



Mental Health Resource Guide

National Resources

BLACK MENTAL WELLNESS

Disorders fact sheets guides:

<https://www.blackmentalwellness.com/mental-health-disorders>

Disorders fact sheets guides:

BEAM

Black Emotional and Mental Health

<https://wellness.beam.community/>

The Black Virtual Wellness Directory is a resource. BEAM is not liable for care services rendered by providers in listings.

For inquires about BEAM's trainings and programs, contact us at:

training@beam.community

For press/media inquiries only, email:

dayo.akinyemi@beam.community

Behavioral Health Treatment Services Locator:

<https://findtreatment.samhsa.gov/>

Psychology Today: www.PsychologyToday.com

Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers who provide mental health services in the US and internationally.



Therapy for Black Girls: www.TherapyForBlackGirls.com

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

Zoc Doc: www.ZocDoc.com

With Zocdoc, you can see doctors' open appointment times and book instantly online, make informed choices with verified reviews, and stay on top of important checkups with tailored reminders.

The National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Visit, <https://suicidepreventionlifeline.org/>
or dial 1-888-628-9454 to speak to someone.

The Veterans Crisis Line

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Responders will work with you to help you get through any personal crisis, even if that crisis does not involve thoughts of suicide. Dial 1-800- 273-8255 and (Press 1) to talk to someone now. A confidential chat is also available online or through text.

To chat online (<https://www.veteranscrisisline.net/ChatTermsOfService.aspx>) or send a **text to 838255** to receive confidential support anonymously..

Mental Health Screening Online Tools

There are screenings available online that are helpful for self-assessing the severity of a particular set of concerns. Some helpful screenings for youth and adults can be found here:

<https://www.integration.samhsa.gov/clinicalpractice/screening-tools>

<https://screening.mhanational.org/screening-tools/>



APPS

Mindfulness/Meditation/Relaxation/ Stress Management

5MinRelax
Breathe
Calm
Headspace
Insight Timer
Lake: Coloring Book
Mindfulness Coach App
Tactical Breather
Sleep Pillow
Stay Quilt
Stop Breathe Think

Multiple Mental Health Symptoms

Catch it
Headspace
Moodkit
notOK App
What's My M3
The Safe Place

Anxiety

Anxiety Coach
Anxiety Reliever
Breathe2Relax
End Anxiety



Happify Mindshift
Pacifica for Stress & Anxiety
Panic Relief
Self-Help Anxiety Management
Thought Diary
Worry Watch

Trauma

PE Coach
PTSD Coach
PTSD Family Coach

Obsessive Compulsions

Live OCD Free

Depression

Virtual Hope Box
Mood Coach
MoodTools

Multiple Mental Health Symptoms

Catch it
Headspace
Moodkit
notOK App
What's My M3
The Safe Place

HELP ME FIND AN APP

<https://onemindpsyberguide.org/apps/>



Mental Health and Wellness Podcasts

A Different Perspective

Listen to gain "A Different Perspective" for topics related to POC mental health and wellness, psychology, activism, social justice, racial identity, Black culture, womanism, diversity, multiculturalism, and more. To learn more, <https://www.dramberthornton.com/podcast.html>

AFFIRM by Redefine Enough

For women of color who affirm their worth, value mental health, and seek wholeness. To learn more, <https://www.redefineenough.com/affirmpodcast/>

Between Sessions Podcast

Two brown chicks changing the face of therapy on both sides of the couch. To learn more, <https://www.melaninandmentalhealth.com/category/between-sessions/>

Black Girl In Om

Welcome to your go-to conversation on all things wellness, self-care and self-love for women of color, hosted by Black Girl In Om Founder Lauren Ash and Art Director Deun Ivory. To learn more, <http://www.blackgirlinom.com/podcast/>

Celeste The Therapist Podcast

This podcast is designed to help shift the way you think, as the host Celeste interviews guests from different backgrounds who empower people in different capacities. To learn more, <https://www.celestethetherapist.com/podcast.html#/>

Fireflies Unite Podcast

A podcast from the perspective of individuals thriving with a mental illness. To learn more, <http://www.firefliesunite.com/podcast>



Minding My Black Business with Dr. Janae Taylor

Dedicated to the mental health of Black Entrepreneurs, with a goal to engage, inform, and support other Black Entrepreneurs as they manage the business of work! To learn more, <https://mindingmyblackbusiness.com/podcast/>

Naming It Podcast

Features Bay Area Psychologists, Dr. Bedford Palmer & Dr. LaMisha Hill, who explore the intersections of Social Justice, Psychology, & Blackness. To learn more, <http://www.namingitpodcast.com/>

OB Podcast-Ourselves Black

A weekly podcast that delves into Black mental health. To learn more, <https://ourselvesblack.com/ob-podcast>

Silence the Shame

A podcast by ShantiDas. To learn more, <https://itunes.apple.com/us/podcast/silence-the-shamepodcast/id1213102630?mt=2>

Silent Symptoms: Black Mental Health Podcast

This podcast addresses the stigma about therapy about mental illnesses in the Black community, through discussing various topics. To learn more, <https://anchor.fm/SilentSymptomsPodcast/>

Talking Off the Couch. It's OK To Not Be OK

A podcast that focuses on mental health and mental wellness. To learn more, <http://talkingoffthecouch.com/>



Suicide Prevention Crisis Line (National)

(800) 273-8255

www.suicidepreventionlifeline.org

Veterans 24 hour Crisis Line (National)

(800) 273-8255

Department of Veterans Affairs – National Center for PTSD

www.ptsd.va.gov

Trevor Project Crisis Line – LGBTQ Youth

(866) 488-7386

866-4-U-TREVOR

www.thetrevorproject.org

National Alliance On Mental Health (National)

(800) 950-6264

MentalHealth.gov

www.mentalhealth.gov

Teen Mental Health

www.teenmentalhealth.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

Mental Health America (MHA)

www.nmha.org

National Child Traumatic Stress Network

www.nctsn.org



SACRAMENTO AFRICAN AMERICAN MENTAL HEALTH WORKERS

<https://aamhp.com>

CLINICAL PSYCHOLOGISTS

Hamilton, Sylvia A., Ph.D.

License No. PSY 18289

925 Secret River Drive, Suite K

Sacramento, CA 95831

Phone:

Office: (916) 399-8322

Cell: (916) 585-0428

Mimms, Tiffany Ph.D.

License No. PSY 21784

1531 Corporate Way

Sacramento, CA 95831

Phone: (916) 424-3700, Press 1

Email: Dr.Mimms@TheRosettaCenter.com

PSYCHIATRISTS

Hall, Heather, M.D.

License No. G86039

9245 Laguna Springs Dr. Suite 200

Elk Grove, CA 95758

Phone: (916) 509-7158

MARRIAGE & FAMILY THERAPISTS (LMFT)

Bridges, Dee L.M.F.T.

License No. LMFT 26006

3807 Pasadena Ave.

Suite 115

Sacramento, CA 95821

Phone: (916) 467-2989

VISIT THEIR WEBSITE FOR MORE LISTINGS....



LOCAL Resources

Stop Stigma Sacramento

www.stopstigmatasacramento.org/resources/

SCC Community Health Resources For: Sacramento City College

MENTAL HEALTH/COUNSELING

WELLSPACE ON CAMPUS

Provides support for short term mental health concerns or assessment and assistance with community mental health resources as needed. WellSpace is located inside the Health Center. Limited appointments are available and may require meeting with an SCC counselor in advance.

County Crisis Hotline: 916-732-3637

Suicide Crisis Line: 916-368-3111

Crisis Text Line

Text: "COURAGE" TO: 741741

SACRAMENTO COUNTY MENTAL HEALTH/COUNSELING RESOURCES

Adult ACCESS (Sacramento County Mental Health): 916-875-1055

Child ACCESS(Sacramento County Mental Health): 916-875-9980 Up to age 18 or 21 if you have MediCal.

Turning Point Mental Health Urgent Care

916-520-2460 (Services provided on a walk-in basis)

Monday- Friday 10:00 a.m. – 10:00 p.m.

Saturday-Sunday and Holidays 10:00 a.m. – 6:00 p.m.

PRIVATE PAY OR INSURANCE COUNSELING

Access to Adult Mental Health

(916) 875-1055

Access to Children's Mental Health

(916) 875-9980

Mental Health America of Northern California

(916) 366-4600

National Alliance on Mental Illness (NAMI)

(916) 364-1642



Adult Mental Health First Aid/Youth Mental Health First Aid

MHFA@saccounty.net

www.mentalhealthfirstaid.org

STATE Resources

National Institute of Mental Health

www.nimh.nih.gov

Mental Health Services Division - California Department of Health Care Services

www.dhcs.gov

HOSPITALS

Sutter Center for Psychiatry

7700 Folsom Blvd, Sacramento

(916) 386-3000 (24 hours)

Heritage Oaks

4250 Auburn Blvd, Sacramento

(916) 489-3336 (24 hours)

Sierra Vista

8001 Bruceville Rd, Sacramento

(916) 288-0300



Who We Are

HOPEFUL Inc is a community based organization that provides solutions, coping skills and resources to the most distressed communities in Sacramento. We take a state-of-the-art approach in addressing societal challenges, and help these communities discover new perspectives on how to overcome obstacles and barriers to new information and ideas. For those who have participated in our programs, there is a high success rate of life transformative skills.



Our Mission

Helping Other People Everywhere Fully Utilize Life

Our Vision

To be trusted leaders in the community by providing innovative charitable solutions to age old societal challenges.