



ST. DYPHNA MENTAL HEALTH & WELLNESS MINISTRY

SPIRITUAL ACCOMPANIMENT, EDUCATION, AND ADVOCACY

Below is an updated list of mental health referrals based on current resources available in Sacramento County and surrounding areas as of April 2026. This includes county-operated services, community clinics, and specialized programs. These are suitable for parishioners seeking assistance, with options for various needs like crisis intervention, counseling, and support groups. **Always verify details directly as services may change.**

For more options, parishioners can contact the Sacramento County Behavioral Health Access Team at (916) 875-1055 for personalized referrals.

BEHAVIORAL HEALTH SERVICES-SCREENING & COORDINATION (BHS-SAC)	OVER-THE-PHONE BRIEF SCREENING AND LINKAGE TO MENTAL HEALTH PROVIDERS, INCLUDING MEDI-CAL SERVICES AND PREVENTION PROGRAMS.	PHONE: (916) 875-1055 OR (888) 881-4881 FAX: (916) 875-1190 HOURS: MON-FRI, 8AM-5PM (24/7 FOR CRISES)
MENTAL HEALTH URGENT CARE CLINIC (MHUCC)	WALK-IN SUPPORT FOR MENTAL HEALTH OR CO-OCCURRING SUBSTANCE ABUSE CRISES, WITH PEER, CLINICIAN, AND MEDICAL STAFF.	ADDRESS: 2130 STOCKTON BLVD, BLDG 300, SACRAMENTO, CA 95817 PHONE: (916) 520-2460 HOURS: MON-FRI 8AM-MIDNIGHT (LAST WALK-IN 10PM); SAT/SUN/HOLIDAYS 8AM-8PM (LAST WALK-IN 6PM)
COMMUNITY WELLNESS RESPONSE TEAM (CWRT)	IN-PERSON CRISIS INTERVENTION, ASSESSMENT, SAFETY PLANNING, AND LINKAGE TO SERVICES IN RESPONSE TO 988 CALLS.	CALL OR TEXT: 988 HOURS: 24/7
OLDER ADULT RESOURCE LIST	DIRECTORY OF RESOURCES FOR OLDER ADULTS , INCLUDING MENTAL HEALTH, CRISIS, AND SOCIAL SUPPORT.	VARIES; CONTACT BHS-SAC FOR LIST (916) 875-1055
CHILD, YOUTH, AND FAMILY MENTAL HEALTH PROGRAM	MENTAL HEALTH SUPPORT FOR CHILDREN, YOUTH, AND FAMILIES DEALING WITH ANXIETY, SADNESS, OR BEHAVIORAL CHANGES.	Con BHS-SAC: (916) 875-1055
SACRAMENTO COUNTY MENTAL HEALTH TREATMENT CENTER	INPATIENT AND CRISIS SERVICES; REFERRALS THROUGH BHS-SAC.	ADDRESS: 2150 STOCKTON BLVD, SACRAMENTO, CA 95817 PHONE: (916) 875-1000
SAN JOAQUIN BEHAVIORAL HEALTH	FREE SUPPORT GROUPS , EDUCATION & ADVOCACY	(916) 364-1642

First Things First

Contact your Primary Care Physician or Insurance Provider for a list of approved referrals.

Emergency and Crisis Support

If you or someone you know is in immediate danger or experiencing a mental health crisis, call 911 or go to the nearest emergency room. For Mental Health crisis support, call or text 988 (24/7 National Suicide & Crisis Lifeline).

PLEASE NOTE: Inclusion of these resources is not intended to be an endorsement but for informational purposes only. These are not intended as medical advice, diagnosis, or treatment



SCAN this QR Code or go to: https://www.calvoices.org/sacm_apadultresources for an additional list of mental health programs and services available to adults in Sacramento County. Most services listed have few, if any, eligibility requirements, do not require insurance, and are free or low cost.

The list includes those in Sacramento County that are funded by the Division of Behavioral Health Services, as well as State and National resources.

Good Shepherd Mental Health Ministry recognizes the value of professional mental health care and the importance of collaboration with health care organizations and professionals; our ministry hopes to help overcome the stigma that people living with mental illness encounter in the Church and in human society.

Alcoholics Anonymous	(916) 454-1100	aasacramento.org	Alanon (for relatives or friends of persons with alcohol-use problems)	(916) 334-2970	sacramento-al-anon.org
Narcotics Anonymous	(800)600-HOPE (4673)	sacramentona.org	Nar-Anon (for relatives or friends of persons with drug-use problems)	(800) 477-6291	naranonsacramento.org

The following information is an updated list of **FAITH BASED** mental health referrals. **Always verify details directly as services may change.** These national organizations offer free or low-cost tools, education, peer support groups (often online/virtual), helplines, and faith-integrated resources to help individuals, families, and faith communities navigate mental health challenges. Many emphasize the role of spirituality and faith in recovery.

NATIONAL MENTAL HEALTH SUPPORT RESOURCES

Search Diocese of Sacramento Counselor/Therapist List: https://www.scd.org/sites/default/files/202601/Mental%20Health%20Professionals.pdf
Search Catholic Therapists.Com Website for a directory filtered for Sacramento/CA or area of preference for therapists faithful to Catholic teachings: https://catholictherapists.com/
Search Psychology Today.Com Website for a directory of Faith Specific Therapists https://www.psychologytoday.com/us/

CHRISTIAN-FOCUSED SUPPORT AND RECOVERY

Fresh Hope for Mental Health An international network of Christian peer-led support groups (in-person and online) for individuals with mental health challenges and their loved ones. Rooted in hope and proven clinical research, groups empower participants to live full lives through faith-based encouragement. Find a group: Search by location/modality (many virtual options). Website: freshhope.us (includes podcasts, coaching, and resources)
Focus on the Family – Christian Counselors Network Directory of verified Christian counselors (many offer telehealth nationwide). Call for referrals, prayer support, and faith-aligned resources. Phone: 1-855-771-HELP Website: christiancounselorsnetwork.com

OTHER RESOURCES

Good Shepherd Hearts of Compassion Grief & Bereavement Ministry	hoc@gscceg.org
St. Vincent de Paul	(916) 647-1243
Catholic Charities of California	916) 706 -1539
NAMI (National Alliance on Mental Illness) – FaithNet	1-800-950-NAMI (6264)
SAMHSA (Substance Abuse & Mental Health Service Administration)	1-877-726-4727
2-1-1 Sacramento [Food, Shelter & Health Services]	Dial 2-1-1

Philippians 4:6-7

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Grief Support



SCAN this QR Code or go to: https://www.eastlawn.com/wp-content/uploads/2026/02/63467-East-Lawn-Bereavement-Resource-Directory-Brochure-2026-V2_PROOF.pdf

The **Community Bereavement Resource Directory** is a comprehensive guide in collaboration with **East Lawn**, designed to connect individuals in Sacramento and surrounding counties with free grief support services.

The directory includes listings for general bereavement groups, support for the loss of a spouse/partner, child loss support, young adult grief groups, and specialized support for suicide or homicide survivors.

It lists services from various organizations, including hospices, faith-based groups, and dedicated non-profits.