Support Resources

A listing of organizations that provide support to youth and their families who have been subjected to school-based discrimination, harassment, intimidation, and bullying:

Counseling Services and Youth Programs

**White House Counseling Center**—(916) 971-7640  
Offers low-cost counseling services to San Juan Unified students and families to help them deal more effectively with stressors that occur at school, home, and work, that affect or might affect school performance.  
6147 Sutter Avenue  
Carmichael, CA 95808  
[www.sanjuan.edu/PAGE/6926](http://www.sanjuan.edu/PAGE/6926)

**Children’s Mental Health Access Team**—(916) 875-9980  
Conducts over the phone screening, assessment, and referral to county-operated or contracted mental health service providers.

**La Familia Counseling Center**—(916) 452-3601  
A variety of programs and services for youth and their families are available such as parenting classes and youth programs that help develop leadership and life skills.  
5523 34th St.  
Sacramento, CA 95820  
[www.lafcc.org](http://www.lafcc.org)

**Muslim American Society-Social Services Foundation**—(916) 486-8626  
Has trained volunteers from various educational and ethnic backgrounds to offer peer counseling in English, Arabic, Urdu, Hindi, Fijian, French, Spanish, Somali, Sinhales, Tamel, Farsi, Pashto, and Sign Languages.  
3820 Auburn Blvd Suite 83  
Sacramento CA 95821  
[www.mas-ssf-sac.org](http://www.mas-ssf-sac.org)

**Omni Youth Programs**—(916) 362-2000  
The mission is to create strong families, develop youth leaders, and engage the community to cultivate a lifestyle free of alcohol, drugs, violence and bullying.  
9616 Micron Avenue #750  
Sacramento, CA 95827  
[www.omniyouth.net](http://www.omniyouth.net)

**Arab American Learning Center**—(916) 484-0175  
Offers services including legal assistance, tutoring, and job fairs.  
1433 Fulton Ave # H  
Sacramento, CA 95825

**Wind Youth Services**— Drop-In Center: (916) 561-4900  
Serves Sacramento’s homeless and at-risk youth ages 12-24 with basic safety net and survival services.  
1722 J Street, 3rd Floor  
Sacramento, CA 95811  
[www.windyouth.org](http://www.windyouth.org)
Support Resources

Hotlines

Local Suicide Prevention Crisis Line—24 Hour Hotline: (916) 368-3111
Operated locally by WellSpace Health, people of all ages can call if experiencing depression, hopelessness, or feelings of loneliness or desperation.

Trevor Project Crisis Line—(866) 488-7386
Provides crisis intervention and prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth ages 13-24.
www.thetrevorproject.org

Wind Youth Services—24 Hour Hotline: (800) 339-7177
Serves Sacramento’s homeless and at-risk youth ages 12-24 with basic safety net and survival services.
www.windyouth.org

Youth Crisis Line— 24 Hour Hotline: (800) 843-5200
A statewide, toll free, 24-hour, confidential Hotline available to teens and young adults ages 12-24 and/or any adults supporting youth.
www.youthcrisisline.org

On-line resources

California Department of Education—Bullying Publications and Resources
www.cde.ca.gov/ls/ss/se/bullyres.asp

Cyberbullying Research Center
www.cyberbullying.us

Gay, Lesbian, & Straight Education Network
www.glsen.org

National Child Traumatic Stress Network
www.nctsn.org

PACER’s National Bullying Prevention Center
www.pacer.org/bullying

Sacramento Countywide Bullying Prevention Project
www.sactobullyprevention.org

Stop Bullying Now
www.stopbullying.gov/

Teen Mental Health
www.teenmentalhealth.org