



COUNSELING RESOURCES



INDIVIDUAL AND FAMILY

FLORIN HIGH SCHOOL
7956 Cottonwood Lane
Sacramento, CA 95828
916 689-8600

COUNSELING RESOURCES

There are a number of individual and family counseling resources available in the South Sacramento area. Some are “sliding scale” where you pay based on your income, and some are “no fee” counseling services.



If you have Kaiser

(regular or Medi-Cal):

- If seen at Child Psychiatry within the last year call 688-2064
- New patients to Child Psychiatry call 525-6100 & select option 5

If you have Medi-Cal

Call Access Team:

- Children's services 875-9980
- Adult services 875-1055

If you have private insurance or through your employer:

Contact your primary care physician for a referral and/or your insurance provider for how to access services.

Sliding Scale Fees

Child & Family Institute
4545 9th Avenue
Sacramento, CA 95820
736-0828
Referral line: 736-1720

The Effort South Valley Centre
8233 E. Stockton Blvd. Suite D
Sacramento, CA 95828
368-3080

South Sacramento Counseling Center
7486 Center Parkway
Sacramento, CA 95823
427-5208

First Baptist Church (\$80 Flat Fee)
8939 East Stockton Blvd.
Elk Grove, CA 95624
685-4821

No Fees

Asian Resources, Inc.
5709 Stockton Blvd.
Sacramento, CA 95824
454-1892

Diogenes Youth Services
9719 Lincoln Village Dr., Ste. 203
Sacramento, CA 95827
369-5447

Hmong Women's Heritage Association
2245 Florin Road
Sacramento, CA 95822
394-1405

La Familia Counseling Center
5523 34th Street
Sacramento, CA 95820
452-3601

People Reaching Out
5299 Auburn Blvd.
Sacramento, CA 95841
576-3300

Crisis Intervention

MERT - Minor Emergency Response Team
2150 Stockton Blvd., Sacramento, CA 95817
875-1114
Walk-in hours: 10:00 a.m. to 7:00 p.m.