



River Oak
Center for Children

River Oak Center for Children Flexible Integrated Treatment (FIT)

AFTER HOURS RESOURCES

Life Threatening Situations/Emergencies: CALL 911

During regular office hours (Monday – Friday, 8:30 am – 5 pm) please call:

- Your River Oak team members (Clinician, Skills Trainer, Peer Advocate) directly for non-life-threatening situations that require support.
- For psychiatric medication needs please call our Medical Assistant at: (916) 609-4943.

After regular office hours, on weekends or on holidays:

- To cancel or reschedule an appointment after office hours please leave a message with your team members or call our main line at: (916) 609-5100.
- **For difficult situations please see your River Oak Safety Plan**
- **For additional support and help, please see the resources below.**

For non-life-threatening situations, contact:

Other Resources and Phone Numbers	
*These resources do not replace sheriff, ambulance, paramedics or fire department emergency response teams.	
Suicide and Crisis Lifeline 9-8-8	24-hour Call 9-8-8
Resource Line 2-1-1	24-hour Resource Line Call 2-1-1
Foster Urgent Response System Lifeline	24-hour support for current and former foster youth up to age 26, and their caregivers. Text or Call 916-787-7678 or 916-SUPPORT
CA Youth Crisis Line	24-hour Call 800-843-5200
The Trevor Project Lifeline	24-hour Crisis support for LGBTQ+ young people. Call 1-866-488-7386 or Text 'START' to 678-678
Parent Support Line	24-hour: Call 1-888-281-3000
Poison Control	Call 1-800-222-1222
National Center for Missing and Exploited Children (NCMEC)	24-hour Call 1-800-THE-LOST or (1-800-843-5678)

For the resources below, please CALL AHEAD and then go.

- **Sacramento Mental Health Treatment Center:** (916) 875-1000
2150 Stockton Boulevard, Sacramento, CA 95817 ([Map](#))
- **Mental Health Urgent Care Clinic (MHUCC):** (916) 520-2460
2130 Stockton Blvd. #300, Sacramento, CA 95817 ([Map](#))

RIVER OAK CENTER FOR CHILDREN

• Sacramento • Elk Grove • 916.609.5100 • Fax 916.609.5160 • www.riveroak.org