

## Respite Partnership Collaborative Mental Health Respite Services Grantees

*Providing mental health respite for individuals in crisis*

### ADULTS IN CRISIS

#### **A Church for All: Ripple Effect**

(916) 807-7305 [www.achurchforall.org](http://www.achurchforall.org)

- Lesbian, Gay Bisexual, Transgender and Questioning (LGBTQ) friendly drop-in respite  
Monday to Friday: 1 p.m. to 7 p.m.  
Sunday: 11 a.m. to 3 p.m.

#### **TLCS, Inc.: Crisis Respite Center**

(916) 737-7483 <http://tlcssac.org>

- Crisis respite available 24 hours/7 days a week

#### **Turning Point Community Programs:**

##### **Abiding Hope Respite House**

(916) 287-4860 [www.tpcp.org](http://www.tpcp.org)

- Short-term respite available 24 hours/7 days a week

### ADULT WOMEN IN CRISIS

#### **Saint John's Program for Real Change**

(916) 453-1482 <http://saintjohnsprogram.org>

- Respite and on-site support for women and women with children

### ADULT CAREGIVERS IN CRISIS

#### **Del Oro Caregiver Resource Center**

(916) 728-9333 [www.deloro.org](http://www.deloro.org)

- Planned respite for family caregivers at risk of a mental health crisis who are caring for family members with dementia

### PARENTS OF ADOPTIVE CHILDREN—PARENTS IN CRISIS

#### **Capital Adoptive Families Alliance**

(916) 834-3700 <http://capadoptfam.org>

- Planned respite through events for adoptive parents of children with complex mental health needs

### LGBTQ ADULTS IN CRISIS

#### **Gender Health Center**

(916) 455-2391 [www.thegenderhealthcenter.org](http://www.thegenderhealthcenter.org)

- Transgender-centered drop-in respite  
Monday: 11 a.m. to 5 p.m.  
Thursday: 3 p.m. to 9 p.m.  
Friday: 3 p.m. to 9 p.m.

#### **Sacramento LGBT Community Center: Lambda Lounge**

(916) 442-0185 [www.saccenter.org](http://www.saccenter.org)

- LGBTQ friendly planned and drop-in respite
- Drop-in respite available  
Tuesday and Saturday: 12 p.m. to 5 p.m.

### LGBTQ TEENS/TRANSITION AGE YOUTH IN CRISIS

#### **Sacramento LGBT Community Center: Q Spot**

(916) 442-0185 [www.saccenter.org](http://www.saccenter.org)

- Drop-in respite and support groups for youth ages 13 to 23  
Monday to Friday: 3 p.m. to 6 p.m.  
Saturday and Sunday: 11 a.m. to 5 p.m.

### HOMELESS TEENS/TRANSITION AGE YOUTH IN CRISIS

#### **Wind Youth Services**

(916) 561-4900 <http://windyouth.org>

- Drop-in respite for youth ages of 13 to 25  
Monday – Friday: 9 a.m. to 6 p.m.  
Saturday and Sunday: 10 a.m. to 2 p.m.

### YOUTH, ADULT PLANNED RESPITE

#### **Iu-Mien Community Services**

(916) 383-3083 <http://unitediumien.org>

- Planned respite through events for youth, adults and older adults of the Mien community

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