

Student Support & Resources

Counselors <https://www.jesuithighschool.org/counseling-services-directory>

9th

- Magis Students: Mr. Farr
- Anderson – Bush: Mrs. Smith
- Calkins–Fuentes: Ms. Rasmussen
- Fukui–Mickle: Mrs. Harger
- Miller–Rogers: Ms. Wheeler
- Rojas–Zamudio: Ms. Van Liefde

10th

- Magis & Academic Support Students: Mr. Farr
- Acosta–G.Brown: Mrs. Smith
- N.Brown – Faris: Ms. Rasmussen
- Felsted–Lewis: Mrs. Harger
- Lofing–Pham: Ms. Wheeler
- Picazo–Zucker: Ms. Van Liefde

11th

- Academic Support Students: Mr. Farr
- Aboui Mehrizi – M. Brown: Mrs. Smith
- Brott – Guerrero: Ms. Rasmussen
- Guilherme Gilles – Monroe: Mrs. Harger
- K. Moore – Seibles: Ms. Wheeler
- Semon – Zill: Ms. Van Liefde

12th

- Academic Support Students: Mr. Farr
- Adams – Carroll: Mrs. Smith
- Casey – Haynes: Ms. Rasmussen
- Hebert – Mayugba: Mrs. Harger
- McDonald – J. Ryan: Ms. Wheeler
- Santos – Zaveri: Ms. Van Liefde

Hot Lines, Text Lines, Online Resources

If you are experiencing a mental health emergency call 911 or go to your nearest emergency room.

24hr National Suicide Prevention Lifeline: 1-800-273-8255

National Crisis Text Line: Text HOME to 741741

A caring professional will text you back immediately

Websites

- **Lifeline:** <https://suicidepreventionlifeline.org>
- **I'm Listening:** <https://imlistening.org>
- **To Write Love On Her Arms:** <https://twloha.com>
- **Trevor Project:** <https://www.thetrevorproject.org>

Additional Support

- **NAMI Friendship Line: 1-800-971-0016**
- **Teen Line:** Text "TEEN" to 839863 between 6-9pm PST for teen-to-teen education and support.
- **Sacramento County Resource:** <https://www.starsinc.com/sacramento-county>
- **WEAVE: (916) 920-2952**
24-hour support line for those impacted by domestic violence or sexual assault
- **Call the CalHOPE Warm Line: (833) 317-HOPE (4673)**
The CalHOPE warm line connects callers to other people who have persevered through struggles with stress, anxiety, depression—emotions triggered by the COVID-19 pandemic. The peer counselors listen with compassion, provide non-judgmental support and guide you to additional resources that can give hope and help them cope.



Helpers in Your Community: Is the helper able, available and acceptable?

CRISIS (DISTRESS) CENTER: Crisis Respite Center 916-Respite (737-7483)	
SUICIDE PREVENTION CENTER: 24/7 SPCL, Wellspace Health 916-368-3111	
TEEN LINE: Teen Line 1-800-852-8336	
RAPE/SEXUAL ASSAULT CENTER: Volunteers in Victim Assistance (VIVA) 916-570-1690	
DOMESTIC VIOLENCE HOTLINE: Women Escaping A Violent Environment (WEAVE) 916-920-2952 (serves all genders & ages)	
SEXUAL ABUSE HOTLINE: Rape, Abuse, and Incest National Network (RAINN) 1-800-656-4673	
CHILD ABUSE HOTLINE: CPS 916-875-KIDS (5437)	
POLICE: Sacramento Police Department Non-Emergency 916-264-5471	
PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT: Sacramento Fire Department 916-808-1300	
MENTAL HEALTH CRISIS / RESPONSE: Psychiatric Emergency 916-732-3637	
HOSPITAL EMERGENCY SERVICES: UC Davis Medical Center 916-734-2011	
EMERGENCY SHELTERS: Francis House 916-443-2646	
YOUTH SHELTER: Wind Youth Services 916-504-3313	
MENTAL HEALTH OUTREACH CLINIC: Sacramento County Mental Health Treatment Center 916-871-1000	
CHILDREN/YOUTH PSYCHIATRIC CLINIC: Minor Emergency Response Team (MERT) 916-875-1114	
PRIVATE PRACTITIONERS: Cap City Counseling 916-472-2674	
MEDICAL CLINIC / GENERAL PRACTITIONER: Mercy General Hospital 916-453-4545	
STD INFORMATION AND TESTING SITES: Sacramento County Department of Health and Human Services 916-875-6022	
CHILDREN'S SERVICES OFFICES: Twin Rivers presents the Parent Project 916-566-1600 x 1173 or 1390	
STUDENT SERVICES: Prevention & Student Services Department (PASS) 916-228-2202	
CHILD CARE REFERRALS: Crisis Nursery 916-679-3600	
PARENT TRAINING: Birth and Beyond 916-679-3743	
FAMILY SUPPORT SERVICES: La Familia 916-452-3601	
SELF HELP GROUPS: Consumer Self Help Center 916-394-9195 or 916-485-4175	
SUBSTANCE ABUSE COUNSELING: Alcohol and Drug Treatment Outreach 916-874-9754	
ALCOHOLICS ANONYMOUS: 24 hour Hotline 916-454-1100	
MENTAL HEALTH SERVICES: Sacramento County Access Team 916-875-1055	
RELIGIOUS/SPIRITUAL SUPPORT: Spiritual Life Center 916-448-6508	
LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE: Voluntary Legal Services Program 916-551-2102	
COMMUNITY CORRECTIONS OFFICERS: Probation Sacramento County 916-875-0312	
Other: Veterans Affairs Dept. - Vet Center 916-566-7430	Other: Sacramento LGBT Community Center 916-442-0185
Other: Area 4 on Aging (Senior Services) 916-486-1876	Other: Gender Health Center 916-455-2391
Other: CA Dept. of Developmental Services 916-654-1690	Other: Trans Lifeline 877-565-8860