

Youth Depression & Suicide Local & National Resources

One Call Can Make a Difference

You can get help for your child using the following community and national resources. You may need to call several places to determine which one best meets your needs.

Community Mental Health Resources

- Mental health center:
 - Placer County Mental Health Services: 916-787-8800
 - General hospital(s) with psychiatric services:
 - Kaiser Permanente, Department of Psychiatry: 916-878-4022
 - Sutter Roseville Medical Center, Mental/Behavioral Health: 916-781-1000
 - Psychiatric hospitals:
 - Heritage Oaks Hospital: 916-489-3336
 - Sutter Center for Psychiatry: 916-386-3000
 - Local facilities providing free and/or sliding scale treatment:
 - KidsFirst: 916-774-6802
 - The Place Within Counseling Center: 916-772-6158 & 916-799-1644
 - HOPE Counseling Center: 916-444-2170
 - Heartstrings Counseling: 916-676-7405
 - Crisis Resolution Center: 916-652-5814
 - Sierra Mental Wellness Group: 916-783-5207
 - Hearts & Hands Counseling: 916-676-3548
 - Windows of Hope: 916-932-8124
 - New Mourning Counseling Services: 530-887-1300
 - California Psychological Association: <http://www.cpapsych.org/>
 - Local pastoral counseling centers:
 - Omni Christian Counseling: 916-289-1841
 - Glass Ceiling Christian Counseling: 916-318-5317
 - Mental Health Association: <http://www.mhac.org/>
 - National Alliance for the Mentally Ill in Placer County: <http://www.namipc.org/>
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National Mental Health Resources

- **1-800-237-TALK (8255)** National Suicide Prevention Lifeline: Call for 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
- **<http://findtreatment.samhsa.gov>** Find quality treatment options close to home using Substance Abuse and Mental Health Service Administration's (SAMHSA) confidential and anonymous online treatment locator.
- **1-800-662-HELP (4357)** SAMHSA's National Helpline: Call for 24/7, free and confidential information for individuals and family members facing substance abuse and mental health issues.