

FIND HELP IN SACRAMENTO, CA

Part of the mission of TWLOHA is to connect people to treatment and sources of help. Regardless of what you may be facing, reaching out for help from a counselor, joining a support group, or even calling a hotline can be a great place to start.

The resources listed are just a few of the many great ones in Sacramento. When reaching out to treatment providers, we always encourage people to begin by connecting with resources from licensed mental health providers. While TWLOHA believes in the power and efficacy of treatment, you are responsible for interviewing and selecting the provider or treatment. As TWLOHA does not provide treatment services, TWLOHA cannot accept responsibility for any of the services provided by these or any other providers listed here.

IN CRISIS

NATIONAL

- Crisis Text Line**
• Text TWLOHA to 741741
- National Suicide Prevention Lifeline**
• 1-800-273-TALK
- Rape, Abuse, and Incest National Network (RAINN)**
• 1-800-656-HOPE
- The Trevor Project (LGBTQ)**
• 1-866-4-U-TREVOR
- Treatment Referral Hotline (Substance Abuse)**
• 1-800-662-HELP

LOCAL

- WellSpace Health 24-Hour Suicide Prevention Crisis Line**
• (916) 368-3111
- Provides 24-hour support for those experiencing distress, including referral to mental health mobile crisis teams and online chat support during limited hours at EffortSuicidePrevention.org

911 AND ANY LOCAL EMERGENCY ROOM ARE ALSO GREAT RESOURCES IN TIMES OF CRISIS.

TO WRITE LOVE ON HER ARMS★

MISSION

To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.

Since 2006, TWLOHA has responded to 200,000 messages from 100 countries. We have also given more than \$1,600,000 to treatment and recovery.

TWLOHA.COM
FACEBOOK.COM/TOWRITELOVEONHERARMS
TWITTER.COM/TWLOHA

SACRAMENTO CALIFORNIA

TO WRITE LOVE ON HER ARMS★

WELCOME.

WE ARE GLAD YOU ARE HERE. WE CELEBRATE YOUR LIFE. YOUR STORY IS IMPORTANT.

Today has been shaped by the fact that you woke up. For all its places of pain and moments of joy, this world is a better place for having you in it. And whatever reasons brought you to this place, to this table, and to holding this paper, we want you to know that we are encouraged that your story is still going. We want you to know that in the midst of your own fears, dreams, questions, and longings, you are in good company.

Whether today represents a treat or a retreat, our hope is that today becomes more than just a treasured memory. Maybe today can be a fresh start or another chance. Today can be a day when you believe you're not alone. We say it often—people need other people. We probably don't have to convince you pain is real, but in the face of that, we want you to know hope is real and help is real.

We hope you hear a story, see some passion, and sense an embrace that allows you to feel more connected and less alone.

MOMENTS THAT REMIND YOU THAT YOU ARE ALIVE.

In this pamphlet, we have listed several resources in this community which are there to care for you. This list is not exhaustive or exclusive, but can serve as a bridge to help. It was collected in honor of your story and the stories of people around you. We encourage you to hold onto this pamphlet, to remember your journey is unique—and that every step forward is worth it. Don't give up. **You are not alone.**

LOCAL TREATMENT RESOURCES

To obtain more local mental health referrals in Sacramento, dial 211 or visit 211.org.

Life Practice Counseling

- LifePractice.org
- 3650 Audubern Blvd, c-208 Sacramento, CA 95821
- (916) 300-6576

Progress House, Inc.*

- ProgressHouseInc.org
- 2844 Coloma St Placerville, CA 95667
- (530) 642-1715

Sutter Center for Psychiatry

- SutterPsychiatry.org
- 7700 Folsom Blvd Sacramento, CA 95826
- (916) 386-3620

Recovery Happens Counseling

- RecoveryHappens.com
- 996 Old Winding Way Fair Oaks, CA 95628
- (916) 276-0626

* Clinics or counselors that offer low-to-no cost counseling services or a sliding scale fee

If there is a resource you would recommend adding, please email resources@twloha.com.

SUPPORT GROUPS

Alcoholics Anonymous

[AA.org]

- AASacramento.org
- (916) 454-1100

Narcotics Anonymous

[NA.org]

- SacramentoNA.org
- (866) 565-2135

Al-Anon Family Groups

[Al-Anon,AlaTeen.org]

- wrt.lv/SacAl-Anon
- (888) 482-4240

National Alliance for Mental Illness [NAMI.org]

- Offers support groups and resources for individuals struggling with mental health issues
- NAMISacramento.org
- (916) 364-1642

American Foundation for Suicide Prevention [AFSP.org]

- If you've lost a loved one to suicide, AFSP can help connect you to a local bereavement support group in your area.
- www.AFSProrg/SurvivingSuicidalLoss
- wrt.lv/AFSPsacramento
- (707) 968-7563

There are support groups that exist for a variety of struggles in addition to these listed here.

FOR STUDENTS

On most college campuses, enrolled students have access to counseling services available to them for low-to-no cost. We encourage you to check your school's website for more information about services available on your campus.

FOR VETERANS

- [USACares \[USACares.org\]](http://USACares.org)
- Provides financial assistance and support to active duty military or veterans of all branches of service with physical and invisible wounds
- Warrior Treatment Today
- 1-800-733-0387