

Project AWARE Youth Mental Health First Aid Resources: Sacramento

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SCUSD SUPPORT SERVICES

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SERVICE	BRIEF DESCRIPTION
STUDENT SUPPORT & HEALTH SERVICES Serna Center Phone: 643-9252 FAX: 399-2028	The Student Support & Health Services department helps to create a learning environment that is responsive to the academic, social and emotional needs of students by integrating the efforts of schools, non-profit organizations, businesses, government agencies and community members.
BULLYING PREVENTION Jessica Wharton, Bullying Prevention Specialist Jessica-wharton@scusd.edu Phone: 643-9076 FAX: 399-2028	Addresses the issue of bullying on a district-wide level. Specific works includes the facilitation of the district's Bullying Prevention Task Force, the development of SCUSD's strategic plan on bullying prevention and intervention, the development of district policies on bullying, training of district staff, and the provision of support services to bullying victims and perpetrators.
CONNECT CENTER 5601 47 th Avenue Sacramento, CA 95824 Phone: 643-2354 or 643-2356 LGBT Support Services Phone: 643-7997 Health Insurance Enrollment Phone: 643-2351	A centralized Student Support Center that serves as a "gateway" to critical support services for students and families in our school district. This central hub is designed to increase coordination of services by providing a single, easily identifiable point of access and assistance to address the social, emotional, and health needs of all students. Services include: Information and referral, case management, Individual & family counseling, Youth & parent groups, crisis intervention, and Health Insurance enrollment
COMMERCIALLY SEXUALLY EXPLOITED CHILD (CSEC) SERVICES Serna Center Aliya Holmes, Coordinator Aliya-holmes@scusd.edu Phone: 643-7991 Cailey Bronny cailey-bronny@scusd.edu Phone: 643-7995	Any child under the age of 18 years old that is used for the purpose of exploitation through sexual servitude (prostitution), regardless of the absence of economic leverage, manipulation, fraud, coercion, threats, force and violence is considered a <i>commercially sexually exploited child (CSEC)</i> . SCUSD offers support services to youth identified as being CSEC. Contact identified staff for available resources.
FOSTER YOUTH SERVICES Serna Center Aliya Holmes, Coordinator Aliya-holmes@scusd.edu Phone: 643-7991	Supports all foster youth residing in the SCUSD attendance area by assisting with access to social and academic support services, such as providing advocacy to promote the best interests of foster youth throughout SCUSD; identifying inadequacies in the completion and timely transfer of health and educational records to facilitate appropriate and stable care and educational placement; counseling and case management; career and college readiness; tutoring; mentoring; independent living skills development.

<p>HOMELESS SERVICES OFFICE Ethel Phillips Elementary School 2930 21st Avenue Sacramento, CA 95820</p> <p>Monica McRho, Homeless Services Program Coordinator monicamc@scusd.edu Phone: 277-6892 FAX: 277-6426</p>	<p>The Homeless Services program supports the enrollment, attendance and achievement of homeless students to ensure they receive equal access to educational opportunities. Specific services include: school enrollment, records retrieval, school supplies, hygiene supplies, and clothing referrals.</p>
<p>STUDENT SUPPORT CENTERS Located at the following schools:</p> <ul style="list-style-type: none"> • A.M. Winn Elementary • Abraham Lincoln Elementary • American Legion High • Bret Harte Elementary • John Bidwell Elementary • Bowling Green McCoy Elementary • Caroline Wenzel Elementary • C.K. McClatchy High • Earl Warren Elementary • Edward Kemble Elementary • Elder Creek Elementary • Ethel Phillips Elementary • Fthr. Keith B. Kenny Elementary • Hiram Johnson High • Isador Cohen Elementary • John Sloat Elementary • John Still K-8 • Leataata Floyd Elementary • Oak Ridge Elementary • Pacific Elementary • Parkway Elementary • Rosa Parks K-8th • Will C. Wood Middle 	<p>SSHS operates 22 Student Support centers at schools throughout the district to provide support to students who are struggling socially, emotionally and/or academically. At each center, a coordinator works closely with school staff to identify issues of concern and draw on community resources to address these.</p> <p>Services include: case management, mentoring, counseling, crisis intervention, home visits, family assistance, advocacy and others.</p>

Mental Health Service Providers

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Mental Health Service Providers	Brief Description
<p>American Health Services (AHS) 877-557-7826 www.americanhealthservices.org</p>	<p>Provides medical, mental health, and substance abuse treatment services.</p>
<p>Another Choice, Another Chance (ACAC) 916-388-9418 www.acacsac.org</p>	<p>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.</p>
<p>Asian Pacific Counseling Center 916-383-6783 www.apccounseling.org</p>	<p>Agency serving the mental health and acculturation needs of Asians and Pacific Islanders for a thriving and productive API community.</p>

Mental Health Service Providers	Brief Description
Birth & Beyond Family Resource Center 916-244-1900 www.thecapcenter.org	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.
Child & Family Institute 916-648-8008 www.cfisac.com	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.
Department of Veterans Affairs - National Center for PTSD 800-273-8255 www.ptsd.va.gov	Research and education on trauma and PTSD to help those exposed to trauma.
G.O.A.L.S. Inc. 916-621-3783 www.sacsccafam.org	Provides no cost services (mental health, peer counseling, suicide prevention) to the African American Community
La Familia Counseling Center 916-452-3601 www.lafcc.org	Provides multicultural counseling, outreach, and support services to low-income, at-risk youth and families in Sacramento County.
Panacea Services, Inc. 916-854-4564 www.panacea.worldbreak.com	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.
Omni Youth Programs 916-362-2000 www.omniyouth.net	Mission is to create strong families, develop youth leaders, and engage the community to cultivate a lifestyle free of alcohol, drugs, violence and bullying.
Redefining You Therapy (916) 956-6232 www.redefiningyouththerapy.com	Independent psychotherapy practice located in Oak Park that treats individuals with a wide range of conditions including depression, anxiety, or chemical dependence, with a specialization in dealing with unresolved trauma from experiences such as surviving sexual abuse or crime.
River Oak Center for Children 916-244-5800 www.riveroak.org	Programs serve children and youth experiencing behavioral health challenges to meet their goals.
Sacramento County Access to Children's Mental Health Services 916-875-1055 www.dhhs.sacounty.net	The Children's Mental Health Access Team is the entry point for mental health services for children and youth ages 0 – 21 years. The Access Team conducts over the phone triage, assessments, and linkage/referral to county-operated or contracted mental health service providers.
Sacramento County Child Protective Services (CPS) 916-875-5437 www.dhhs.sacounty.net	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.
Sacramento County Senior or Dependent Abuse 916-874-9377 www.dhhs.sacounty.net	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.
Strategies for Change 916-473-5764 www.strategies4change.org	Provides comprehensive substance abuse and co-occurring treatment for men and women in Sacramento County.
TLCS 916-441-0123 www.tlcscac.org	Provides a full array of services including intensive case management, permanent supportive housing, life skills education, psychiatric services, therapy, residential support services, opportunities for social connectedness, meaningful activities and crisis intervention
Trevor Project Crisis Line – LGBTQ	A national organization providing crisis intervention and suicide prevention

Mental Health Service Providers	Brief Description
Youth 866-488-7386 www.thetrevorproject.org	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.
Turning Point 916-364-8395 www.tpcp.org	Offers care, hope, respect, and support for those on the path to recovery and mental health, serving close to 5,000 mental health consumers in seven counties each year.
Visions Unlimited, Inc. 916-393-2203 www.vuinc.org	Contracts to provide outpatient mental health services to children and adults with serious mental health issues. Visions is located in South Sacramento.
WEAVE 916-920-2952 www.weaveinc.org	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
24-Hour Parent Support Line 1-888-281-3000 www.wellspacehealth.org	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.
Chicks in Crisis 916-730-6391 www.chicksin crisis.org	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
Law Enforcement Chaplaincy Sacramento 916-978-0296 www.sacchaplains.com	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.
Sacramento County Child Protective Services (CPS) 916-875-5437 www.dhhs.saccounty.net	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.
Sacramento County Senior or Dependent Abuse 916-874-9377 www.dhhs.saccounty.net	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.
Sacramento County Sheriff 916-874-5111 www.sacsheriff.com	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.
Sacramento Children's Home Crisis Nursery (Children ages 0-5) 916-679-3600 www.kidshome.org/what-we-do/CrisisNursery.php	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.
Sacramento County Mental Health Crisis Intervention 1-888-881-4881 www.dhhs.saccounty.net	During the hours of 5:00PM to 8:00AM this is the number to contact for Sacramento County Mental Health Services.
Sacramento Police Department 916-732-0100	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

Crisis Service Providers	Brief Description
www.cityofsacramento.org	result in delayed response from the Police Department.
TLCS 916-441-0123 www.tlcssac.org	Provides a full array of services including intensive case management, permanent supportive housing, life skills education, psychiatric services, therapy, residential support services, opportunities for social connectedness, meaningful activities and crisis intervention

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Hotline Services	Brief Description
24-Hour Suicide Crisis Line 916-368-3111 or 800-273-8255 www.suicidepreventionlifeline.org	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.
Sacramento Children's Home Crisis Nursery (Children ages 0-5) 916-679-3600 www.kidshome.org/what-we-do/CrisisNursery.php	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.
Trevor Project Crisis Line – LGBTQ Youth 866-488-7386 www.thetrevorproject.org	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.
Veterans 24 hour Crisis Line (National) 800-273-8255 www.veteranscrisisline.net	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.
National Domestic Violence Hotline 800.799.7233 www.thehotline.org	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.
WIND Youth Services – 24 hour Hotline 800-339-7177 www.windyouth.org	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
211 Community Information and Referral 916-498-1000 www.211sacramento.org	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.
Access to Children's Mental Health Services 916-875-1055 www.dhhs.saccounty.net	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.
Access to Adult Mental Health 916-875-1005 www.dhhs.saccounty.net	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.

Non-Emergency Services	Brief Description
Alcohol & Drug System of Care – Adult 916-874-9754 www.dhhs.saccounty.net	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.
Alcohol & Drug System of Care – Youth 916-875-2050 www.dhhs.saccounty.net	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.
Alta Regional Center (enrolled clients only) 916-978-6400 www.altaregional.org	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.
California Relay Service (Hearing Impaired) 711 1-800-806-1191 http://ddtp.cpuc.ca.gov	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.
Community Support Team 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.
Conservators Office 916-875-4467 916-875-4491 www.dhhs.saccounty.net	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.
Friends for Survival, Inc. 916-392-0664 www.friendsforsurvival.org	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.
Gender Health Center 916-455-2391 www.thegenderhealthcenter.org	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.
Guest House Homeless Clinic – El Hogar Community Services, Inc. 916-440-1500 www.elhogarinc.org	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.
Mental Health America of Northern California 916-366-4600 www.mhanca.org	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.
National Alliance on Mental Illness (NAMI) 916-364-1642 www.nami.org	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.
Sacramento LGBT Community Center 916-442-0185 www.saccenter.org	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.
Slavic Assistance Center	Offers cultural and ethnic specific/age specific outreach activities and

Non-Emergency Services	Brief Description
916-595-4383 www.slaviccenter.us	workshops for people with psychiatric and emotional problems with the goal of suicide prevention.
The Cutting Edge Journey (916) 868-8656 www.thecuttingedgejourney.com	Located in Oak Park, specializes in providing training sessions and consultation to individuals and groups in the areas of: anger management, stress management, substance abuse prevention, parent education, conflict resolution, health and wellness.
TLCS 916-441-0123 www.tlcssac.org	Provides a full array of services including intensive case management, permanent supportive housing, life skills education, psychiatric services, therapy, residential support services, opportunities for social connectedness, meaningful activities and crisis intervention.
Veterans Resource Centers 916-393-8387 www.vetsresource.org/vrc-sacramento.html	A multi-function campus with a comprehensive mix of services for veterans, which include employment counseling and training, supportive housing, dual diagnosis behavior health treatment, and homeless prevention.

Youth Support Service Providers

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Youth Support Service Providers	Brief Description
100 Black Men 916-428-8203 www.100blackmenofsacramento.org	Programs directed at young African American males that offer structured mentoring, tutoring, cultural enrichment, and college scholarships.
211 Community Information and Referral 916-498-1000 www.211sacramento.org	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.
Always Knocking 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).
Another Choice, Another Chance (ACAC) 916-388-9418 www.acacsac.org	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.
Birth & Beyond Family Resource Center 916-244-1900 www.thecapcenter.org	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.
Boys and Girls Clubs of Greater Sacramento 916-392-1350 www.bgcsac.org	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.
Center for Community Health and Well-Being 916-558-4812 www.cchwb.org	Provides a variety of services supporting children, women, and families through the Safe Sleep Program, Black Mothers United, and youth development programs.
Golden Rule Services 916-427-4653 www.goldenruleservicesacramento.org	Works to resolve disproportionate health, education, employment and criminal justice disparities experienced by people of color.
La Familia Counseling Center	Provides multicultural counseling, outreach, and support services to low-

Youth Support Service Providers	Brief Description
916-452-3601 www.lafcc.org	income, at-risk youth and families in Sacramento County.
Mutual Assistance Network of Del Paso Heights 916-927-7694 www.mutualassistance.com	Provides youth programs in addition to other community support and economic development programs.
OMNI Youth Program 916-362-2000 www.omniyouth.net	Mission is to create strong families, develop youth leaders, and engage the community to cultivate a lifestyle free of alcohol, drugs, violence and bullying.
Sacramento Area Congregations Together (ACT) 916-389-8990 www.sacact.org	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.
Sacramento Children's Home 916-452-3981 www.kidshome.org	Through a wide range of residential and community-based programs, this agency addresses family issues to break cycles of child abuse and neglect.
Sacramento Minority Youth Violence Prevention Program 916-556-3344 www.healthdcouncil.org	This initiative addresses violence as a public health issue and integrates public health and local community policing efforts in a coordinated violence prevention approach.
Sacramento Violence Intervention Program 916-201-0171 www.wellspacehealth.org	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.
Sam & Bonnie Pannell Community Center 916-808-6680 www.cityofsacramento.org	Weekly programs including: Friday Night Hot Spot, Meals on Wheels, Teen Scene, Computer skills, and Zumba Fitness.
St. John's Center for Real Change 916-453-1482 http://saintjohnsprogram.org	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.
Sutter Teen Programs (916) 887-4031 http://www.checksutterfirst.org/women/services/teens/	Works with Sacramento County pregnant or parenting. Teens work with a case manager who provides guidance and resources to help the teen give birth to a healthy baby; complete their education; avoid an unplanned pregnancy and get some good parenting skills.
Target Excellence 916-930-0572 www.targetexcellence.org	Provides after-school programs that focus on academic achievement, character-building, health and wellness, and employable life skills.
The Center 916-442-4228 www.sccsc.org	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.
United lu Mien Community, Inc. 916-383-3083 www.unitediumien.org	Supports and develops healthy lu-Mien families and communities through culturally responsive programs and services.

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Agency	Brief Description
Adoption Choices of Northern California 800-607-9200 www.womenshealthspecialists.org	ACNC provides counseling and adoption information to birth mothers, as well as standard women's health including STI screening, birth control, and abortion services.

Agency	Brief Description
Mental Health America 703-684-7722 or 800-969-6642 www.nmha.org	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.
National Child Traumatic Stress Network 310-235-2633 www.nctsn.org	Established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.
National Council on Alcoholism and Drug Dependence (NCADD) 916-922-5121 www.ncadd.org	A voluntary health organization dedicated to fighting alcoholism, drug addiction and the devastating consequences of alcohol and other drugs on individuals, families and communities.
Network of Care Sacramento and the On-line Wellness and Recovery Action Plan (WRAP) tool www.sacramento.networkofcare.org	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.
Sacramento County Office of Education 916-228-2500 www.scoe.net	Provides technical assistance, curriculum and instructional support, staff development, legal and financial advice, and oversight to Sacramento County school districts.
Sacramento Steps Forward 916-577-9770 www.sacramentostepsforward.org	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.
Stop Stigma Sacramento 916-446-1434 www.stopstigasacramento.org	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.
Substance Abuse and Mental Health Services Administration (SAMHSA) 1-877-726-4727 www.samhsa.gov	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.
Teen Mental Health www.teenmentalhealth.org	Informational website about mental disorders, brain injuries, stigma, and how to support teens. Toolkits for mental health and teens.
WIND Youth Services 916-561-4900 www.windyouth.org	Provides supportive services and opportunities to youth experiencing homelessness as they pursue self-determined lives of stability and independence.