



## Health Education Council

Group empowering underserved neighborhoods to create solutions, improving health outcomes for the people who live in them.

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

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



## Elica Health Centers

Organization providing comprehensive healthcare and social service links to thousands of low-income individuals in Greater Sacramento.

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



## Sacramento Native American Health Centers (SNAHC)

Website providing medical, dental, vision, transgender, and behavioral health care with no tribal or ethnic requirements for access.

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



## Sacramento County Mental Health

Website providing crisis support through community programs, offering immediate assistance, mediation, follow-up, referrals, and outpatient mental health links.

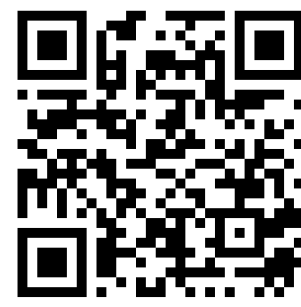
[dhs.saccounty.net](http://dhs.saccounty.net)



## One Community Health

Organization offering primary and specialty care, including HIV services, pediatrics, OB/GYN, dental, and behavioral health.

[onecommunityhealth.com](http://onecommunityhealth.com)



### **Sacramento County Mental Health Urgent Care Clinic**

Clinic offering voluntary, walk-in mental health and substance abuse crisis services for Sacramento County residents, regardless of payment ability.

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

### **Sacramento County Mental Health**

24/7 phone number for mental health crisis support in Sacramento County. Available every day of the week.

[www.saccounty.net](http://www.saccounty.net)

### **La Familia Counseling Center**

Website providing multicultural counseling, support, and outreach programs to help families overcome adversity and achieve empowerment and success.

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

### **Wellspace Health**

Children's Mental Health program offering counseling for children ages 0-20 in schools, offices, and homes.

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

### **Peachtree Health**

Website providing resources for patients with Medi-Cal, Medi-Care, or those without health insurance.

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

## SACRAMENTO

### Local Resources



### **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)

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



### **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)