

MENTAL HEALTH / CRISIS						
Name	Contact Information	Links	Hours Open	Services Provided	Insurances Accepted	Notes
<b>Abiding Hope Respite House</b>	9916 Zion Way, Sacramento, CA 95827 (916) 287-4860	<a href="#">Abiding Hope Respite House/</a>		7 to 14 day respite facility for individuals 18 years of age and older with psychiatric disability.		Referrals may come from self-referrals, emergency rooms, law enforcement, outpatient case managers and shelters. Must have: have a TB clearance have 2 weeks of sobriety be able to manage their own medication not be currently at risk for self harm not have a physical disability that affects their mobility
<b>Boys Town My Life My Voice</b>	9800) 448-3000 Text VOICE to 20121.	<a href="#">Your Life. Your Voice</a> <a href="#">Boys Town National Hotlinex</a>	24/hr	Parenting Support, Youth health care services		
<b>CA Youth Crisis Line</b>	1 (800) 843-5200 cycl@calyouth.org	<a href="#">CA Youth Crisis Line/</a>	24/7	Ages 12-24 Youth confidential crisis line	Free	<ul style="list-style-type: none"> <li>- Shelter</li> <li>- Counseling</li> <li>- Drug Abuse</li> <li>- Birth Control</li> <li>- Pregnancy Testing</li> <li>- Pregnancy Care</li> <li>- STI Testing/Care HIV Testing/Care</li> <li>- Legal Assistance</li> <li>- Transportation</li> <li>- Reporting a Crime or Abuse</li> </ul>
<b>Childhelp National Child Abuse Hotline</b>	1 (800) 4-A-CHILD (1-800-422-4453) Call or Text	<a href="#">Child Help</a>	24/7	Call or Text child abuse hotline	Free	
<b>Cyber Civil Rights Initiative CCRI</b>	(844) 878-CCRI (2274)	<a href="#">CCRI Helpline</a>	24/7	24/7 Revenge porn crisis line	Free	If you are a victim of nonconsensual pornography ("NCP", also known as "revenge porn"), recorded sexual assault (RSA), or sextortion and you reside in the United States, please call the CCRI Crisis Helpline at 844-878-CCRI (2274).
<b>Department of Defense (DOD) Safe Helpline for Sexual Assault</b>	1 (877) 995 – 5247	<a href="#">Safe Helpline</a>	24/7	24/7 Hotline For Responders For Leadership For Supporters of Survivors For Service Members Leaving the Military		
<b>DISASTER DISTRESS HELPLINE</b>	Call 1 (800) 985-5990 Text "TalkWithUs" to 66746	<a href="#">Disaster Distress Hotlinee</a>	24/7	Hotline for immediate crisis counseling during any disaster (human-caused or natural)	Free	National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster
<b>El Dorado County Behavioral Health</b>	768 Pleasant Valley Rd., Suite 201 Diamond Springs, CA 95619 Local Number: (530) 621-6290 From El Dorado Hills: (916) 358-3555 x6290 CRISIS HOTLINE: (530) 622-3345	<a href="#">El Dorado County Behavioral Healthth</a>		Medi-Cal BH navigation MH Crisis support	Free	

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<b>Gender Health Center</b>	2020 29th St, Ste. 201 Sacramento, CA 95817 (916) 455-2391	<a href="#">Gender Health Center</a>	<i>Reception/Front Desk</i> Monday - Friday 9-5 <i>Danelle's Place Respite Center</i> Monday - Friday 12-3 <i>Counseling</i> Monday - Friday 10-8 <i>Advocacy</i> Monday - Friday 10-8 <i>Harm Reduction</i> Monday - Friday 12-3	<i>Therapy</i> : Sliding Scale (no insurance) <i>Legal Advocacy Services</i> : FREE <i>Danielle's Place "trans safe drop-in respite and social space"</i> : FREE <i>Hormone Clinic</i> : 1st & 3rd Friday of each month 6:00pm – 9:00pm (by appointment only) <i>Harm Reduction (drug abuse)</i> : \$5 donation <i>HIV and STI testing</i> : FREE	See Services provided	Queer-informed narrative therapy: individual, relational, and family Name change and advocacy services Transgender "respite" drop-in support Labs and Rapid HIV PReP Prescriptions Free legal health advocacy is also provided for those who are having issues with insurance or other healthcare related issues (provided by LSNC)
<b>IamAlive</b>		<a href="#">I'm Alive</a>	24/7 (online network)	Online suicide prevention chat		
<b>iPrevail</b>		<a href="#">I Prevail</a>	Online - 24/7 support	Online mental health support 24/7 with on-demand coaching, lessons, & more	\$9.99/month	peer-specialist support
<b>JDoe</b>		<a href="#">J Doe</a>	Mobile App	Anonymous Reporting Platform for Sexual Misconduct	Free	We understand that describing a past incident can be difficult. JDoe anonymizes all reports and leaves the choice to the user as to whether they wish to be contacted by a lawyer. While all information is indexed anonymously, JDoe is still able to make matches and identify mutual victims. As opportunities arise with lawyers and matches, our algorithm will automatically notify users. You have the choice in deciding to pursue a case.
<b>LGBT National Hotline</b>	(888) 843-4564 help@LGBT hotline.org	<a href="#">LGBT National Hotline</a>	Monday thru Friday from 1pm to 9pm, pacific time Saturday from 9am to 2pm, pacific time	LGBT National Hotline	Free	The Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.
<b>LGBT National Youth Talkline</b>	(800) 246-7743 help@LGBT hotline.org	<a href="http://www.glbntnationalhelpcenter.org/">http://www.glbntnationalhelpcenter.org/</a>	Mondays to Fridays from 1 pm – 9 pm pacific Saturday from 9 am – 2 pm pacific	LGBT National YOUTH Hotline (25 and under)	Free	The LGBT National Youth Talkline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.
<b>Live Violence Free</b>	2941 Lake Tahoe Blvd South Lake Tahoe CA 96150 info@liveviolencefree.org (530) 544-2118 CRISIS LINE - (530) 544-4444	<a href="#">Live Violence Free/</a>	24/7 Crisis line	Crisis support line Confidential Safe House	Free	
<b>Love is Respect</b>	Text: LOVEIS to 22522 1 (866) 331-9474	<a href="#">Love is Respect</a>	24/7	confidential dating abuse hotline	Free	
<b>Mental Health Urgent Care Clinic (MHUCC)</b>	2130 Stockton Boulevard Bld. 300, Sacramento, CA 95817 (916) 520-2460	<a href="#">Mental Health Urgent Care</a>	Monday-Friday, 10:00 AM – 10:00 PM (Last walk-in at 9:00 PM)  Saturdays, Sundays & Holidays, 10:00 AM – 6:00 PM (Last walk-in at 5:00 PM)	walk-in clinic for individuals with an urgent mental health need	funded by the Sacramento County Division of Behavioral Health Services	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.

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<b>NAMI EL DORADO COUNTY</b>	ENGLISH - (530) 306-4101 SPANISH - (530) 344-4876 1(800) 950-NAMI	<a href="https://namielдорadocounty.org/">https://namielдорadocounty.org/</a>			Free	
<b>National Center for Missing &amp; Exploited Children</b>	1-800-THE-LOST (1-800-843-5678)	<a href="#">Missing Kids: Get Help Now</a>	24hr Hotline	Child missing hotline, call AFTER contacting 911	Free	
<b>National Domestic Violence Hotline</b>	(800) 799.SAFE (7233) (800) 787.3224 TDD	<a href="#">Domestic Violence Hotline/</a>	24/7	National Domestic Violence Hotline	Free	
<b>National Eating Disorders Association (NEDA)</b>	Text or Call 800-931-2237	<a href="#">National Eating Disorder Hotline</a>	Call M-Th 11am-9pm ET Text M-Th 3pm-6pm ET Chat M-Th 9am-9pm ET & F 9am-5pm ET	Eating disorder support line	Free/low cost	
<b>National Hopeline Network, Suicide &amp; Crisis Hotline</b>	1( 800) 442-HOPE(4673)	<a href="https://nationaltoolkit.csw.fsu.edu/resource/national-hopeline-network-suicide-crisis-hotline-1-800-442-hope4673/">https://nationaltoolkit.csw.fsu.edu/resource/national-hopeline-network-suicide-crisis-hotline-1-800-442-hope4673/</a>	24/7	Crisis line	Free	
<b>National Human Trafficking Hotline</b>	Hotline: 1 (888) 373-7888 Text: 233733	<a href="#">National Human Trafficking Hotline/</a>	24/7	Anti-Trafficking hotline		The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year in more than 200 languages.
<b>National Runaway Safeline</b>	1 (800) RUNAWAY TEXT 66008	<a href="http://1800RUNAWAY.org">1800RUNAWAY.org</a>	24hr	Confidential hotline	Free	Emancipation Abuse/Bullying "Home Free" Services <a href="https://www.1800runaway.org/wp-content/uploads/2020/02/Home-Free-Program.pdf">https://www.1800runaway.org/wp-content/uploads/2020/02/Home-Free-Program.pdf</a>
<b>National Suicide Prevention Lifeline</b>	(800) 273-8255	<a href="#">National Suicide Prevention Lifeline/</a>	24hr	Suicide prevention hotline	Free	Spanish and English speaking
<b>Pathways to Safety International</b>	(833) SAFE-833 crisis@pathwaystosafety.org	<a href="#">Pathways to Safety: International</a>	Email and 72hr response time	Victims of interpersonal & gender based violence		
<b>Rape, Abuse, Incest National Network (RAINN)</b>	(800) 656-HOPE (4673)	<a href="#">RAINN</a>	24/7	National Sexual Assault Hotline	Free	
<b>Safe Horizon</b>	1(800) 621-HOPE (4673)	<a href="#">Safe Horizon</a>	24/7	Victims assistance	Free	We provide assistance, advocacy and support to victims who have experienced domestic violence, child abuse, sexual assault, stalking, human trafficking, youth homelessness and other crimes.
<b>Sexual Assault &amp; Domestic Violence: 24 Hour Crisis Line</b>	(530) 626-1131 (West Slope)		24/7			
<b>Stop Bullying</b>		<a href="#">Get Help Now - StopBullying</a>		Resources on bullying issues	n/a	
<b>StrongHearts Native Helpline</b>	1(844) 7NATIVE (762-8483)	<a href="#">Strong Hearts Native Helpline</a>	Daily from 7 a.m. to 10 p.m. CT  24/7 Chat line <a href="https://www.strongheartshelpline.org/get-help/chat-advocacy/">https://www.strongheartshelpline.org/get-help/chat-advocacy/</a>	safe domestic, dating and sexual violence helpline for American Indians and Alaska Natives		
<b>Teen Central</b>		<a href="#">Teen Central - Share Your Story</a>	24hr (online)	Non-Emergency Therapeutic support	Free	Submit a story or post about any crisis, problem or situation you're struggling with and receive a therapeutic support response within 24 hours, safely, anonymously, and free of charge

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<b>Teen Line</b>	(800) 852-8336 Text "TEEN" to 839863	<a href="#">Teen Line</a>	6pm-10pm Daily	Peer-based	Free	TEEN LINE is a non-profit, community based organization that provides emotional support to youth. It is our mission to provide peer based education and support before problems become a crisis, using a national hotline, community outreach and online support.
<b>Text4Help</b>	Text the word "safe" and your current location (address, city, state) to 4HELP (44357)	<a href="#">TXT 4 HELP</a>	24/7	A nationwide, 24-hour text-for-support service for teens in crisis.	Free	TXT 4 HELP works anywhere in the US, and extends access to safety for teens. TXT 4 HELP can be used for the same reason a young person may go to a Safe Place site - abuse, bullying, family problems, depression, suicidal thoughts, and others. TXT 4 HELP counselors can provide support via text, and can offer additional suggestions for immediate help regardless of where you are.
<b>The Anti-Violence Project</b>	1(800) 621-HOPE (4673)	<a href="#">Call Our Hotline - NYC Anti-Violence Project</a>	24/7	LGBTQ Crisis intervention	Free	We provide assistance, advocacy and support to victims who have experienced domestic violence, child abuse, sexual assault, stalking, human trafficking, youth homelessness and other crimes.
<b>The Center's Sexual Assault &amp; Domestic Violence Support Line</b>	(530) 626-1131 (916) 939-6616	<a href="#">The Center</a>	24/7	DV and sexual assault crisis line		
<b>The Trevor Project</b>	1(866) 488-7386. Text START to 678-678	<a href="#">The Trevor Project</a>	24/7	Crisis hotline, text line, chat, and social networking site for LGBTQIA+ youth under 25yo	Free	Resources, education and peer support
<b>Turning Point Community Programs - Crisis Residential Program</b>	(916) 912-0362	<a href="#">Crisis Residential Program (CRP) - Turning Point</a>		short-term residential program that provides a less restrictive alternative to hospitalization.		Psychosocial and therapeutic groups Connection to community resources, treatment and discharge planning 24/7 staff support, medication stabilization
<b>Veterans' Suicide Prevention Hotline</b>	(800) 273-8255, ext. 1 Text 838255	<a href="#">Veterans Crisis Line</a>	24hr	Suicide prevention hotline	Free	Serves: All Veterans All Service members National Guard and Reserve Their family members and friends
<b>Victim / Witness Assistance Program</b>	County of El Dorado District Attorney 778 Pacific Street Placerville, CA 95667 (530) 621-6472 Johana Millan, Program Coordinator johana.millan@edcgov.us	<a href="#">Victim Witness - El Dorado County</a>	M-F 8am-5pm	support services to victims and witnesses of crime.		Counseling Services: Crisis intervention and follow-up counseling for emotional, personal, and financial problems resulting from the crime. Referral to social service agencies, counselors and others who can assist with personal problems. Orientation to the Criminal Justice System and information about the status of the court case and victims' rights in court. Property Recovery of personal items that are being held as evidence. Court escort to attend court with you and provide emotional support. Other Services include: Employer intervention, parole notification, technical assistance and consultation to individuals, to the community, and to professional agencies. We will also assist you in filing claims with the California Victim Compensation Program.
<b>WomensLaw Email Hotline</b>		<a href="#">Womenslaw Email Helpline</a>		Online Helpline		The purpose of this Email Hotline is for WomensLaw to provide basic legal information, referrals, and emotional support related to domestic violence, sexual assault, or stalking.

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YouthLine	(877) 968-8491 Text 'teen2teen' to 839863	<a href="#">Get Help - YouthLine</a>	24/7 - Teen specific help from 4-7pm	Teen Crisis Line	Free	What happens when you call? We'll probably ask your name and what you want to talk about, and we'll listen. We won't give you advice or tell you what to do. Instead, we'll work with you to figure out next steps or just listen while you talk things out. If it's helpful, we may tell you about places to get more information or where you can find long-term help. We'll work really hard to make this a safe and comfortable conversation. YouthLine is for those ages 11-20. If that doesn't match you, we'll get you over to our organization's adult crisis line. Translation services are available, upon request.