

Mental Health & Support Resources

Northern California

You matter. Reaching out for help is a sign of strength. These resources can connect LIUNA members and families with confidential mental health, crisis, recovery, and community support.

NEED HELP NOW?

Call or text **988** for 24/7 crisis support.

If you or someone else is in immediate danger, call 911 or go to the nearest emergency room.

For LIUNA Members & Families

Laborers Health & Welfare Trust for Northern California

707-864-2800 or 800-244-4530 | Monday-Friday, 8:00 AM-5:00 PM

Health & Welfare support for Northern California Laborers.

Member Assistance Program - Spring Health

855-629-0554

Member assistance and behavioral health support.

LEAN LIUNA Support

Walter Robinson: wrobinson@lecet.org

Learn more about LEAN LIUNA support in your area or how to support fellow Laborers.

Mental Health & Crisis Support

988 Suicide & Crisis Lifeline

Call or text 988 - available 24/7

Support for mental health, substance use, and suicidal crises.

National Mental Health Hotline

866-903-3787

Support and mental health resources for people struggling with depression.

NAMI Helpline

800-950-NAMI (6264) | Text NAMI to 62640

Mental health information, emotional support, and resources.

SAMHSA National Helpline

800-662-HELP (4357)

Free, confidential, 24/7 treatment referral and information for mental health and substance use disorders.

Recovery & Community Support

[FindTreatment.gov](#)

FindTreatment.gov

Confidential treatment locator for mental health and substance use services.

[Recover Together](#)

Locator for nearby recovery support groups and treatment resources, including AA and NA.

[Hope Cooperative Peer Support Call Center](#)

855-502-3224 | Monday-Friday, 8:00 AM-5:00 PM

Peer Navigators provide supportive listening and help people find appropriate services.

[Sacramento County Crisis Support](#)

Crisis Respite Center: 916-737-7483 (916-RESPITE)

Access Team: 916-875-1055 or 888-881-4881

24/7 crisis support and mental health assessment/service linkage for Sacramento County.

[Disaster Distress Helpline](#)

800-985-5990

24/7 crisis counseling for emotional distress related to natural or human-caused disasters.

Support for Specific Needs

[National Domestic Violence Hotline](#)

800-799-SAFE (7233) | Text **START** to **88788**

Confidential crisis intervention, information, and referrals.

[Veterans & Military Families](#)

Guardian Revival offers no-cost support for military, veterans, first responders, and families. **inTransition** provides confidential mental health coaching for service members and veterans.

[Youth & Families](#)

JED Foundation supports teen and young adult emotional health. **Soluna** offers free coaching for young people. **BrightLife Kids** provides free coaching for California families with children ages 0-12.

California Resources

[CalHOPE, 211 NorCal & NAMI California](#)

NAMI California: 800-950-6264

California-based mental health, wellness, and community resource connections.

[California Partnership to End Domestic Violence](#)

Use its local-provider map to find domestic violence services such as shelter, counseling, financial aid, and legal advocacy.

YOU MATTER. REACH OUT.