

Resources For Teens

Sacramento County

California Youth Crisis Line

24 hours a day, 7 days a week
1-800-843-5200

The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 20,000 calls annually with crisis intervention counseling and resource referrals to service providers in the caller's local community. We have access to more than 5,500 free or low-cost resources for youth and families across California.

What is a crisis anyway?

Anytime you are feeling misunderstood or overwhelmed and needing to talk to someone about what's happening, especially before you run away or cause harm to yourselves or others. Call us first to learn how to handle your current and/or future crises.

24- Hour Suicide Crisis Line

1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Sober Apps

Supportiv App

<https://www.supportiv.com/>

Free For Teens

Supportiv matches you, instantly and anonymously with other individuals who are struggling with something similar. You can talk about any topic, any time. All it takes for us to do the matching is one phrase describing what you'd like to talk about. Everyone who's matched connects in real-time in a small group that's moderated by a counselor. The counselor keeps the live chat safe and troll – free and helps make resource recommendations and service referrals .

Supportiv removes all obstacles and fast-tracks you to feeling supported—no appointments, no forms, no questionnaires, no registration, not even any “quizzes”.

All we need to hear is what's going on that's led you here, in your own words, and we take it from there. We do all the work for you: matching you with the right support network members, and to the right resources (articles, videos, podcasts, etc.) that can help you feel better.

Here you can vent, unwind, de-stress, and feel supported... all without anyone knowing who you are!

IAmSoberApp

The IAmSoberApp is an ad-free motivational companion app that tracks sobriety (milestones, how much money saved and more). In addition, the app reminds users to commit to staying sober through daily pledges, and allows them to document their activities throughout the day (making them aware of any possible triggers).

Google Play: <https://play.google.com/store/apps/details?id=com.thehungrywasp.iamsober...>

iTunes: <https://itunes.apple.com/al/app/i-am-sober-sobriety-counter/id672904239?mt=8>

Sober Grid

Sober Grid is an app that connects individuals in recovery. Its features include: a “Burning Desire” button, which someone can press to let friends on the app know when they’re facing temptation and need help; a GPS locator that can connect you to nearby app users and more.

Google Play: <https://play.google.com/store/apps/details?id=com.sobergrid&hl=en>

iTunes: <https://itunes.apple.com/us/app/sober-grid-sober-social-network/id912632260?mt=8>

Sober Tool

This app, developed by a certified alcohol and drug counselor, focuses on preventing a person in recovery from relapsing. Some of the materials the app includes are related to mindfulness training, 12 step practice, stress reduction techniques and more.

Google Play:

<https://play.google.com/store/apps/details?id=com.osu.cleanandsobertoolboxandroid&hl=en>

iTunes: <https://itunes.apple.com/us/app/sobertool-alcoholism-addiction/id863872931?mt=8>

Nomo – Sobriety Clocks

This app, created by two people in recovery, tracks the number of days a an individual has been sober. In addition, a person can track the money saved by not buying drugs, share milestones on Twitter and Facebook, and share their sober clock with others. The app also includes exercises to help refocus the person in recovery when he or she is feeling tempted.

Google Play: <https://play.google.com/store/apps/details?id=air.com.parkerstech.day&hl=en>

iTunes: <https://itunes.apple.com/us/app/nomo-sobriety-clocks/id566975787?mt=8>

Sober Time – Sobriety Counter

Similar to “Nomo,” this app helps individuals in recovery track their sober days, see how much money they’ve saved by not buying drugs, share progress with others, and more. This app also offers daily motivational messages to its users.

Google Play: <https://play.google.com/store/apps/details?id=com.sociosoft.sobertime&hl=en>

iTunes: <https://itunes.apple.com/us/app/sober-time-sobriety-counter/id1158895079?mt=8>

Free Services

Wind Youth Services

(916) 561-4900

Emergencies: (800) 339-7177

815 S Street, Sacramento CA, 95811

We provide a safe, non-judgmental space for homeless and runaway youth away from the dangers of the street. At our drop-in center, we provide: Access to shelter, Warm meals, Peer support, California IDs & birth certificates, Laundry services, Employment assistance, Educational assistance, Case management services, Creative workshops, Therapeutic groups, Showers, Crisis intervention, Drop-in counseling, Mental health respite

Mental Health Urgent Care Clinic (MHUCC)

(916) 520-2460

Address: 2130 Stockton Boulevard, Building 300, Sacramento, CA 95817

Hours: Weekdays, 10:00 AM — 10:00 PM (Last walk-in at 9:00 PM)

Weekends & Holidays, 10:00 AM — 6:00 PM (Last walk-in at 5:00 PM)

THE MENTAL HEALTH URGENT CARE CLINIC (MHUCC) is a walk-in clinic for individuals with an urgent mental health need. The MHUCC is a client-centered program that focuses on providing immediate relief to individuals and families in distress.

The program intends to avert psychiatric emergency room visits and involuntary hospitalizations. The goal of MHUCC is to foster recovery for individuals and families through the promotion of hope and wellness.

As a walk-in clinic, the MHUCC welcomes anyone experiencing mental health-distress regardless of age and ability to pay.

SACRAMENTO COUNTY CRISIS INTERVENTION AND STABILIZATION

(916) 875-1114

Address: 2150 Stockton Blvd Sacramento, CA 95817 [view map](#)

The Minor Emergency Response Team is a crisis intervention and stabilization unit for children and youth ages 0-18 years who are experiencing a psychiatric emergency. Youth can be seen at the MERT unit located within the Sacramento County Mental Health Treatment, 7 days per week, 365 days per year.

Mobile Crisis Support Team

The team responds to mental health crisis in partnership with law enforcement to reduce risks and threats to self or others. They mobilize authorized mental health providers to support de-escalation, safety planning and ongoing care.

If you are experiencing a crisis, call 911 or your local non-emergency Law Enforcement line. The Mobile Crisis Support Team responds to emergency calls through local law enforcement dispatch.

Dispatch Hours of Operation: Tues – Fri. 9:00 a.m. - 7:00 p.m.

Follow up hours of operation: Mon. – Fri. 8am – 5pm

Another Choice Another Chance

916.224.4677

Monday-Thursday 8:30am 7:30pm Friday 8:30 am 5:00 pm

Another Choice, Another Chance is a network of national behavioral healthcare organizations dedicated to reducing the harm caused by alcohol and drug addiction and mental health disorders among youth, adults and families.

Youth Addiction Recovery Program: Young adults who suffer from addiction have more difficulty achieving sobriety than their adult counterparts. Our Youth Treatment Program is designed to address this difficulty.

Youth Mental Health/Dual Diagnosis Program: We understand that many youth suffers from Addiction and mental health disorders. We offer services tailored to the confidential needs of professionals.

Capital Star Behavioral Health

(916) 584-7800

Address: 3615 Marconi Ave, Sacramento, CA 95821

Hours: Monday – Friday 8:30AM–5PM

We offer a Full Service Partnership (FSP) program for young adults ages 16-25 that provides mental health services and supports young people's independence. Treatment includes involving Transition Age Youth (TAY) in their own futures planning related to employment, education, living situations, and more. The youth learn skills like budgeting and meal preparation, and most importantly, they will also develop their own personal toolkit with coping techniques.

La Familia Counseling Center

916-452-3601

Monday = 8:30AM–6PM, Tuesday = 8:30AM–8PM, Wednesday = 8:30AM–7PM,
Thursday= 8:30AM–8PM, Friday = 8:30AM–6PM

Provides multicultural counseling, outreach and support services to low income, at-risk youth and families in Sacramento County.

Panacea Services Inc.

916.854.4564

Three Primary Locations:

3353 Bradshaw Road, Suites 106/107, Sacramento, CA 9582 (Highway 50 & Bradshaw)

5437 Palm Ave, Sacramento, CA 95841 (North Sac. near Auburn Blvd & Garfield)

8517 Bond Road, Elk Grove, CA 95624 (Highway 99 & Bond Rd)

Panacea Services, Inc. offers evidence based substance abuse prevention, education & treatment, co-occurring services, anger management, family education and support, gang prevention and other counseling services. We have NO COST (FREE) Treatment Options for Youth Ages 12 up to 21.

River Oaks Center for Children

916-609-5100

5445 Laurel Hills Drive Sacramento, California 95841

River Oak's behavioral health programs serve children and youth in Sacramento County from birth up to age 21 with the exception of the Juvenile Justice Diversion and Treatment Program extending to age 26. The majority of the children and youth receiving treatment are Medi-Cal eligible and may reside with their primary biological family, adoptive family, foster care or in group home placement. In all cases, the child or youth's support systems are incorporated to best meet the needs and goals of the child or youth.

Stanford Youth Solutions

916-344-0199

Flexible Integrated Treatment (FIT) provides a "safety-net" for our community's youth and their families who require mental health interventions and/or support. Our program is unique in that our mental health clinicians partner with youth and their caregivers to assess and determine an individualized plan for services and supports that focuses on family strengths and the overall emotional and behavioral health and well-being of youth. The location, frequency, duration, and intensity of services and supports can vary over time, depending on the individual needs of each family. The goals of the program are to build upon the youth's strengths and successes, increase resiliency, reinforce family connections, and improve overall mental and behavioral health.

Strategies For Change

South Site: 4343 Williamsborough Drive, Sacramento, California

(916) 395-3552

North Site: 4441 Auburn Blvd., Suite E, Sacramento, California

(916) 473-5764

Providing substance abuse, co-occurring mental health, reentry, and related behavioral health services for youth, adults, and families.

Eligible youth (12-21 years old) residing in Sacramento County in need of treatment or recovery support services. Treatment is provided on-site and at select schools on regularly designated days and times. Group sessions are 90 minutes; individual sessions are 60 minutes as needed. Youth attending a school where Strategies for Change is a community provider, can self-refer, or be referred by a principal, teacher, school counselor, parent or friend. Group and individual counseling, family counseling, co-occurring disorder services, drug education for parents, anger management, random drug screening, support services, and referrals for ancillary services as needed.

Trevor Project Crisis Line – LGBTQ Youth

866-488-7386

A national organization providing crisis intervention and suicide prevention services to LGBTQ young people ages 13 – 24. Offering life-saving, life-affirming programs and services that create safe, accepting and inclusive environments over the phone, online and through text. Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. **Turning Point**

(916) 364-8395

10850 Gold Center Drive, Suite 325, Rancho Cordova, CA 95670

Flexible Integrated Treatment (FIT) » FLEXIBLE INTEGRATED TREATMENT (FIT) works with youth who are experiencing emotional and behavioral difficulties. The therapist/treatment team members partner with youth and their families in addressing their stated needs utilizing both a family-focused, strengths-based approach. Our services incorporate specific, evidence-based practices as treatment modalities. Eligible...

Therapeutic Behavioral Services (TBS) » THERAPEUTIC BEHAVIORAL SERVICES (TBS) is a short term intensive program designed to reduce challenging behaviors that are placing a youth at risk of psychiatric hospitalizations or group home placement, or services may support the youth stepping down from group home placement to ensure success **Visions Unlimited Inc.**

(916) 394-0800

6833 Stockton Blvd., Suite 485. Sacramento, CA 95823

Visions Unlimited's Early & Periodic Screening, Diagnosis & Treatment (EPSDT) Program provides outpatient strength-based, culturally appropriate and family driven specialty mental health treatment and support services for children and youth with emotional problems and at-risk behavior.

Friend's for Survival Inc.

The following numbers are NOT 24 hour crisis lines. Voice mail is available after hours.

Suicide Loss Help Line 800-646-7322

Friends for Survival Help Line 916-392-0664

Friends For Survival, Inc. is a national non-profit bereavement outreach organization available to those who are grieving a suicide death of family or friends. Also to professionals who work with those who are grieving a suicide tragedy. Friends For Survival, organized by and for survivors, has been offering services since 1983. All staff and volunteers have been directly impacted by a suicide death.

Gender Health Center

(916) 455-2391

2020 29th Street, Suite 201, Sacramento, CA 95817

Monday - Friday 9am - 9pm, Saturday 10am - 5pm

Gender Health Center is a non-profit organization meeting the counseling needs of the WHOLE community in Sacramento and the surrounding areas by making our services accessible to the most underserved communities, including the LGBTQQI community and focusing on the "T" or transgender.

Gender Health Center provides excellent counseling/therapy services to anyone who expresses the need as well as anyone who self identifies or is perceived to be gender variant. Our services embrace the psychological well-being and self-fulfillment of individuals coming out and/or beginning or in the transition process in a safe, supportive and welcoming environment.

GHC is not for profit agency so fees are on a sliding scale to help make services as easily accessible and available to everyone. Resources and referrals to other LGBT friendly organizations are also available.

Sacramento LGBT Community Center

(916) 442-0185

1927 L Street, Sacramento, CA 95811

Monday through Friday, 10 a.m. – 6 p.m.

Q Spot Youth Drop in Center - This unique haven serves as a drop-in center seven days a week offering youth a safe place to hang out, share with LGBTQ+ and ally youth peers, play video games, watch TV, have snacks, do homework, and interact with mentors in a living-room environment with a computer lab, WiFi, cell charging stations, video games, and a television.

For homeless youth, the Center also has shower and laundry facilities, toiletries, and snacks to help these marginalized youth begin to feel human again.

Drop-in Center: Sunday – Saturday 12-6 p.m. 7 days a week for ages 13-24

(916) 442-0185, ext. 110.

Support groups - Age-based and offer free workshops, computer lab, Wi-Fi, referrals, outlets for phone chargers, food, TV, video games, showers, survival supplies, emergency and transitional housing, laundry facilities, free legal services, free counseling, and case management. They also welcome LGBTQ+ and questioning youth to gather for facilitated discussions, guest speakers, activities, game nights, and outside events. These groups cultivate positive mental health techniques that enable self-help, social networking, healthy activities, and positive messages about gender, sexual orientation, self-worth, and personal dignity.

Paradise Oaks Youth Services: Residential Program

(916) 967-6253

7806 Uplands Way, Suite A, Citrus Heights, CA 95610

Paradise Oaks Youth Services currently has eleven 6-bed facilities, which are all located in residential areas. The facilities are intended to offer a home-like atmosphere, providing a highly structured and supervised environment. The youth are guided by a behavioral modification system that rewards positive behaviors and provides daily feedback on meeting the general program expectations as well as their individual goals.

As part of the residential program, the agency provides specialized services working with adolescent males to address issues related to sexual victimization, sexual perpetration, and community safety associated with sexually aggressive or sexually acting out behaviors. Treatment is designed to address and guide the youth in breaking through his levels of denial towards a deeper understanding of the underlying issues embedded in his sexual assault cycle, as well as, issues that arise that are related to socialization, peer interactions and family dynamics and victimization.

For older youth, Paradise Oaks Youth Services also provides a program that focuses on the teaching and practicing of independent living skills. These activities include skills such as maintaining a job, preparing for college, shopping and planning for meals, using public transportation, and learning how to manage time and money.