

Summer Mental Health Support Resources

(compiled by your Student Support Center, May 2022)




- **Is this an urgent mental health matter?**

- California Coalition for Youth Crisis Line | Call or Text 800-843-5200 |  calyouth
- International Crisis Line | Text "HOME" to 741-741 | Message on WhatsApp |  crisistextline
- Suicide Prevention Lifeline | Call 1(800) 273-8255 (TALK) |  800273talk
- The Trevor Project (LGBTQ+) | Call (866) 488-7386 | Text "START" TO 678-678 | Chat Online |  trevorproject
- Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline | 1-800-662-4357 (HELP) |  samhsagov
- Turning Point Community Programs | TPCP offers a walk-in clinic for youth and adults with urgent mental health needs, regardless of ability to pay. Open Monday through Friday 10 a.m. to 7 p.m.; Saturday, Sunday, and holidays 10 a.m. to 6 p.m. at 2130 Stockton Blvd, Building 300, Sacramento CA 95817. | (916) 520-2460 |  turningpointcp

- **Feeling stressed?**

- Visit the SCUSD Virtual Calming Room at <https://calmingroom.scusd.edu/> for guides on meditation, yoga, coloring, and other activities to help ease your mind and body

- **Need to talk to someone one-on-one?**

- The Source, Support for Youth and Caregivers | Call or Text 916-787-7678 (SUPPORT) | Chat Online |  thesourcesacramento
- Youth Help Network | Call (833) 333-2946 | Text (916) 860-9819 |  youthhelpnetwork
- Cal Voices Consumer Operated Warm Line | (916) 366-4668 |  cal_voices

- **Looking for a group?**

- Peer Support with Pro Youth and Families |  proyouthandfamilies
- National Alliance on Mental Illness (NAMI) | <https://namisacramento.org/resources/youth-specific-resources/> |  namisacramento
- Sacramento Advocates for Family Empowerment (SAFE) Program | (916) 855-5427
- Grief/Loss with Sutter Health Children's Bereavement Art Group | (916) 887-5275 | <https://www.sutterhealth.org/services/pediatric/child-bereavement-smcs>
- **LGBTQ+**
 - Sacramento LGBT Community Center | (916) 442-0185 |  saclgbtcenter
 - Gender Health Center | (916) 455-2391 |  genderhealthsac
- **Youth of Color/Cultural Support**
 - Safe Black Space (age 14+) | (530) 683-5101 | safeblackspace@gmail.com
 - Therapeutic Services Focused on the Black and African American Community (up to 8 free therapy sessions) | <https://dhs.saccounty.gov/BHS/Pages/Mental-Health-Services.aspx>
 - Transcultural Wellness Center (Asian American and Pacific Islander) | (916) 875-1055
 - Amala Youth Hopeline Call-In/Text-In Services (Muslim Youth) | (855) 952-6252
 - Slavic Assistance Center | (916) 925-1071 |  sac_supportingcommunity

Student Support Center Resources



For a comprehensive list of mental health resources

