

Resources

Websites

Catholic Therapists: <https://catholictherapists.com>

Connects people with licensed therapists who integrate Catholic faith into care.

NAMI Sacramento: <https://namisacramento.org>

Provides support, education, and advocacy for individuals and families affected by mental illness.

Mental Health First Aid: <https://mentalhealthfirstaid.org/mental-health-resources/>

Teaches people how to recognize and respond to signs of mental health challenges and crises.

SAMHSA: <https://www.samhsa.gov>

Offers resources and support to promote mental health and prevent substance abuse.

Diocese of Sacramento Mental Health: <https://www.scd.org/catholic-charities-and-social-concerns/mental-health-and-suicide>

Provides resources, education, and support for mental health and wellness in parish communities.

Sacramento County: <https://dhs.saccounty.gov/BHS/Pages/Mental-Health-Services.aspx>

Offers public mental health services, support programs, and resources for residents in need.

Psychology Today: <https://www.psychologytoday.com/us/therapists/ca/sacramento>

A directory of licensed therapists, psychiatrists, and treatment centers to help people find mental health support.

Call or text 988 Suicide and Crisis Lifeline: <https://www.988california.org>

Free, confidential support 24/7 for people experiencing emotional distress, mental health crises, or suicidal thoughts.

Catholic Mental Health Ministers: <https://www.catholicmhm.org>

Provides resources and support to integrate faith and mental health in parish life.

Catholic Therapists

Jacob Escobedo, LCSW

(951) 602-3373

<https://www.renovocounseling.org/>

Ofelia Neri, LMFT

(323) 434-5710

<https://www.nuevacreaciondedios.com/>

Mireya Torres, LCSW

(760) 998-9095

<https://healinginfaiththerapy.com/>