**Urgent & Crisis Youth Mental Health Resources**

Urgent Response

**The Youth Help Network** – specializing in connecting youth to long-term mental health resources and will come out to the youth’s location typically with 24-48 hours   
**(833) 333-2YHN (2946)** Call/Text Available Monday – Friday 11 a.m. – 9 p.m. or via the Wind Youth Center Mondays and Tuesdays from 9 AM – 12 PM

**TLCS Crisis Respite Center** at **(916) RESPITE or** (**916)-737-7483** – provides 23-hour respite services; person cannot appear to be “shelter-seeking”

**The Community Support Team –** Responds to urgent mental health needs within Sacramento County, will arrive within 24-hours, provides support and referrals  
**(916) 874-6015** Available Monday - Friday 8 AM – 5 PM

**The Source ­**- 24 Hour Urgent Care Hot Line **916-787-7678** OR **916-SUPPORT**, specializing in creating wellness plans with current and former Foster Youth and their caregivers

**Sacramento Sheriff (non-emergency)** - **916-874-5115** call when outside the city but within Sacramento County

**City of Sacramento Police (non-emergency) - (916) 808-5471** – for calls within City limits

Crisis Resources

**Mental Health Urgent Care Clinic -** Provides services on a walk-in basis to individuals of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis.

* Crisis intervention and counseling to avert the need for inpatient hospitalization
* Psychiatric medication evaluation

Address: 2130 Stockton blvd, Building 300, Sac, CA 95817  
Phone: 916-520-2460

Hours of Operation: M-F 10am-10pm and Weekends/Holidays 10am-6pm

**CA Youth Crisis Line - 1 800-843-5200** – call, text or go online, available 24/hours a day, 7/days a week – provides crisis intervention counseling and resource referrals for youth ages 12-24