

## Emergency Resources

The following resources are available to assist individuals who are in crisis:

Suicide crisis hotline 1-800-273-8255 or 916-368-3111  
available 24 hrs. a day.

Your local Hospital Emergency Room

Call 911 and ask to speak to the mental health worker on call

NAMI Sacramento (Mental Health Organization)  
Crisis Center 916-732-3637

Youth crisis hotline: 1-800-843-5200

Domestic violence help:

Stand up Placer 1-800-575- 5352 (Placer County) and  
Sacramento County WEAVE 916-920-2952