



Depression Education and Treatment Resources

Depressive symptoms are very common. Getting help can jumpstart you on the road to feeling better. Below you will find resources and referral information for those experiencing symptoms of depression. In addition to reviewing these materials, you should talk to your doctor about whether you might be a good candidate for counseling (also sometimes called psychotherapy) and/or a medication evaluation.

- **Counseling Services**
 - To access individual or family counseling using your health insurance benefits, call the “mental health benefits” number on your insurance card for referral to providers who accept your insurance. You can also access the website for your behavioral health insurance carrier to search for providers in your area and with the specialties you require.
 - If you are covered by Medi-Cal and you live in Sacramento County, contact the Mental Health Access Team at 916-875-1055 to access counseling or psychiatry services. The after-hours number is 1-888-881-4881.
- <https://dhs.saccounty.net/BHS/Documents/Provider-Forms/Brochures/BR-Access-Team-Brochure-English.pdf>
- **Waiting it Out... Coping While Your Medication Starts to Work**
 - This is a Mercy Medical Group publication containing tips and advice for patients who have recently started medication for a mental health condition and are waiting to experience therapeutic effects. <https://www.dignityhealth.org/sacramento/-/media/Service%20Areas/sacramento/PDFs/waiting-it-out.ashx?la=en&hash=8AF57DA2A801425B65F8DA446340DDC5B2ABE169>
- **211 Sacramento Mental Health Resources**
 - This website offers local resources and support groups for those facing depression, as well as local resources for help with coping with the loss of a loved one.
 - www.211sacramento.org/211/online-database/categories/mental-health/
 - 1-800-500-493
- **TLCS Mental Health Crisis Respite Center**
 - Are you 18+ and a Sacramento County resident currently struggling with an urgent mental health crisis that does not require medical attention?
 - www.Tlcssac.org/services
 - (916) RESPITE (916-737-7483)
- **Depression Central**
 - Privately sponsored site offers resources and support to those facing various mental health conditions.
 - www.psychcentral.com/resources/Depression/
- **Depression and Bipolar Support Alliance**
 - Official website of this non-profit organization. Education, peer groups, how to find support groups, inspiration, wellness options, research results and information on how to help others with depression.
 - www.dbsalliance.org
 - (800) 826-3632
- **Recovery International**

- Website offering information on different mental health problems, and a philosophy to approach recovery from. There are free meetings in locations around Sacramento which you can find by accessing the second link below.
 - <https://recoveryinternational.org/>
 - <http://risacramento.blogspot.com/p/sacramento-meetings.html>
(916) 483-5616
- American Academy of Child and Adolescent Psychiatry
 - This website offers articles and guidance on depressed children and adolescents, as well as facts for families.
 - http://www.aacap.org/AACAP/Families_and_Youth/Home.aspx
- National Alliance on Mental Illness
 - This national organization has local chapters that offer various support groups for those with mental illness, as well as training and support for those who care for them.
<https://namisacramento.org/>
 - (916) 364-1642
- National Institute of Mental Health
 - This government-sponsored website aims to “transform the understanding and treatment of mental illnesses.” Good source of information about depression and other mental health problems, research developments, clinical trials and treatment information. Specialized pages on older adults, Alzheimer’s Disease, men and depression, etc.
 - www.nimh.nih.gov/health/topics/depression
- Sacramento Area Free Support Groups
 - This on-line mental health resource directory for the greater Sacramento Region has links to various no-cost and peer-support groups in the area.
 - <https://www.psychologytoday.com/us/groups/depression/ca/sacramento>