

County of Sacramento
Department of Health Services,
Behavioral Health Services

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Board of Supervisors

Phil Serna - 1st District
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Behavioral Health Services

In partnership with



Community Support Team

Referral Line

(916) 874-6015

Hours of Operation

Monday – Friday: 8:00 a.m. - 5:00 p.m.

Hours are subject to change based on
community needs.

The Community Support Team (CST) is
a Mental Health Services Act
Prevention and Early Intervention
Program. This program is a part of a
continuum of services and support
within Sacramento County's Suicide
Prevention Project.



Community Support Team

Phone: (916) 874-6015

Fax: (916) 854-8939

California Relay Service: 711

Bilingual/Bicultural staff and interpreters are
available at no cost.

This program is funded by the Division of
Behavioral Health Services through the voter
approved Proposition 63, Mental Health Services
Act (MHSA).

SACRAMENTO
COUNTY



Behavioral Health Services
Resources

Who is the Community Support Team?

The Community Support Team is a collaboration that brings the County and a community-based organization into one team with a variety of clinical and outreach skills. It includes:

- ❖ Peer support specialists with lived experience who are able to use their life stories to foster hope and support individuals seeking help.
- ❖ Staff with mental health clinical experience across all ages to assess and assist with appropriate referrals and supports.
- ❖ Family support specialists whose experience builds bridges and communication with family members, natural and extended family systems.

Serving the Sacramento County community to:

- ❖ Proactively attend to signs of distress relating to a crisis.
- ❖ Identify and create connections in the community.
- ❖ Maximize use of traditional and non-traditional community supports.
- ❖ Strengthen personal resilience in the face of challenging circumstances.
- ❖ Access self-help skills and resources.
- ❖ Problem-solve challenges and navigate system barriers.
- ❖ Engage in activities that improve life satisfaction and well-being.

How does the Community Support Team help people?

- ❖ Responds to requests for assistance for individuals, families, or the community.
- ❖ Provides flexible, field-based assessment of needs.
- ❖ Builds upon individual, family and community strengths, skills and natural supports.
- ❖ Assists with making navigating systems and connection to services.
- ❖ Prevents or reduces risks or stressors by building protective factors and skills.
- ❖ Provides flexible “help-first” approaches and fosters hope for personal recovery.
- ❖ Provides early intervention to reduce or avoid the need for crisis services.
- ❖ Increases active connection with self-identified supports.
- ❖ Educates key individuals, family members or natural supports to improve health and wellness.

Mission Statement

The Community Support Team serves individuals of all ages and diversity in the community with interventions, education, navigation, resources and connection to services. The goal is to provide services in a culturally and linguistically competent manner to promote recovery, resiliency, well-being, and reduce the risk of suicide.



Community Resources

Sacramento County Info Line
(916) 498-1000 or 211

Consumer Operated Warm Line
(916) 366-4668

National Warm Line
(855) 642-6222

Mental Health Urgent Care Clinic
2130 Stockton Blvd, Bldg. 300
Sacramento, CA 95817
(916) 520-2460

Suicide Prevention Resources

Suicide Prevention Crisis Line
988

National Suicide Prevention Line
1-800-273-TALK (8255)
or
1-800-SUICIDE