



**●** A Blue Dot indicates agencies that are a member of the Maternal Mental Health Collaborative and/or have attended the Postpartum Support International training.

## “I NEED HELP FINDING RESOURCES LIKE FOOD, TRANSPORTATION AND/OR HOUSING.”

### **211 YOLO**

If you need help accessing resources in Yolo County, call 2-1-1 or (855) 866-1783 or visit [www.211yolocounty.com](http://www.211yolocounty.com). The following resources can be found with 2-1-1:

Healthcare

Resources for Older Adults

Legal Aid

Veteran Services

Transportation

Maternal Wellness

Substance Abuse Supports

Employment and Taxes Services

2-1-1 or (855) 866-1783

[www.211yolocounty.com](http://www.211yolocounty.com)

### **FAMILY RESOURCE CENTERS**

#### **Empower Yolo**

(530) 661-6336

#### **RISE INC.**

(530) 787-4110

#### **Yolo County Children's Alliance**

(530) 757-5558

## “WHERE CAN I FIND CHILD CARE AND INFORMATION ABOUT MY CHILD?”

### **THE NATIONAL PARENT HELPLINE**

Provides parents and caregivers with emotional support and refers them to services if necessary.

[www.nationalparenthelpline.org/](http://www.nationalparenthelpline.org/)

### **CHILDREN'S HOME SOCIETY**

Provides referrals to local childcare and provides assistance paying for childcare for income qualifying families.

(530) 723-5225

[www.chs-ca.org/](http://www.chs-ca.org/)

**If you feel that you are in crisis, please call:**

Yolo County 24hr toll-free Access Line: (888) 965-6647 or  
National Suicide Prevention Hotline: (800) 273-TALK (8255)

**For emergencies call and/or text 911**

or visit the Mental Health Urgent Care Clinic at 500 Jefferson Blvd #B, West Sacramento

## CONCRETE SUPPORT IN TIMES OF NEED

### “WHERE CAN I FIND CHILD CARE AND INFORMATION ABOUT MY CHILD?”

#### **YOLO CRISIS NURSERY**

A place of hope for desperate parents and vulnerable children in Yolo County. It provides a safe, temporary home for children up to age 5 during times of extreme family crisis. It also helps parents and guardians resolve immediate problems and gain family stability.

(530) 758-6680

[yolocrisisnursery.org/](http://yolocrisisnursery.org/)

#### **AMERICAN ACADEMY OF PEDIATRICS**

Tips to Promote Social-Emotional Health among Young Children by the American Academy of Pediatrics gives tips for parents, early education and child care providers, and pediatricians. It also provides some recommended website resources.

[www.aap.org/](http://www.aap.org/)

#### **THE PERIOD OF PURPLE CRYING**

Describes the point in a baby's life when they cry more than any other time and equips caregivers with strategies to soothe the baby and cope with stress.

[www.purplecrying.info/](http://www.purplecrying.info/)

For more resources on child development, see the **Strengthening Parent and Child Interactions Resource List** under “Maternal Wellness” at [www.211yolocounty.org](http://www.211yolocounty.org)

### “I AM LOOKING FOR WAYS TO KEEP MY FAMILY SAFE.”

#### **NATIONWIDE POISON CONTROL CENTER**

Offers free, confidential medical advice and poisoning information 24 hours a day, seven days a week.

1-(800)-222-1222

[www.aapcc.org/](http://www.aapcc.org/)

#### **CHILD CAR SEAT INSPECTION STATION LOCATOR**

Find a child car seat inspection station near you. Certified technicians will inspect your child car seat, in most cases, free of charge - and show you how to correctly install and use it.

[www.nhtsa.gov/road-safety](http://www.nhtsa.gov/road-safety)

#### **CDC INJURY PREVENTION AND CONTROL: PROTECT THE ONES YOU LOVE--CHILD INJURIES ARE PREVENTABLE**

Provides information on burn prevention, drowning prevention, poisoning prevention, fall prevention, and playground, road traffic, teen driver, bicycle, pedestrian, child passenger, sports and helmet safety.

[www.cdc.gov/safecild/](http://www.cdc.gov/safecild/)

#### **PARENT CENTRAL NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION**

Provides information about keeping your children safe on the road (e.g., car seats, teen driving, seat belts, in and around the car).

[www.nhtsa.gov/parents-and-caregivers](http://www.nhtsa.gov/parents-and-caregivers)

## CONCRETE SUPPORT IN TIMES OF NEED

### “WHERE CAN I GO IF I’M CONCERNED ABOUT BULLYING, CHILD ABUSE, NEGLECT, DOMESTIC VIOLENCE AND/OR SEXUAL ASSAULT?”

#### **BULLYING**

##### **STOPBULLYING.GOV**

Provides information about what bullying is and what it is not, the warning signs of bullying, and what steps to take for preventing and responding to bullying, including how to talk to children about bullying, prevention in schools and communities, and how to support children involved.

[Stopbullying.gov](http://stopbullying.gov)

#### **CHILD ABUSE AND NEGLECT**

##### **YOLO COUNTY CHILD WELFARE SERVICES**

Child Welfare Services intervenes on behalf of children who need protection from abuse and neglect. With the ultimate goal of safety and permanency, CWS providing assistance with adoption, foster home licensing, independent living, placement assessment and family reunification. Child Welfare Services welcomes consultation calls.

(530) 669-2345 or (888) 400-0022

[www.yolocounty.org/health-human-services/children-youth/child-welfare-services-cws](http://www.yolocounty.org/health-human-services/children-youth/child-welfare-services-cws)

##### **CHILDHHELP NATIONAL CHILD ABUSE HOTLINE**

Available 24/7 and in 200 languages, the hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.

1-800-4-A-CHILD (1-800-422-4453)

[www.childhelp.org/hotline/](http://www.childhelp.org/hotline/)

##### **STOP IT NOW!**

Works to prevent child sexual abuse from occurring. It provides information about sexual abuse, normal and concerning adult and child behaviors, tips on how to talk about sexual abuse, resources, and an email and phone helpline.

[www.stopitnow.org/](http://www.stopitnow.org/)

##### **THE ENOUGH ABUSE CAMPAIGN**

Provides information and resources to help stop child sexual abuse. The website includes prevention messages, conversation starters, red flags, what to do if you suspect sexual abuse, and actions individuals, including parents, can take to prevent child sexual abuse.

[www.enoughabuse.org/for-ind.html](http://www.enoughabuse.org/for-ind.html)

#### **Domestic Violence and Sexual Assault**

##### **EMPOWER YOLO**

Provides free and confidential support to survivors of domestic violence, sexual assault, stalking, human trafficking, and child abuse. In addition to walk-in crisis support, emergency shelter, counseling and legal services, Empower Yolo's Crisis Line has trained advocates who are available 24/7.

24/7 Crisis Line: (530) 662-1133 or (916) 371-1907

Empower Yolo Main Line: (530) 661-6336

[empoweryolo.org/](http://empoweryolo.org/)

## CONCRETE SUPPORT IN TIMES OF NEED

### RAINN

The nation's largest anti-sexual violence organization, RAINN has information on sexual assault, safe and prevention, after sexual assault, and public policy and action. It has a free, confidential hotline and also offers chatting on the website.

1-(800)-656-HOPE

[www.rainn.org/](http://www.rainn.org/)

**"I AM CONCERNED THAT SOMEONE I LOVE, OR MYSELF, MAY BE CONSIDERING TAKING THEIR LIFE."**

### SUICIDE PREVENTION AND CRISIS SERVICES OF YOLO COUNTY

Provides a 24-hour Yolo Suicide Prevention Hotline where you can get confidential, anonymous telephone counseling and referral information by trained crisis volunteers. It also has an ASK Teen Crisis Line, School Safety Tip Lines, and a Survivors of Suicide Support Group.

Davis: (530) 756-5000

Woodland: (530) 666-7778

West Sacramento: (916) 375-6565

[www.suicidepreventionyolocounty.org/](http://www.suicidepreventionyolocounty.org/)

### NATIONAL SUICIDE PREVENTION LIFELINE

Provides 24/7 skilled, trained counseling at a crisis center in your area (for Yolo County, the Suicide Prevention and Crisis Services of Yolo County). It also provides information about mental health (therapy, safety plan, coping, tragedies) and prevention (risk factors and warning signs).

1-(800)-273-8255 (in 150 languages)

[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

### YOUTH SUICIDE PREVENTION

Provides mental health information and key resources for people wanting to know more about suicide and suicide prevention.

[youth.gov/youth-topics](http://youth.gov/youth-topics)

**"I HAD A DIFFICULT CHILDHOOD, AND I WANT TO KNOW HOW THAT AFFECTS ME TODAY."**

### RESILIENT YOLO

A Yolo County group committed to educating people in Yolo County about ACEs, resilience, and trauma-informed and resilience-building practices.

[www.acesconnection.com/g/yolo-county](http://www.acesconnection.com/g/yolo-county)

