



## Mental Health Resources

**Crisis/Emergency Support** – *Senior Care Solutions is a free education, resource, and placement referral agency, but we are not equipped to handle crisis or emergency situations. For medical or psychiatric emergencies, call 9-1-1. Or call one of the organizations or hotlines listed below for guidance about your situation.*

- **For a medical or psychiatric emergency, call 9-1-1.**
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) or online chat at <https://suicidepreventionlifeline.org/chat/>
- **Crisis Text Line:** text HOME to 741741, or see <https://www.crisistextline.org/>
- **The Friendship Line: (age 60+ northern CA)** 24-hour hotline for confidential support and reassurance for those who may be lonely, isolated, grieving, depressed, anxious, and/or thinking about death or suicide. Caregivers and family members may call this line also. **1-800-971-0016 or 888-670-1360**
- **Sacramento County Mental Health Services Crisis Line:** 916-732-3637
- **Veterans' Suicide Prevention Hotline:** 1-800-273-8255 ext. 1
- **Veterans' Crisis Line:** (for vets and their loved ones and caregivers) **Dial 988 then press 1, or text 838255** or chat online: <https://www.veteranscrisisline.net/chat> responders are trained in crisis intervention and military culture

### Non-emergency services and organizations

- **To report Elder Abuse or suspected Elder Abuse:** 24-hour confidential and anonymous hotline for Adult Protective Services; anyone can report suspected abuse or neglect, even if you're not sure it's happening but you see signs; this includes physical, sexual, mental, financial abuse or neglect of personal care or possible abandonment
  - **916-874-9377** for Sacramento County
  - **530-642-4800** for El Dorado County
  - **916-787-8860** for Placer County
- **Senior Link: (age 55+ Sacramento County)** A FREE prevention and early intervention program for those experiencing isolation and/or early signs of depression or anxiety; culturally diverse staff works with participants to improve health and wellness, collaborate with health care providers, increase opportunities for socialization, and provide transportation. M-Sat., 8am-5pm **916-369-7872** <http://www.elhogarinc.org/seniorlink/>
- **Senior Peer Counseling: (age 55+)** A free and confidential Senior Peer Counseling Program for residents and caregivers.
  - **Sacramento County CalVoices:** 916-855-5444 <https://www.calvoices.org/programs-and-services>
  - **Placer County:** 530-883-8466 <https://www.placer.ca.gov/2519/Senior-Peer-Counseling-Program>
  - **El Dorado County:** 530-621-6304 [https://www.edcgov.us/Government/HumanServices/senior%20services/pages/senior\\_peer\\_counseling.aspx](https://www.edcgov.us/Government/HumanServices/senior%20services/pages/senior_peer_counseling.aspx)



- **Eskaton Telephone Reassurance Program:** Free service which helps seniors make social connections by phone and provides safety and wellness checks and access to community resources. **916-334-1072 or 866-375-2866** or see <https://www.eskaton.org/post/eskaton-telephone-reassurance-program>
- **AARP Friendly Voice:** call center staffed by volunteers, providing friendly conversation for those who are isolated or lonely. **1-888-281-0145** or see <https://connect2affect.org>
- **Turning Point Community Programs:** offers resources that provide hope, respect, and support on the path to recovery and mental health. **Warmline: 916-366-4668** or see <https://www.tpcp.org/>
- **Institute on Aging Online Grief Support Groups:** **415-750-4111** or see <https://www.ioaging.org/services/psychological-services/center-for-elderly-suicide-prevention/grief-services>