



Community Support Team

Phone: (916) 874-6015

Fax: (916) 854-8939

California Relay Service: 711

Bilingual/Bicultural staff and interpreters are available at no cost.

This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

SACRAMENTO COUNTY



Behavioral Health Services Resources



Community Resources

Sacramento County Info Line

(916) 498-1000 or 211

Consumer Operated Warm Line

(916) 366-4668

National Warm Line

(855) 642-6222

Mental Health Urgent Care Clinic

2130 Stockton Blvd, Bldg. 300

Sacramento, CA 95817

(916) 520-2460

Suicide Prevention Resources

Suicide Prevention Crisis Line

988

National Suicide Prevention Line

1-800-273-TALK (8255) or

1-800-SUICIDE

Brochures are available in 8 threshold languages:

English

Arabic

Cantonese

Farsi

Hmong

Russian

Spanish

Vietnamese

**County of Sacramento
Department of Health Services,
Behavioral Health Services**

David Villanueva

County Executive

**Timothy Lutz, Director
Department of Health Services**

**Ryan Quist, Ph.D.
Behavioral Health Services,
Director,**

**Kelli Weaver
Behavioral Health Services, Deputy
Director**



Board of Supervisors

Phil Serna - *1st District*

Patrick Kennedy - *2nd District*

Rich Desmond - *3rd District*

Sue Frost - *4th District*

Pat Hume - *5th District*



Referral Line

(916) 874-6015

Hours of Operation

Monday-Friday: 8:00 a.m. - 5:00 p.m.

Hours are subject to change based on community needs.

The Community Support Team (CST) is a Mental Health Services Act Prevention and Early Intervention Program. This program is a part of a continuum of services and support within Sacramento County's Suicide Prevention Project.



Behavioral Health Services

In partnership with



Who is the Community Support Team?

The Community Support Team is a collaboration that brings the County and a community-based organization into one team with a variety of clinical and outreach skills. It includes:

- ❖ Peer support specialists with lived experience who are able to use their life stories to foster hope and support individuals and families seeking help.
- ❖ Mental Health Counselors with clinical experience across all ages to assess and assist with appropriate referrals and supports to individuals & families.

Serving the Sacramento County community to:

- ❖ Proactively attend to signs of distress relating to a crisis.
- ❖ Identify and create connections in the community.
- ❖ Maximize use of traditional and nontraditional community supports.
- ❖ Strengthen personal resilience in the face of challenging circumstances.
- ❖ Access self-help skills and resources.
- ❖ Problem-solve challenges and navigate system barriers.
- ❖ Engage in activities that improve life satisfaction and well-being.

How does the Community Support Team help people?

- ❖ Responds to requests for assistance for individuals, families, or the community.
- ❖ Provides flexible, field-based assessment of needs.
- ❖ Connect individuals to Mental Health Services.
- ❖ Builds upon individual, family and community strengths, skills and natural support.
- ❖ Assists with making navigating systems and connection to services.
- ❖ Prevents or reduces risks or stressors by building protective factors and skills.
- ❖ Provides flexible "help-first" approaches and fosters hope for personal recovery.
- ❖ Provides early intervention to reduce or avoid the need for crisis services.
- ❖ Increases active connection with self-identified support.
- ❖ Educates key individuals, family members or natural support to improve health and wellness.
- ❖ Educate about resources available in Sacramento County including Mental Health Services and other services.

Mission Statement

The Community Support Team serves individuals of all ages and diversity in the community with interventions, education, navigation, resources, and connection to services. The goal is to provide services in a culturally and linguistically competent manner to promote recovery, resiliency, well-being, and reduce the risk of suicide.