



City of Refuge Sacramento

Laundry, shower, children's program, food clothing, and temporary housing facilities for females who are facing difficulties. Children accepted under the age of 7.

Address: 3216 Martin Luther King Jr. Blvd., Sacramento, CA 95817

Phone Number: (866) 733-8438

cityofrefugesac.com



Community-Against Sexual Harm (CASH)

Hygiene supplies, food, clothing, diapers, children's center. Housing specialist, clinic, and case management employment specialist available to all who have been in the lifestyle, all ages, emergency shelter help.

Address: 3101 1st Ave. Sacramento, CA 95817

Phone Number: (916) 856-2900

cashesacramento.org

Drop-In Center Hours:

- Monday-Friday, 12:30 PM – 4:30 PM
- 3rd Saturday from 1:00 PM - 5:00 PM



211 Sacramento

211 connections with Cal-Fresh, Military, Veteran support, parents seeking services for themselves or their children, and housing programs.

- **211:** Community Services
- **311:** Non-emergency government
- **411:** Directory assistance

www.211sacramento.org/211



Wind Youth Services

Temporary shelter, daily life skills, Medical Care, counseling, mental health services, physical safety, and meals.

Address: 815 S Street, Sacramento, CA 95811

Phone Number: (916) 561-4900

www.windyouthservices.org



Q Spot

Serving all genders and individuals between the ages of 13-24. Some services include: showers, laundry, a clothing closet, assistance with a 211 referral, an art corner, survival supplies, sleeping bags, warm food, nonperishable snacks, a case economic justice program, gender-affirming care, and mental health services.

Address: 3101 1st Ave. Sacramento, CA 95817

Phone Number: (916) 442-0185

www.saccenter.org/youth



Sacramento Food Bank

Sacramento Food Bank & Family Services (SFBFS) was founded in 1976 with the purpose of nourishing community members experiencing hunger. As the need has grown over the past five decades, so have we. Today, we serve as the largest hunger relief organization in Sacramento County and the regional food bank, supporting a network of 125 partners to provide nutritious, meaningful food to our neighbors in need.

Address: 1951 Bell Ave, Sacramento, CA 95838

Phone Number: (916) 456-1980

<https://www.sacramentofoodbank.org/find-food>



Sacramento County Mental Health Services

Screening for services, crisis interventions, mental health assessments, therapy/rehabilitation services, and groups, intensive care coordination, and home-based services, case management/linkage to community services, medication support, early childhood mental health services, transition age youth mental health services, and older adult mental health services.

- **Sacramento access:** (916) 875-1055
- **24-hour toll free:** (888) 881-4881

www.dhs.saccounty.gov/BHS/Pages/Mental-Health-Services.aspx

Connection to services in all areas, including food, housing, health, transit, education, legal, work, etc.

Search Here: www.findhelp.org