

CRISIS SUPPORT

24hr PARENT SUPPORT LINE

Available to parents, grandparents raising grandkids, and other caregivers who may be in crisis seeking information or resources for their family, or just need someone to listen and provide encouragement when it is most needed

1-888-281-3000

www.wellspacehealth.org

Help Kids

One-stop resource for finding information that will help you help a child or teen who is in crisis or at-risk

www.helpkids.org

1-877-41-CRISIS (412-7474)

National Human Trafficking Resource Center (NHTRC)

The National Human Trafficking Resource Center (NHTRC) is a national, anti-trafficking hotline and resource center serving victims and survivors of human trafficking and the anti-trafficking community in the United States.

1-888-373-7888

<https://humantraffickinghotline.org>

National Runaway Safeline

The National Runaway Safeline (NRS) is here to listen whether you are thinking of running away or already have. Our services are confidential and nonjudgmental.

1-800-RUNAWAY (786-2929)

www.1800runaway.org

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

The Hotline - National Domestic Violence Support

Talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship (24-hours)

1-800-799-SAFE (7233)

www.thehotline.org

The Trevor Project – 24/7 Suicide LifeLine for LGBTQ Youth

The Trevor Project is determined to end suicide among LGBTQ youth by providing life-saving and life-affirming resources including our nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone. Dear Trevor is an online non-time sensitive, Question & Answer resource for young people with questions surrounding sexual orientation and gender identity.

1-866-4-U-TREVOR (488-7386)

<http://www.thetrevorproject.org>

Wind Youth Services

Crisis shelter for youth 12-18 years old

1-800-339-7177

www.windyouth.org

OTHER SUPPORTS

211

Dial "211" in your county to be connected to local resource information.

[211 Directory](#)

Al-Anon Family Groups

Friends and family members of problem drinkers share their experiences and learn how to apply the principles of the program to their individual situations.

1-888-4AL-ANON (1-888-425-2666)

<https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>

Alcoholics Anonymous

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem.

www.aa.org

Alta Regional Center - Sacramento, Placer, Nevada & Yolo County

Alta California Regional Center (ACRC) is a private, non-profit corporation working under contract with the State of California, Department of Developmental Services, to provide services to persons, age three and above, with a developmental disability pursuant to the Lanterman Act.

916-978-6400

www.altaregional.org

Disability Rights of California

Advances and protects the rights of Californians with disabilities

1-800-776-5746

www.disabilityrightsca.org

Early Start WarmLine – Solano

Early Start seeks to promote and enhance a coordinated, family-focused service system for infants and toddlers from birth to age three years with a significant developmental delay, a disability or an established risk condition with a high probability of resulting in a delay or disability.

<https://nbrc.net/client-services/early-intervention/>

1-800-646-3268

Emergency Response - 1-800-884-1594 (evenings & weekends)

Facts for Families

Concise and up-to-date information on issues that affect children, teens and their families; information is available in several languages and is simple and easy to read.

[Facts for Families Guide](#)

Finding Balance

Finding Balance is a faith based organization committed to providing education and support around eating disorders; particularly those that are most common in current day communities (over eating, emotional eating, chronic dieting, etc.).

www.findingbalance.com

HBO - Addiction Education

FREE educational information, including documentaries on addiction. Topics include: Understanding Addiction, Adolescent Addiction, Treatment, Aftercare, Stigma & Discrimination, & The Films.

[The Addiction Project](#)

Love Is Respect - Dating Violence Hotline

Love is respect mobilizes parents, educators, peers and survivors to proactively raise awareness on healthy dating behaviors and how to identify unhealthy and abusive patterns.

Text Lovels to 22522*

Call 1-866-331-9474

www.loveisrespect.org

Narcotics Anonymous

Narcotics Anonymous offers recovery to addicts around the world.

www.na.org

NCADD

NCADD provides information on alcoholism and drug dependence; resource for people struggling with alcoholism and addiction.

www.ncadd.org

NEDA - National Eating Disorders Association

The National Eating Disorders Association (NEDA) is a non-profit organization dedicated to supporting individuals and families affected by eating disorders. This site offers several FREE resources and educational material for teachers, parents & coaches/fitness trainers.

www.nationaleatingdisorders.org

1-800-931-2237

North Bay Regional Center -Solano County

North Bay Regional Center is one of 21 Regional Centers for persons with developmental disabilities in California

707-256-1100

www.nbrc.net

One-Stop Career Centers

Connect job seekers and employers in an effort to build the economy of the Golden State

[Employment Development Jobs and Training Information](#)

ReachOut.com

Reachout.com is a place where teens and young adults can go online to improve their understanding of mental health issues, develop resilience and build their coping skills; it fosters help-seeking behavior and provides young people with evidence-based information and supports, real life stories and the ability to connect and contribute in a safe and

supported community.
1-800-448-3000
www.reachout.com

Sacramento County Child & Family Mental Health Access Team

The Sacramento County Child & Family Access Team accepts referrals for children's mental health services. In most cases, the child or teen must have Medi-Cal.
916-875-1055
Toll Free: 1-888-881-4881
Fax: 916-875-9970

The California Victim Compensation Program (CalVCP)

Can help pay bills and expenses that result from certain violent crimes. Victims of crime who have been injured or have been threatened with injury may be eligible for help.
1-800-777-9229
www.vcgcb.ca.gov/victims

WarmLine Family Resource Center - Sacramento, Placer, Nevada & Yolo

WarmLine provides resources & support to families of children with special needs birth to age 26 in 26 counties of Northern California.
916-455-9500
www.warmlinefrc.org/

WHY Sac

WHY Sac connects youth with the resources necessary to bring positive change to their lives.
916-529-6742
<http://www.whysac.org>

FOR KIDS & TEENS

Khan Academy

FREE tutoring videos (VERY large library) covering Math, Economics, Statistics, Science, History & Test Prep.
www.khanacademy.org

NET SMART KIDS

This website provides interactive learning experiences for kids about safe use of the internet and other forms of technology.
www.netsmartzkids.org

NET SMART TEENS

Website that provides interactive learning experiences for TEENS about the safe use of the internet, cell phones and social networking. Lesson plans also provided for lesson leaders.
www.nsteens.org

YOUTH LEADERSHIP

CAYEN - California Youth Empowerment Network

Empowering the Transitional Age Youth community to create positive change in the mental health System

916-557-1167, Ext. 101

www.ca-yen.org

CYC - California Youth Connection

Empowering foster youth to become involved in policy development and legislative change to improve the foster care system

916-651-6254

www.calyouthconn.org

FosterClub

FosterClub is dedicated to providing a peer support network for children and youth in foster care.

www.fosterclub.com