Resources for Help in Sacramento County

Prevention, treatment and crisis support for families, young people and community partners in Sacramento County.

URGENT HELP, 24/7

Call or text 988

For an urgent behavioral-health or substance-use crisis.

LIFE-THREATENING EMERGENCY

Call 911

For overdose or any immediate danger to life.

WHERE TO START

Omni Youth Programs

omniyouth.net

Resources and information about youth opioid and fentanyl prevention, alcohol, marijuana, vaping and other drug prevention; free interactive presentations and trainings; parent and family programs; youth leadership programs; culturally grounded prevention events; prevention exhibits and video screenings; blogs and educational videos; and opportunities for organizations and community members to receive training or partner with Omni.

One Pill Can Kill Sacramento

1pillcankillsac.com

The site includes fentanyl education materials, videos and printable resources; stories from Sacramento-area individuals and families affected by fentanyl; parent and youth resources; drug-disposal information; harm-reduction resources; naloxone information; treatment information; and community events.

GET CONNECTED TO CARE

Sacramento County Behavioral Health Services

916-875-1055

They help people of all ages get screened and connected to appropriate mental-health and substance-use services. The County's substance-use system serves Sacramento County residents beginning at age 12 and includes prevention, outpatient, medication-assisted, residential and recovery services.

GET FREE NALOXONE IN SACRAMENTO COUNTY

Sacramento County provides naloxone available at no cost.

CALL
916-875-2050

ONLINE
SaferSacramento.com

YOUTH CRISIS SUPPORT

California Youth Crisis Line

1-800-843-5200

Statewide support for young people and their families, available 24/7.

NEED HELP NOW **Call or text 988 · Emergency: 911**