

SACRAMENTO COMMUNITY RESOURCES for URGENT NEEDS

24-HOUR HOTLINES

[Parent Support](#) - 1-888-281-3000

[Suicide Prevention](#) – 916-368-3111 or 1-800-273-8255

[WEAVE Domestic Violence / Sexual Assault / Sex Trafficking](#) – 916-920-2952

[Sacramento County Child Abuse Report Hotline](#) – 916-875-5437

[Sacramento County Senior or Dependent Abuse Hotline](#) – 916-874-9377

[The Source](#) (support for youth and parents/guardians) – 916-787-7678

FOOD ASSISTANCE

[Sacramento City Unified School District Nutrition Services Department](#)

- Free grab-and-go meals for students are distributed at 32 school sites every Monday through Thursday, 10 a.m. – 12:30 p.m. Students receive two meals plus a snack per day. Limit of meals to 8 children per vehicle.

[Sacramento Food Bank and Family Services](#)

- [List of food distribution locations](#) with distribution day/time information.
- CalFRESH – California’s federal food stamp program; apply for the program [here](#).
- [Produce for All](#) – Free fresh fruits and vegetables distributed every Thursday, 9 – 11 a.m., at Christian Brothers High School - 4315 Martin Luther King Jr. Blvd., 95820. See link for more info.

[Pandemic-EBT](#) *****EXCITING NEW FOOD BENEFIT*****

- Due to coronavirus (COVID 19), children who are eligible for free or reduced-price meals at school will get extra food benefits. These food benefits are called Pandemic EBT or P-EBT benefits. P-EBT benefits help families in California buy food when school is closed. (Every student enrolled in SCUSD schools is eligible for up to \$365 per student in food benefits, regardless of income.)
- To receive the P-EBT card: The card will automatically be mailed after May 11 to families who receive CalFRESH, Medi-Cal or Foster Youth benefits.
- Families with children who are eligible for free or reduced-price meals and who do not receive CalFRESH, Medi-Cal, or Foster Youth benefits must apply online before June 30, 2020. The online application will be available **beginning May 22** at <https://ca.p-ebt.org/>.
- Contact 877-328-9677 or pandemicebt@dss.ca.gov if you have questions.

[Farmers’ Markets](#)

- Access locally-grown fruits and vegetables and other items at farmers’ markets in Sacramento.
- Use your CalFRESH benefits to purchase produce at these markets --- <http://www.alchemistcdc.org/wp-content/uploads/2018/05/Farmers-market-2017-with-SFBFS-Elk-Grove-and-HEC-logo-editable-and-Calfresh-Apple.pdf>

[Meals on Wheels](#)

- Home-delivered meals are available to eligible seniors who are at least 60 years old, reside in Sacramento County, and are homebound due to illness or recovery, disability, or other reasons that hinder their ability to complete activities of daily living.

[Sacramento SPCS Paw Pantry](#)

- Drive-thru free pet food during COVID-19 crisis, 6201 Florin Perkins Road, every Tuesday and Friday, 11 a.m. – 1 p.m.

EMERGENCY ASSISTANCE (Housing, Utilities, Shelter, Immigration Assistance, Legal, Mental Health, Healthcare)

Salvation Army Family Services

- Emergency assistance for the following: food, housing rental (move-in and eviction avoidance), water, sewer and garbage service bills, disaster victims, emergency lodging, shelter, motels, prescription discount cards, and bus tickets.

Resources for Independent Living

- Assistance for people with disabilities and their families directly impacted by COVID-19 (e.g. lost job, reduced hours, contracted the virus): rental assistance, utilities (to prevent shut-off), gift card for necessities, DME supplies such as adult diapers, water for CPAP machines, etc.
- Contact Jazzmin Grigsby at 916-446-3074 or email at jazzming@ril-sacramento.org
- Also offers other housing assistance for persons with disabilities that is not COVID-19 related.

Sacramento County Emergency Family Shelter Reservation List

- For families experiencing homelessness, sign up here to register for emergency shelter.

WIND Youth Services

- Assistance for homeless and runaway youth, including emergency shelter, food, crisis intervention, mental health support.

Sacramento LGBT Community Center

- Emergency shelter and transitional housing and supportive services for LGBT youth, ages 18-24, experiencing homelessness.

Family Unity, Education and Legal (FUEL) Network for Immigrants

- Legal information and resources for the immigrant community, including 24-hour Rapid Response Hotline.

California Rural Legal Assistance Foundation

- Eligible undocumented adult immigrants may receive \$500/person in one-time COVID-19 disaster relief cash assistance.

Legal Services of Northern California

- Legal services for low-income community members.
- Legal services deal with healthcare access, senior-specific needs, housing preservation (tenants' rights, evictions and lock outs, foreclosures, termination of utilities, unsafe housing), unemployment benefits, wage claims, wrongful termination, discrimination, obtaining/preserving necessary public benefits, etc.

Mental Health Urgent Care Clinic

- Walk-in clinic for youth and adults with urgent mental health needs, regardless of ability to pay.
- M-F 10 a.m. – 8 p.m.; Saturday and Holidays 10 a.m. – 6 p.m. Closed Sundays.
- 2130 Stockton Boulevard, Building 300, Sacramento.

Get free COVID testing.

- No insurance is required. - there are several places you can go to get a free test. There is one in our neighborhood at St Paul's Missionary Baptist Church.

Dental Emergencies

- Dental emergencies include pain, broken or knocked out tooth, bleeding infections. Find access to emergency dental care during the COVID-19. Medi-Cal Dental members – 800-322-6384; No insurance – 916-414-8333.

Immunizations and urgent low cost health care

- Clinics are taking precautions to protect patients. Call your doctor or one of these clinics for immunizations or urgent care for uninsured and Medi-Cal children, ages birth to 18 years. 916-875-7151.

Health Insurance

- [Sacramento Covered](#) is a free program to link you to health care insurance, check website or call 1-866-850-4321.