



Sacramento County Access Team does not discriminate on the basis of ability, culture, language, ethnicity, race, gender, sexual orientation, or gender identity/expression.

Bilingual staff or interpreters are available at no cost. Please let us know if you need an interpreter.



If you need an ADA accommodation in order to participate in or have access to a county program, service, or activity in the Department of Health Services, Behavioral Health, please let us know so we can link you to an appropriate provider.

Deaf and hard of hearing individuals may contact the Mental Health Access Team or Beneficiary Protection staff using video relay service or California Relay 711.



Our Mission

To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency

Our Vision

We envision a community where persons from diverse backgrounds across the life continuum have the opportunity to experience optimum wellness.

Ann Edwards
County Executive

Chevon Kothari, Director
Department of Health Services

Ryan Quist
Behavioral Health Director

Board of Supervisors
Phil Serna - 1st District
Patrick Kennedy - 2nd District
Rich Desmond - 3rd District
Sue Frost - 4th District
Don Nottoli - 5th District

<https://bos.saccounty.gov/>



Mental Health Access Team



We link Sacramento County residents of all ages to culturally and linguistically responsive, recovery-focused mental health services

Monday - Friday, 8 am - 5 pm
(24/7 for Mental Health Crisis Calls)

(916) 875-1055
toll free (888) 881-4881
Fax (916) 875-1190

<https://dhs.saccounty.gov/bhs/>

Mental health emergency services are available for youth under 18 years of age 10:00a.m. -7:00p.m.

7 days a week at:

Intake Stabilization Unit (ISU)
Mental Health Treatment Center
2150 Stockton Boulevard
Sacramento, CA 95817
916-875-1000

(COVID screening/testing may apply)
[life threatening emergencies, please call 911 or go to the nearest emergency department]



We determine eligibility for services by conducting a phone screening and assessment.

Our extensive network provides:

- * Crisis intervention
- * Mental health assessments
- * Therapy/Rehabilitation services & Groups
- * Intensive Care Coordination & Home Based Services
- * Case management/Linkage to community resources
- * Medication support
- * Early Childhood Mental Health
- * Transition Age Youth Mental Health
- * Older Adult Mental Health

Anyone may request mental health services for themselves or on the behalf of others by using our online form, by phone, or by US mail.

A valid phone number is required to process the service request.



Online Mental Health Service Request:

[https://
mentalhealthservicerequest.saccounty.gov/](https://mentalhealthservicerequest.saccounty.gov/)

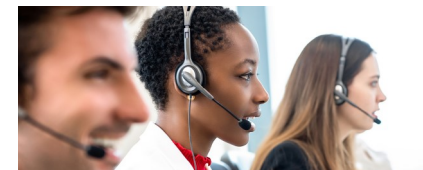


Phone: 916-875-1055
24-Hour Toll Free: 888-881-4881



Complete the Service Request Form in detail and mail to:
Sacramento County
Mental Health Access Team
7000-A East Parkway, Suite 700,
Sacramento, CA 95823

The Mental Health Access Team will determine the level of service needed and link the individual with a culturally and linguistically appropriate provider.



The Mental Health Access Team will give the individual the provider's name and telephone number.



In accordance with confidentiality regulations, the Mental Health Access Team will inform the referring party that the individual has been linked with a provider agency.



The Sacramento County contracted provider will contact the individual and/or caregiver to schedule an initial appointment.

