

## **CRISIS SUPPORT**

### **Wind Youth Services**

Crisis shelter for youth 12-18 years old

1-800-339-7177

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

### **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](http://www.wellspacehealth.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](http://www.suicidepreventionlifeline.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>

### **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](http://www.thehotline.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](http://www.helpkids.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

[www.1800runaway.org](http://www.1800runaway.org)

### **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

<http://traffickingresourcecenter.org>

## **OTHER SUPPORTS**

### **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](http://www.reachout.com)

### **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](#)

### **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](http://www.nationaleatingdisorders.org)

1-800-931-2237

### **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](http://www.findingbalance.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: 1-888-881-4481

Fax: 916-875-9970

### **WHY Sac**

WHY Sac connects youth with the resources necessary to bring positive change to their lives.

916-529-6742

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

### **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](http://www.vcgcb.ca.gov/victims)

### **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 LoveIs to 22522\*

Call 1-866-331-9474

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

### **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](#)

### **211**

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

[211 Directory](#)

### **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](#)

### **Alcoholics Anonymous**

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

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

### **Narcotics Anonymous**

Narcotics Anonymous offers recovery to addicts around the world.

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

### **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)

[www.al-anon.alateen.org/al-anon-in-california](http://www.al-anon.alateen.org/al-anon-in-california)

### **NCADD**

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

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

### **Disability Rights of California**

Advances and protects the rights of Californians with disabilities

1-800-776-5746

[www.disabilityrightsca.org](http://www.disabilityrightsca.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](http://www.altaregional.org)

### **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](http://www.nbrc.net)

### **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/](http://www.warmlinefrc.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.

1-800-646-3268

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

## **FOR KIDS & TEENS**

### **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](http://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](http://www.nsteens.org)

### **Khan Academy**

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

[www.khanacademy.org](http://www.khanacademy.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](http://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.cal-youthconn.org](http://www.cal-youthconn.org)

### **FosterClub**

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

[www.fosterclub.com](http://www.fosterclub.com)