

Counseling and Other Resources

Crisis or Emergency Help:

Suicide Hotline (WellSpace Health)	916 368-3111
Youth Crisis Hotline	800 843-5200
Runaway Hotline	800 786-2929
Child Protective Services Hotline	916 875-5437 (Emerg. Response)
Emergency Youth Shelter (24 Hour)	800 339-7177
Sac Co 24 Hour Crisis Line	916 732-3637
California Poison Control Center	800 876-4766
Crisis Pregnancy Hotline	916 451-2273
Adult Protective Services	916 874-9377
WEAVE (rape crisis and safety)	916 920-2952
WellSpace – 24 Hr Parent Support	888 281-3000
Sac Co Mental Health (MERT)	916 875-1114/1113/1000
(MERT is <u>M</u>edical <u>E</u>mergency <u>R</u>esponse <u>T</u>eam (2150 Stockton Blvd.; Sac. 95817)	
American Foundation for Suicide Prevention	www.afsp.org/resources
Runaway Child	www.1800runaway.org/

SCUSD Offices:

Connect Center (Insurance, support, etc.)	916 643-2354
Homeless Services (Parker Family Resource Center)	916 277-6892
Youth Development Services – Includes Summer Programs	916 643-7919
Parent Education	916 277-6625
LGBTQ	916 643-7997
Health Services	916 643-9412
Healthy Start	916 643-9141
After School (child care)	916 643-9485
4 th 'R' (child care)	916 433-6675
Special Ed (records)	916 643-9174
PTA Clothes Closet	916 277-4338
Capital City School (Independent. Study)	916 433-5187

Homework Help:

Math	www.csumathsuccess.org/mshome
All Subjects	www.classjump.com
All Subjects	www.khanacademy.org/
All Subjects	www.factmonster.com/
Sacramento Library (Card Required)	www.saclibrary.org/services/homework-coaches/

Outside Counseling and Support:

ACCESS Team - Children	916 875-9980
WellSpace – 24 Hour Parent Support	888 281-3000
Gender Health Center	916 455-2391
(Authorization from age 12 and over. Also for a student whose parent may not act to get their child help.)	
USC Telehealth:	866 740-6502
(FREE Counseling Support sponsored by Univ. of Southern Cal -	
Including parents, families and caregivers of a person with special needs - English and Spanish)	
Bereavement Network	916 557-5882
Sutter Hospital Bereavement Art	916 454-6555

Outside Counseling Support continued:

Sierra Vista Hospital (Adolescent Inpatient and Outpatient Services Available)	916 288-0300
(Sierra Vista treats for Alcohol - Adolescents 13 and above)	
Heritage Oaks Hospital – Psychiatry Facility – Treat for Alcohol	916 489-3336
Recovery Happens – Youth and Young Adult - Treats for Alcohol	916 276-0626
Sutter Center for Psychiatry	916 386-3077
Child Action (child care)	916 369-0191
Human Trafficking – 3 Strands Foundation	info@protectnow.org
Sac Co Office of Ed – Project SAVE (Safe Alternatives and Violence Education)	916 228-2200
Alcohol and Drug Services (Sac Co) (Adult system of care)	916 874-9754

Hmong Women's Heritage	916 394-1405
Boys and Girls Club – Raley Branch	916 442-2582
CAARE Center CHAT Clinic (abuse related issues) Suicidal Thoughts/Depression	916 734-8396 www.jasonfoundation.com
La Familia (multi-services)	www.lafcc.org/
Fathers and Families	www.fathersandfamilies.com/
Wind Youth Services (multi-services)	www.windyouth.org/contact/
Abuse/Neglect Therapy	www.ucdmc.ucdavis.edu/caare/
Center for Counseling and Diagnostic Services @ CSUS	916 278-6252
River Oak – Children and Families in Need	www.riveroak.org/
Identity (LGBTQ)	www.pflag.org

Medical:

VSP – Sight for Students (see school counselor)	800 615-1883
Ca Vision Foundation (eye exams)	800 877-5738
Society for the Blind (Blind services)	800 665-4667
California Children's Services	916 875-9900 Sac office; 916 445-4171 CA
Immunization Assistance (Sac Co)	916 875-7468
Primary Care Center	916 874-9670
Refuge Clinic	916 874-9227
Health Care for Homeless	916 874-1455
Alta Ca Regional Center	916 978-6400
Medical Family Help Line	800 880-5305
Rx Help for Californians	www.RxHelpforCA.org 877 777-7815
Together Rx Access	www.rxassist.org 800 444-4106
Pediatric Services - Imani Clinic	www.imaniclinic.org 916 475-9582
Student Vision (glasses)	www.sightforstudents.org/

Legal:

Legal Services of N Calif, Inc.	916 551-2150
McGeorge School of Law (bankruptcy/elder law/immigration)	916 340-6080
Sac Public Law Library	916 874-6011
Patient's Rights-Consumers Self Help	916 333-3800
Sacramento Public Law Library www.saclaw.org	916 874-6012
CA Legal Services lawhelpca.org	