2391

2020 29th Street, Suite 201

Monday - Friday 9am – 9pm

Saturday 10am – 5pm

## ***Sacramento LGBT Community Center***

(916) 442-0185

1927 L Street

Monday - Friday, 10am – 6pm

For homeless youth, the center has showers, laundry facilities, and toiletries. They also have computers, WiFi, and snacks.

# Sobriety Apps

***www.supportiv.com***

Online only- matches you with others, as an anonymous online support group with a counselor

## ***IAmSoberApp***

Tracks sobriety (milestones, how much money saved and more). Includes daily pledges and journaling features

## ***Nomo- Sobriety Clocks and Sober Time- Sobriety Counter***

Work similarly to IAmSober

## ***Sober Grid***

Connects people in recovery, includes alerts to let others know you need help and GPS connections if desired

## ***Sober Tool***

Developed by sobriety counselor. Uses 12-step, mindfulness, and stress reduction.