

MAYOR'S OFFICE *of*
CIVIC ENGAGEMENT
CITY OF SACRAMENTO

Mental Health Conversation & Resources

COVID-19 | Coronavirus

Monday April 13, 2020

[EngageSac.org](https://www.engageSac.org)

A conversation with Mayor Darrell Steinberg and special guests:

- ▶ **Olivia Ang Olson**

- Student Board Member, Sacramento City Unified School District

- ▶ **Faith Whitmore**

- Executive Director, Sacramento Regional Family Justice Center

- ▶ **David Bain**

- Executive Director, NAMI Sacramento (National Alliance on Mental Illness)



Olivia Ang Olson

Student Board Member

Sacramento Unified School District

Services for SCUSD youth during the COVID-19 pandemic

- Sacramento County Mental Health resources:
 - (916)-SUPPORT
 - TheSourceSacramento.com
 - <https://m.youtube.com/watch?v=wCahKpMiD04>

- **Local Suicide Prevention Hotline 24/7:**
 - (916) 368-3111

- **Crisis Text Hotline**
 - Text 'HOME' to 741-741

Services for
SCUSD youth during the
COVID-19 pandemic

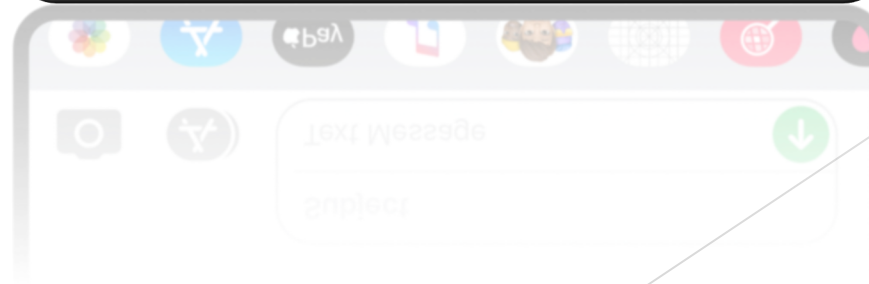
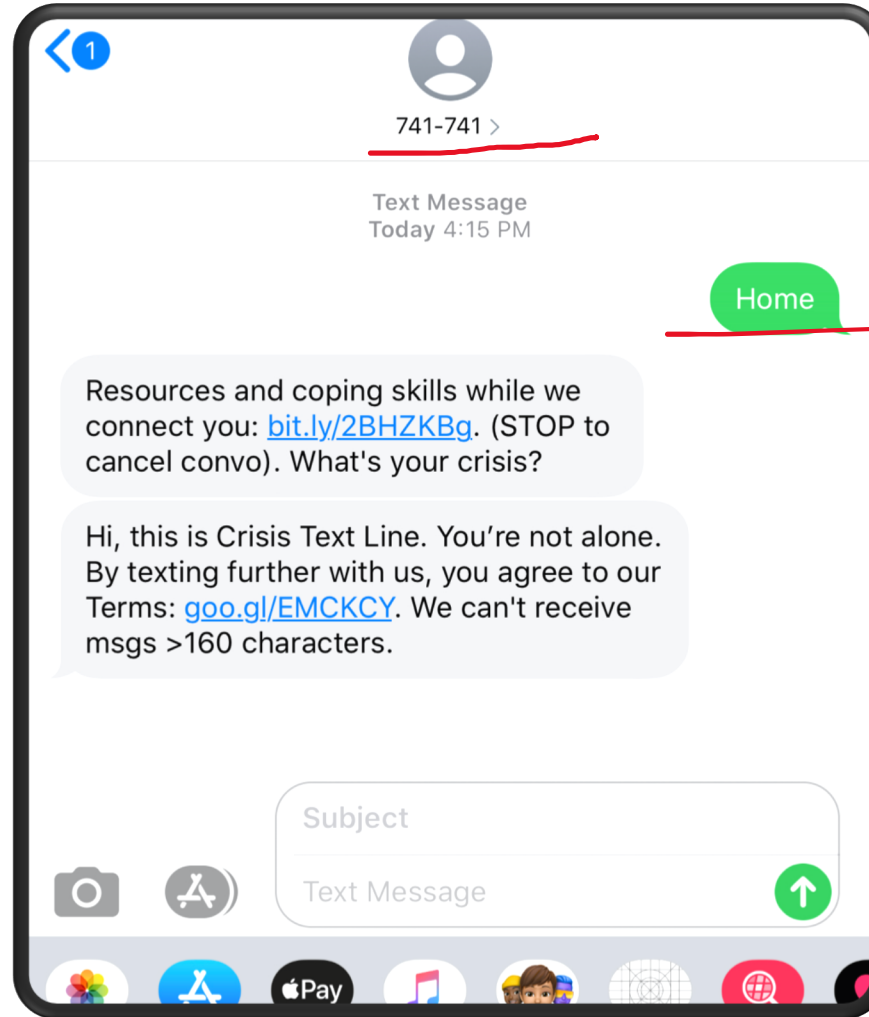
<https://m.youtube.com/watch?v=wCahKpMiDO4>

**Sacramento County Mental
Health resources:
(916)-SUPPORT**

Or go online at:
thesourcesacramento.com

**Local Suicide Prevention
Hotline 24/7:
(916) 368-3111**

**Crisis Text Line:
Text HOME to 741741**



Faith Whitmore

Executive Director

Sacramento Regional Family Justice Center



- ▶ **Open for services 8:30am-5:00pm Mondays-Fridays**
 - ▶ 916-875-HOPE
 - ▶ Attorneys and victim advocates on site
 - ▶ 3701 Power Inn Road Suite 3100 Sacramento, CA 95826

- ▶ **National Domestic Violence Hotline**
 - ▶ 800-799-7233
 - ▶ Text 'Loveis' to 22-522 if it's not safe to make a call

- ▶ **WEAVE's Rape Crisis/Domestic Violence: hotline:**
 - ▶ 916-920-2952

- ▶ **My Sister's House multi-lingual line: 916-428-3271**

5 STEPS TO A SHELTER IN PLACE SAFETY PLAN



WHAT TO DO WHEN HOME IS A DANGEROUS PLACE



1

PRACTICE

- Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?
- Stay away from rooms with weapons in them



2 CONNECT WITH YOUR FRIENDS AND FAMILY

- Create a code word with children and friends so they can call for help
- Teach your children how to use the telephone to contact the police, fire department, and 911



3 BE PREPARED TO LEAVE

- If you decide to leave, know where you will go before you leave
- Keep your purse and keys ready in case you need to leave quickly. Don't forget important items i.e. passports, birth certificates, medication, etc.
- Set aside some money in case of emergency



4 TRUST YOUR INSTINCTS

Only YOU knows what is best



5 HELP IS AVAILABLE

The Sacramento Regional Family Justice Center is here to help. Your safety is our priority. All services are FREE

(916)-875-4673

SACRAMENTO REGIONAL FAMILY JUSTICE CENTER
3701 POWER INN RD, SUITE 3100
SACRAMENTO, CA 95826
PH:(916) 875-4673 | WWW.HOPETHRIVESHHERE.ORG

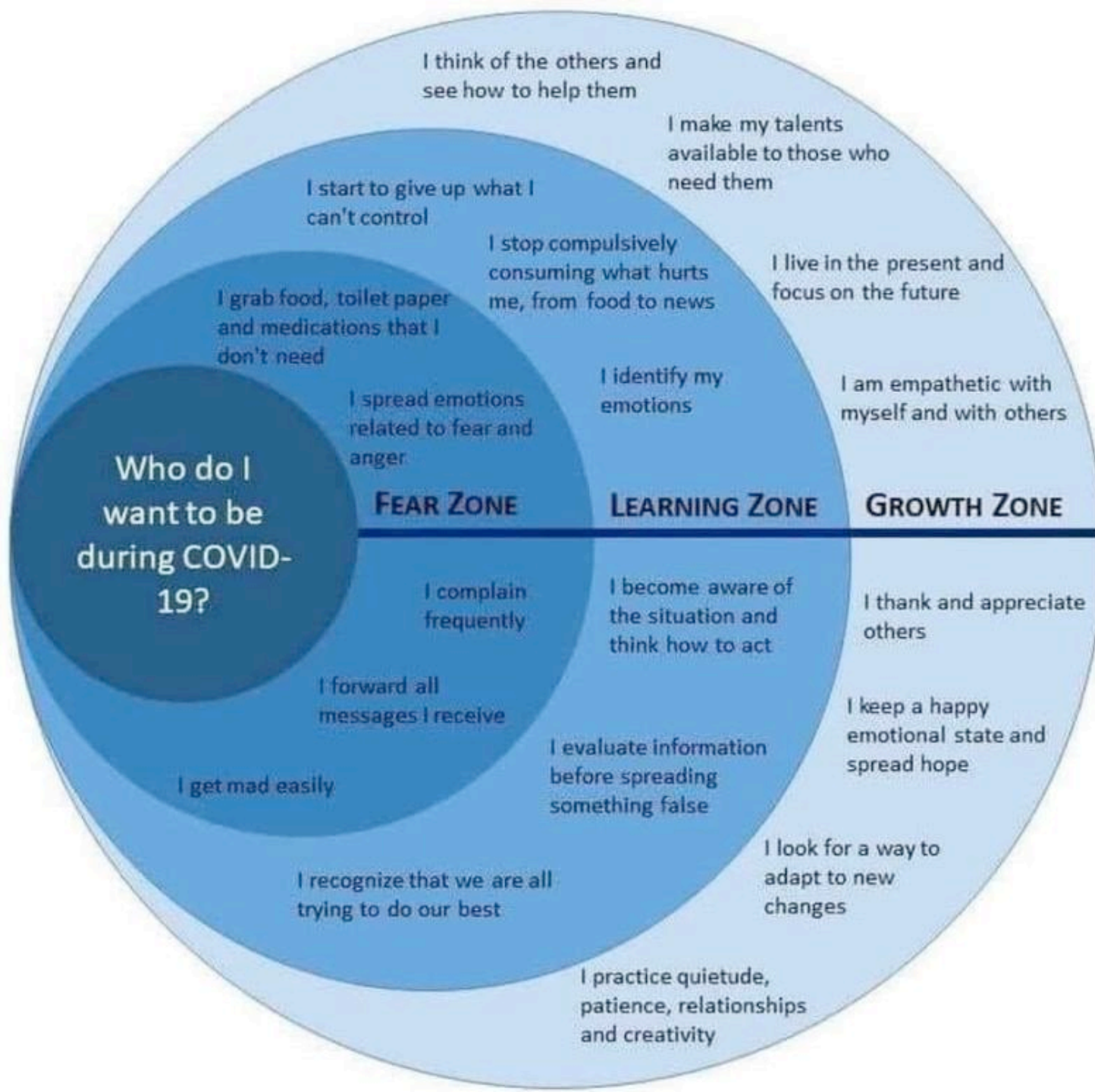
David Bain

*Executive Director
NAMI Sacramento*



National Alliance on Mental Illness

- ▶ NAMI Sacramento (916) 364-1642
- ▶ You can also call our warmline and leave a message for our volunteer to return, or send an email to office@namisacramento.org.
- ▶ <https://namisacramento.org/>
- ▶ <https://namica.org/coronavirus-tips/>



NAMI Sacramento
@NAMISacramento

Visit our website
engageSac.org

If you need someone to talk to about what's going on, you can call the non-emergency California Peer-run Warm Line at **855-845-7415**.

IT'S OKAY
to be worried

to be sad

to be angry

to be afraid

to be confused

TO NOT BE OKAY

YOUR LIFE MATTERS

to be lonely

IT'S OKAY

THERE IS HOPE

TO REACH OUT FOR HELP

California Youth Crisis Line
1-800-843-5200
24 HOURS A DAY. 7 DAYS A WEEK. CALL OR TEXT.

Need someone to talk to?

**Here are resources to help
if you're feeling down**

**Visit our website at
engageSac.org**

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