

South Sacramento Homeless Assistance Resource Team (HART)



916-670-2375

Emergency and Temporary Sheltering

Consumer Self Help South Sac	916-394-9195	Day Center/Laundry/Showers/Groups
Hope Cooperative (TLCS)	916-737-7483	Crisis Support w/up to 23 hour stay at Respite
Wind Youth Center	916-504-3313	Day Shelter/Counseling/Support
Sac Veterans Resource Center	833-255-4899	Drop-In Center for Veterans in South Sacramento
Maryhouse	1351 North C St.	Women Services and Survival Supplies
South Family Shelter	916-874-3100	Family Shelter/Call to Reserve
Volunteers of America	916-228-3153	Emergency&Supportive Housing
Family Focused Recovery	916-395-3572 ext.3272	
St. John's For Real Change	916-453-1482	Transitional Housing For Women&Children
Bishop Gallegos Maternity Home	916-395-9370	Temporary Residence for pregnant women
Helping Hearts	916-368-7200	Short Term Housing

South Sacramento Room and Boards/Permanent Housing

Shores of Hope	916-372-0200	Transitional Housing & Long Term Housing
Stone Brook Apartments	916-387-9661	Apartment Availability in South Sacramento
Lodin Transition House	916-504-1971	Co-Ed Room and Board with Meals Included
Integrate Housing	916-261-3783	Shared and Single Rooms
Adult Residential	408-465-8280	Room and Board

Food Security Resources

SSIP Food Closet	916-428-5290	Food Pantry in South Sac opened M-F
Sacramento Food Bank	916-949-9026	Links to Mobile Food Banks in the community
Free Lunch Meals	916-202-6684	Bagged Lunches M-F starting at 11 AM
La Familia Neighborhood Center	916-210-8773	Free Fruits and Vegetables on Wednesdays

Medical and Mental Health Support

Sacramento County Medi-Cal	916-874-3100	Free and Low Cost Healthcare
Sacramento Covered Navigator	916-414-8333	Help w/Navigating Healthcare&Finding Doctors
MH First	916-670-4062	Phone Support for Mental Health, DV, Safety Planning
Suicide Prevention Line	916-368-3111	24 Hour Suicide Prevention and Crisis Line for Sacramento
Guest House Homeless Clinic	916-440-1500	Access to Mental Health for Unhoused
Sac County Mental Health	916-875-1055	Access to Mental Health for Sacramento County
Harm Reduction	916-456-4849	Public Health Centered Services/Testing/Case Mgmt
Sac County AOD Assessment	916-874-9754	Links to Treatment and Recovery Options

Sustaining Living Links

Pivot Sacramento	916-496-7764	Re-Entry Services,Resume Workshops,Job links
Melanated Fathers of Sacramento	916-202-6684	Support Network for Fathers
Youth Help Line	833-333-2946	Services and Advocacy for ages 16-25
Chick's In Crisis	916-441-1243	Free Diapers, Baby Food, Clothes
Senior Friendship Line	888-670-1360	Connection and Support for Seniors
Assurance Wireless	888-321-5880	Free Cell phone and Service for Low Income
Spectrum Internet	855-243-8892	Free and Low Cost internet

Housing Retention

Consumer Self Help South Sac	916-394-9195	Life Skills and Wellness Groups
Salvation Army TSA	916-563-3700	Eviction Avoidance/Utility Assistance
Sacramento Renter's Helpline	916-389-7877	Tenants Rights and Help
Tenant Protection Program	916-808-8121	Info and Services to Protect Tenants

COVID-19 Resources

Shelter in Place Community Help	916-202-6684	Pick up and Delivery Services for Seniors & Parents
S.Sacramento Christian Center	916-681-6791	Free COVID-19 Testing/Call for Apt.
La Familia Neighborhood Center	916-990-1311	Free COVID-19 Testing/Call for Apt.

Domestic Violence, Sexual Harm, and Exploitation Support

Communities For Peace	916-728-7210	24 Hour Crisis Line for DV, Sexual Harm, Trauma
WEAVE	916-920-2952	Sexual Assault/Trafficking, DV, Stalking Services
Community Against Social Harm	916-856-2900	Peer Support and Harm Reduction for Sexual Harm