

# Project AWARE Youth Mental Health First Aid Resources: Sacramento

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## Sacramento County Resources

Sacramento County Resources	Brief Description
<b>Mental Health ACCESS Team</b> 916-875-1055 <i>Mon - Fri, 8 am - 5 pm</i> 888-881-4881 <i>24 hour/toll free</i> <a href="http://www.dhhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx">www.dhhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx</a>	<b>FIRST STOP HUB:</b> over-the-phone mental health assessment and service provider referrals. Services include: <ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• Therapy and/or rehabilitation services</li> <li>• Services for Youth with coexisting Mental Health and Alcohol/Substance Abuse Disorders</li> <li>• And, more</li> </ul>
<b>*NEW* Mental Health Urgent Care Clinic</b> 2130 Stockton Blvd., Bldg. 300, 95817 Open 7 days a week, 10 am - 10 pm 916-520-2460 <a href="https://tinyurl.com/NewSacCoUrgentCareClinic">https://tinyurl.com/NewSacCoUrgentCareClinic</a>	New clinic offers a variety of mid-level emergency services including, clinical and psychiatry services, alcohol and drug screening, medication, peer support and recovery services (Opened in November 2017).
<b>Sacramento County Minor Emergency Response Team (MERT)</b> 2150 Stockton Blvd, 95817 Open 7 days a week, 10 am - 7 pm 916-875-1000	Children and adolescents mental health assessments and crisis services; intake Stabilization Unit. Part of the Sacramento County Mental Health Treatment Center.
<b>Mobile Crisis Support Team</b> 916-874-6015 <i>Tues - Fri, 9 am - 7 pm</i> <a href="https://tinyurl.com/SacMobileCST">https://tinyurl.com/SacMobileCST</a>	Suicide intervention (dispatched through law enforcement)
<b>Child Protective Services (CPS)</b> 916-875-5437 <a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>	One of the divisions of CPS is Emergency Response. This division is a response system designed to provide in-person response 24-hours a day to reports of abuse, neglect or exploitation.
<b>Senior or Dependent Abuse</b> 916-874-9377 <a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>	A state mandated program dedicated to maintaining the health and safety of elderly and dependent adults subjected to neglect, abuse, or exploitation, or who are unable to protect their own interests.
<b>Sheriff</b> 916-874-5111 <a href="http://www.sacsheriff.com">www.sacsheriff.com</a>	When using a cell phone, it is recommended calling the phone number rather than 911, as cell calls to 911 will link to the California Highway Patrol which may result in delayed response from the Sheriff's Department.
<b>Police Department</b> 916-732-0100 <a href="http://www.cityofsacramento.org">www.cityofsacramento.org</a>	When using a cell phone, it is recommended calling the phone number rather than 911, as cell calls to 911 will link to the California Highway Patrol which may result in delayed response from the Police Department.

**Mental Health Service Providers**

Mental Health Service Providers	Brief Description
<b>American Health Services (AHS)</b> 877-557-7826 <a href="http://www.americanhealthservices.org">www.americanhealthservices.org</a>	Provides medical, mental health, and substance abuse treatment services.
<b>Another Choice, Another Chance (ACAC)</b> 916-388-9418 <a href="http://www.acacsac.org">www.acacsac.org</a>	Outpatient counseling services that incorporate individual, group, and family counseling. Services address alcohol and drug addiction, and consider issues related to mental health therapy, trauma, employment status, school problems, and family/social relations to self and loved ones.
<b>Asian Pacific Counseling Center</b> 916-383-6783 <a href="http://www.apccounseling.org">www.apccounseling.org</a>	Agency serving the mental health and acculturation needs of Asians and Pacific Islanders for a thriving and productive API community.
<b>Birth &amp; Beyond Family Resource Center</b> 916-244-1900 <a href="http://www.thecapcenter.org">www.thecapcenter.org</a>	Offers a wide range of free services to Sacramento County's Families, including pregnant moms and new dads, such Nurturing Parenting home visitation, crisis intervention, school readiness, parenting workshops, community referrals, and fun activities for the entire family.
<b>*NEW* Capital Star Behavioral Health</b> 916-584-7800 <a href="http://www.starsinc.com/sacramento-county/">http://www.starsinc.com/sacramento-county/</a>	Programs for young adults ages 16-25 that provides mental health services and supports young people's independence.
<b>Child &amp; Family Institute</b> 916-648-8008 <a href="http://www.cfisac.com">www.cfisac.com</a>	Dedicated to healing different types of trauma affecting children, teens, and their families. Various modalities of treatment are utilized to reduce the impact of abuse and neglect.
<b>Department of Veterans Affairs - National Center for PTSD</b> 800-273-8255 <a href="http://www.ptsd.va.gov">www.ptsd.va.gov</a>	Research and education on trauma and PTSD to help those exposed to trauma.
<b>La Familia Counseling Center</b> 916-452-3601 <a href="http://www.lafcc.org">www.lafcc.org</a>	Provides multicultural counseling, outreach, and support services to low-income, at-risk youth and families in Sacramento County.
<b>Panacea Services, Inc.</b> 916-854-4564 <a href="http://www.panacea.worldbreak.com">www.panacea.worldbreak.com</a>	Provides a variety of supportive counseling services at satellite locations including schools and community organizations, along with Intensive Outpatient Services at our three primary clinics.
<b>Omni Youth Programs</b> 916-362-2000 <a href="http://www.omniyouth.net">www.omniyouth.net</a>	Mission is to create strong families, develop youth leaders, and engage the community to cultivate a lifestyle free of alcohol, drugs, violence and bullying.
<b>River Oak Center for Children</b> 916-244-5800 <a href="http://www.riveroak.org">www.riveroak.org</a>	Programs serve children and youth experiencing behavioral health challenges to meet their goals, including Wraparound, Flexible Integrated Treatment, Therapeutic Behavioral Services, and Psychological Testing
<b>Stanford Youth Solutions</b> <b>916-344-0199</b> <a href="http://www.youthsolutions.org">www.youthsolutions.org</a>	Programs serve children and youth experiencing behavioral health challenges to meet their goals, including Wraparound, Flexible Integrated Treatment, and Therapeutic Behavioral Services
<b>Strategies for Change</b> 916-473-5764 <a href="http://www.strategies4change.org">www.strategies4change.org</a>	Provides comprehensive substance abuse and co-occurring treatment for men and women in Sacramento County.
<b>Trevor Project Crisis Line – LGBTQ Youth</b> 866-488-7386 <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	A national organization providing crisis intervention and suicide prevention services LGBTQ young people ages 13 – 24. Offering life-saving, life-affirming programs and services that create safe, accepting and inclusive environments over the phone, online and through text.
<b>Turning Point</b> 916-364-8395	Offers care, hope, respect, and support for those on the path to recovery and mental health, serving close to 8,000 mental health consumers in eight

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<a href="http://www.tpcp.org">www.tpcp.org</a>	counties through thirty-eight (38) programs each year.
<b>Visions Unlimited, Inc.</b> 916-393-2203 <a href="http://www.vuinc.org">www.vuinc.org</a>	Contracts to provide outpatient mental health services to children and adults with serious mental health issues. Visions is located in South Sacramento.
<b>WEAVE</b> 916-920-2952 <a href="http://www.weaveinc.org">www.weaveinc.org</a>	Provider of crisis intervention services for survivors of domestic violence and sexual assault. WEAVE also provides outreach and services for international and domestic victims of human trafficking.

## Crisis Service Providers

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Crisis Service Providers	Brief Description
<b>24-Hour Parent Support Line</b> 1-888-281-3000 <a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a>	The hotline serves Sacramento County as well as 36 counties in Northern California, answering calls 24 hours a day, 365 days a year from those living within the 916, 209, 530, and 707 area codes.
<b>Chicks in Crisis</b> 916-730-6391 <a href="http://www.chicksincrisis.org">www.chicksincrisis.org</a>	Offers parenting classes and support for foster youth, as well as an infant adoption program. Education programs on life skills, parenting, nutrition and cooking and a variety of other topics
<b>Law Enforcement Chaplaincy Sacramento</b> 916-978-0296 <a href="http://www.sacchaplains.com">www.sacchaplains.com</a>	Serves law enforcement personnel and their families, victims of crime and tragedies, and the community at large. Provides 24-7-365 rapid response teams alongside law enforcement agencies with on-scene emotional crisis support. Chaplains are experts in the aftermath of grief and loss.
<b>Sacramento Children's Home Crisis Nursery (Children ages 0-5)</b> 916-679-3600 <a href="http://www.kidshome.org/what-we-do/CrisisNursery.php">www.kidshome.org/what-we-do/CrisisNursery.php</a>	A family strengthening program where families can bring their children, newborn through age 5 for emergency child care or overnight care during stressful or difficult times.

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Hotline Services	Brief Description
<b>24-Hour Suicide Crisis Line</b> 916-368-3111 or 800-273-8255 <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	The Suicide Prevention Crisis Line is for people of all ages who are experiencing depression, hopelessness, alone, desperate, and sometimes considering suicide as a solution to their pain. When someone dials this number they will be routed to the nearest crisis center in the national network of more than 150 crisis centers.
<b>Sacramento Children's Home Crisis Nursery (Children ages 0-5)</b> 916-679-3600 <a href="http://www.kidshome.org/what-we-do/CrisisNursery.php">www.kidshome.org/what-we-do/CrisisNursery.php</a>	A family strengthening program where families can bring their children, newborn through age 5 for emergency child care or overnight care during stressful or difficult times.
<b>Trevor Project Crisis Line – LGBTQ Youth</b> 866-488-7386 <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	A national organization providing crisis intervention and suicide prevention services LGBTQ young people ages 13 – 24. Offering life-saving, life-affirming programs and services that create safe, accepting and inclusive environments over the phone, online and through text.
<b>Veterans 24 hour Crisis Line (National)</b> 800-273-8255 <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>	Specially trained and experienced staff help veterans of all ages and circumstances. Many of the responders are Veterans themselves and understand what Veterans and their families and friends have been through and the challenges Veterans of all ages and service eras face.

<b>National Domestic Violence Hotline</b> 800.799.7233 <a href="http://www.thehotline.org">www.thehotline.org</a>	Operating around the clock, 7 days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.
<b>WIND Youth Services – 24 hour Hotline</b> 800-339-7177 <a href="http://www.windyouth.org">www.windyouth.org</a>	Serves Sacramento County’s homeless youth, between 12 and 24 of age with basic safety net and survival services and a safe place to stay. Provides street outreach, case management, youth and family counseling, Wind House – Youth Shelter, and Wind Center.

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Non-Emergency Services	Brief Description
<b>211 Community Information and Referral</b> 916-498-1000 <a href="http://www.211sacramento.org">www.211sacramento.org</a>	Provides phone or on-line referrals to community services in Sacramento, including: employment, training, housing, financial assistance, children's services, senior programs, food programs, and physical and mental health.
<b>Access to Children's Mental Health Services</b> 916-875-1055 <a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>	Provides mental health services to children and youth 0-21 years, including prevention and early intervention, outpatient, case management, crisis intervention and stabilization, and inpatient psychiatric hospitalization.
<b>Access to Adult Mental Health</b> 916-875-1005 <a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>	Promotes physical, intellectual, social and emotional well-being of adults and older adults with serious mental illness. We offer inpatient, outpatient, acute care services, subacute care, and residential care through a variety of county-operated and contracted providers.
<b>Alcohol &amp; Drug System of Care – Adult</b> 916-874-9754 <a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>	Provides treatment and recovery services for alcohol and drug abuse to Sacramento County adults by contracting with an array of community-based service providers throughout Sacramento County that provide outpatient treatment, methadone treatment, day treatment, detoxification, residential services, and prenatal services.
<b>Alcohol &amp; Drug System of Care – Youth</b> 916-875-2050 <a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>	Provides treatment and recovery services for alcohol and drug abuse to Sacramento County youth by contracting with an array of community-based service providers throughout Sacramento County that provide outpatient treatment, methadone treatment, day treatment, detoxification, residential services, and prenatal services.
<b>Alta Regional Center (enrolled clients only)</b> 916-978-6400 <a href="http://www.altaregional.org">www.altaregional.org</a>	Assists children and adults who have a developmental disability and are substantially disabled because of that disability. They do this by providing and securing those services and supports necessary to maximize opportunities and choices.
<b>California Relay Service (Hearing Impaired)</b> 711 1-800-806-1191 <a href="http://ddtp.cpuc.ca.gov">http://ddtp.cpuc.ca.gov</a>	Communication Assistant for relay telephone conversations for those with seeing, hearing, speaking, remembering or moving limitations. Dialing 711 is for everyone, not just those who have difficulty hearing on a standard telephone. Friends, family, and business contacts can dial 711 for relay calls.
<b>Community Support Team</b> 916-874-6015	Mobile teams of peer/family support specialists and Sacramento County mental health counselors who provide a variety of support services to requests for assistance for individuals, families or the community.
<b>Conservators Office</b> 916-875-4467 916-875-4491 <a href="http://www.dhhs.saccounty.net">www.dhhs.saccounty.net</a>	Arranges personal care of an individual or the management of his or her financial affairs. Working under appointment by the court, a conservator may be assigned to either a person or an estate, or both.
<b>Friends for Survival, Inc.</b> 916-392-0664 <a href="http://www.friendsforsurvival.org">www.friendsforsurvival.org</a>	A national non-profit outreach organization for those who have lost family or friends by suicide, and also to professionals who work with those who have been touched by a suicide tragedy.
<b>Gender Health Center</b> 916-455-2391 <a href="http://www.thegenderhealthcenter.org">www.thegenderhealthcenter.org</a>	Meets the counseling needs of Sacramento and the surrounding areas by making services accessible to the most underserved communities, and the LGBTQQI community. Fees are based on a sliding scale.

Non-Emergency Services	Brief Description
<b>Guest House Homeless Clinic – El Hogar Community Services, Inc.</b> 916-440-1500 <a href="http://www.elhogarinc.org">www.elhogarinc.org</a>	An entry point for homeless indigent individuals seeking mental health services. Services include screening, assessment, medication and rehabilitation services to adults with mental illness and experiencing homelessness.
<b>Mental Health America of Northern California</b> 916-366-4600 <a href="http://www.mhanca.org">www.mhanca.org</a>	Provides peer services through self-help, education, and culturally relevant research. The Information and Referral line is operated by consumer staff and provides peer support, linkage, referrals, and resources to the community.
<b>National Alliance on Mental Illness (NAMI)</b> 916-364-1642 <a href="http://www.nami.org">www.nami.org</a>	An organization of families and individuals whose lives have been affected by serious mental illness, providing advocacy, legislation, policy development, education and support throughout California. Offers education and support groups to the community and conducts trainings for stigma reduction.
<b>Sacramento LGBT Community Center</b> 916-442-0185 <a href="http://www.saccenter.org">www.saccenter.org</a>	Serves lesbian, gay, bisexual, and transgender community of the greater Sacramento area and surrounding counties and its allies by providing space, diverse programming, advocacy, and cultural activities in an affirming, compassionate, and safe environment.

## Youth Support Service Providers

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Youth Support Service Providers	Brief Description
<b>100 Black Men</b> 916-428-8203 <a href="http://www.100blackmenofsacramento.org">www.100blackmenofsacramento.org</a>	Programs directed at young African American males that offer structured mentoring, tutoring, cultural enrichment, and college scholarships.
<b>211 Community Information and Referral</b> 916-498-1000 <a href="http://www.211sacramento.org">www.211sacramento.org</a>	Provides phone or on-line referrals to more than 2,400 community services in the Sacramento Area, including: employment, training, housing information, financial assistance, children's services, senior programs, food programs, and physical and mental health care services.
<b>Always Knocking</b> 916-422-2505	Provides educational growth, assistance with substance abuse, social skills development, employment and training assistance, and youth and gang violence prevention to at-risk and incarcerated male youth (ages 10-18).
<b>Another Choice, Another Chance (ACAC)</b> 916-388-9418 <a href="http://www.acacsac.org">www.acacsac.org</a>	Outpatient counseling services that incorporate individual, group, and family counseling. Services address alcohol and drug addiction, and consider issues related to mental health therapy, trauma, employment status, school problems, and family/social relations to self and loved ones.
<b>Birth &amp; Beyond Family Resource Center</b> 916-244-1900 <a href="http://www.thecapcenter.org">www.thecapcenter.org</a>	Offers a wide range of free services to Sacramento County's Families, including pregnant moms and new dads, such as Nurturing Parenting home visitation, crisis intervention, school readiness, parenting workshops, community referrals, and fun activities for the entire family.
<b>Boys and Girls Clubs of Greater Sacramento</b> 916-392-1350 <a href="http://www.bgcsac.org">www.bgcsac.org</a>	After school programs serving youth ages 6-18, including a full service teen center downtown, a Club in Juvenile Hall, and delinquency intervention programs. Provides job training, homework help, sports and fitness, arts, and leadership programs and activities. Emphasis on group mentoring and promoting safe and positive behaviors.
<b>Center for Community Health and Well-Being</b> 916-558-4812 <a href="http://www.cchwb.org">www.cchwb.org</a>	Provides a variety of services supporting children, women, and families through the Safe Sleep Program, Black Mothers United, and youth development programs.
<b>Golden Rule Services</b> 916-427-4653 <a href="http://www.goldenruleservicesacramento.org">www.goldenruleservicesacramento.org</a>	Works to resolve disproportionate health, education, employment and criminal justice disparities experienced by people of color.



Youth Support Service Providers	Brief Description
<b>Hmong Women's Heritage Association</b> 916-394-1405 <a href="http://www.hmongwomenheritage.org">www.hmongwomenheritage.org</a>	Provides services in areas of citizenship assistance, benefits acquisition, senior supportive services, youth development, and research.
<b>La Familia Counseling Center</b> 916-452-3601 <a href="http://www.lafcc.org">www.lafcc.org</a>	Provides multicultural counseling, outreach, and support services to low-income, at-risk youth and families in Sacramento County.
<b>Mutual Assistance Network of Del Paso Heights</b> 916-927-7694 <a href="http://www.mutualassistance.com">www.mutualassistance.com</a>	Provides youth programs in addition to other community support and economic development programs.
<b>OMNI Youth Program</b> 916-362-2000 <a href="http://www.omniyouth.net">www.omniyouth.net</a>	Mission is to create strong families, develop youth leaders, and engage the community to cultivate a lifestyle free of alcohol, drugs, violence and bullying.
<b>Sacramento Area Congregations Together (ACT)</b> 916-389-8990 <a href="http://www.sacact.org">www.sacact.org</a>	A multicultural, multi-faith organization that empowers people to create a healthier and just community. Members include over 40 congregations, schools and neighborhood groups, representing 40,000 families in Sacramento County.
<b>Sacramento Children's Home</b> 916-452-3981 <a href="http://www.kidshome.org">www.kidshome.org</a>	Through a wide range of residential and community-based programs, this agency addresses family issues to break cycles of child abuse and neglect.
<b>Sacramento Minority Youth Violence Prevention Program</b> 916-556-3344 <a href="http://www.healthedcouncil.org">www.healthedcouncil.org</a>	This initiative addresses violence as a public health issue and integrates public health and local community policing efforts in a coordinated violence prevention approach.
<b>Sacramento Violence Intervention Program</b> 916-201-0171 <a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a>	A hospital-based peer violence intervention program helps injured youth to reduce involvement with the criminal justice system. Also works with youth in schools who are at-risk for getting involved in violence, and youth on probation for violence.
<b>Sam &amp; Bonnie Pannell Community Center</b> 916-808-6680 <a href="http://www.cityofsacramento.org">www.cityofsacramento.org</a>	Weekly programs including: Friday Night Hot Spot, Meals on Wheels, Teen Scene, Computer skills, and Zumba Fitness.
<b>St. John's Center for Real Change</b> 916-453-1482 <a href="http://saintjohnsprogram.org">http://saintjohnsprogram.org</a>	Provides services for women and children/youth fleeing a domestic violence. Services include mental health and respite services, supportive services, career education situation, and on-the-job training.
<b>Target Excellence</b> 916-930-0572 <a href="http://www.targetexcellence.org">www.targetexcellence.org</a>	Provides after-school programs that focus on academic achievement, character-building, health and wellness, and employable life skills.
<b>The Center</b> 916-442-4228 <a href="http://www.sccsc.org">www.sccsc.org</a>	Assists new immigrants, refugees, and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation. Provides educational, vocational, human services, and health programs.
<b>*NEW* The Cutting Edge Journey</b> 916-868-8656 <a href="http://www.thecuttingedgejourney.com">www.thecuttingedgejourney.com</a>	Provides consulting, training and technical assistance services to adults/youth/organizations/and corporations in order to empower the participants' to grow personally, professionally and reduce levels of abuse and violence in our communities.
<b>United lu Mien Community, Inc.</b> 916-383-3083 <a href="http://www.unitediumien.org">www.unitediumien.org</a>	Supports and develops healthy lu-Mien families and communities through culturally responsive programs and services.

## Other Youth Resources

Agency	Brief Description
<b>Adoption Choices of Northern California</b> 800-607-9200 <a href="http://www.womenshealthspecialists.org">www.womenshealthspecialists.org</a>	ACNC provides counseling and adoption information to birth mothers, as well as standard women's health including STI screening, birth control, and abortion services.
<b>Mental Health America</b> 703-684-7722 or 800-969-6642 <a href="http://www.nmha.org">www.nmha.org</a>	The national website for peer services that foster recovery, reduce stigma and discrimination, and improve cultural competency through self-help, education, and culturally relevant research.
<b>National Child Traumatic Stress Network</b> 310-235-2633 <a href="http://www.nctsn.org">www.nctsn.org</a>	Established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.
<b>National Council on Alcoholism and Drug Dependence (NCADD)</b> 916-922-5121 <a href="http://www.ncadd.org">www.ncadd.org</a>	A voluntary health organization dedicated to fighting alcoholism, drug addiction and the devastating consequences of alcohol and other drugs on individuals, families and communities.
<b>Network of Care Sacramento and the On-line Wellness and Recovery Action Plan (WRAP) tool</b> <a href="http://www.sacramento.networkofcare.org">www.sacramento.networkofcare.org</a>	A web-based resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features.
<b>Sacramento County Office of Education</b> 916-228-2500 <a href="http://www.scoe.net">www.scoe.net</a>	Provides technical assistance, curriculum and instructional support, staff development, legal and financial advice, and oversight to Sacramento County school districts.
<b>Sacramento Steps Forward</b> 916-577-9770 <a href="http://www.sacramentostepsforward.org">www.sacramentostepsforward.org</a>	Working to end homelessness in the Sacramento region by ensuring that individuals and families experiencing homelessness have access to housing, employment, health, education, and other resources necessary for economic stability and an improved quality of life.
<b>Stop Stigma Sacramento</b> 916-446-1434 <a href="http://www.stopstigmatasacramento.org">www.stopstigmatasacramento.org</a>	The <i>Mental Illness: It's not always what you think</i> project was initiated to reduce stigma and discrimination, promote mental health and wellness, and inspire hope for people and families living with mental illness.
<b>Substance Abuse and Mental Health Services Administration (SAMHSA)</b> 1-877-726-4727 <a href="http://www.samhsa.gov">www.samhsa.gov</a>	SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. The website provides research educational material, and trainings.
<b>Teen Mental Health</b> <a href="http://www.teenmentalhealth.org">www.teenmentalhealth.org</a>	Informational website about mental disorders, brain injuries, stigma, and how to support teens. Toolkits for mental health and teens.
<b>WIND Youth Services</b> 916-561-4900 <a href="http://www.windyouth.org">www.windyouth.org</a>	Provides supportive services and opportunities to youth experiencing homelessness as they pursue self-determined lives of stability and independence.