Mental Health & Wellness
Managing anxiety, depression, and emotional wellbeing.

1. **Contact your child/student’s counselor.** School psychologists and counselors will be reaching out to families to develop plans for supporting individual students while school is closed. If your child/student does not currently see a counselor, but you have concerns, you may contact the TRUSD Student Services Support line at 916-566-7801, Monday – Friday, 8:00 AM – 4:00 PM.

2. **Contact your child/student’s doctor.** For additional support over the closure, reach out to your child’s doctor. Use online messaging or the phone to contact the office and identify resources.

3. **Call the Mental Health Access Team.** Call 888-881-4881 to receive over-the-phone assessment in order to be referred to an appropriate mental health service provider.

4. **Go to Mental Health Urgent Care clinic (MHUCC).** The program intends to avert psychiatric emergency room visits and involuntary hospitalizations. MHUCC welcomes anyone experiencing mental health-distress regardless of age and ability to pay.

   **Phone #:** 916-364-8395
   **Address:** 2130 Stockton Blvd., Building 300
   **Sacramento, CA 95817**

   **Hours:**
   - **Weekdays:** 10:00 AM – 10:00 PM (Last walk-in at 9:00 PM)
   - **Weekends & Holidays:** 10:00 AM – 6:00 PM (Last walk-in at 5:00 PM)