

Feeling Unraveled?



Hope Starts Here

24hr Crisis Lines

1-800-273-8255

1-800-SUICIDE

(916) 368-3111

Suicide Prevention & Crisis Services – a program of WellSpace Health
wellspacehealth.org



WELLSPACE
— HEALTH —

Comprehensive care since 1953

SACRAMENTO
COUNTY

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