

## PLACER

### Local Resources



### Placer County Mental Health

24-Hour Adult Crisis and Intake Line:

916-787-8860 or 1-888-886-5401

[www.placer.ca.gov](http://www.placer.ca.gov)

Remember, you can also talk to your school's mental health professional for additional information and support.



### Western Sierra Medical Clinic

Five locations offering accessible, quality medical, dental, and behavioral health services through innovative, patient-centered care in our communities.

[wsmcmed.org](http://wsmcmed.org)



### Lighthouse Counseling and Family Resource Center

Website providing free counseling, educational classes, and programs in English and Spanish for individuals and families in Placer County.

[lighthousefrc.org](http://lighthousefrc.org)

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### **NAMI** **NATIONAL**

Website providing resource guides for youth and adults dealing with anxiety, supporting friends, and finding help through a directory.

[www.nami.org](http://www.nami.org)



### **The Trevor Project Hotline** **NATIONAL**

National website offering 24/7 hotline and text support to connect with counselors and access resources for assistance.

[www.trevorproject.org](http://www.trevorproject.org)



### **Student and Teacher Mental Health** **STATE**

Website supporting students in crisis with resources for mental health and wellness during school closures.

[www.cde.ca.gov](http://www.cde.ca.gov)