

Resources for Child and Adolescent Depression

Depressive symptoms are very common. Getting help can jumpstart you and your child or adolescent on the road to feeling better. Below you will find resources and referral information for children and youth experiencing symptoms of depression. In addition to reviewing these materials, you should talk to your doctor about whether counseling (also sometimes called psychotherapy) and/or a medication evaluation might be helpful.

- [Counseling Services](#)
 - To access individual or family counseling using your health insurance benefits, call the “mental health benefits” number on your insurance card for referral to providers who accept your insurance. You can also access the website for your behavioral health insurance carrier to search for providers in your area and with the specialties you require.
 - If you or your child is covered by Medi-Cal and you live in Sacramento County, contact the [Mental Health Access Team](#) at 916-875-1055 to access counseling or psychiatry services. The after-hours number is 1-888-881-4881.
 - <https://dhs.sacounty.net/BHS/Documents/Provider-Forms/Brochures/BR-Access-Team-Brochure-English.pdf>
- [Depression and Bipolar Support Alliance](#)
 - Official website of this non-profit organization. Education, peer groups, how to find support groups, inspiration, wellness options, research results and information on how to help others with depression.
 - Includes youth-oriented resources and ways to access support.
 - www.dbsalliance.org
 - (800) 826-3632
- [National Alliance on Mental Illness](#)
 - This national organization has local chapters that offer various support groups for those with mental illness, as well as training and support for those who care for them.
 - This link is for the Sacramento chapter, and includes resources for children and youth struggling with depression and other mood disorders.
 - <https://namisacramento.org/>
 - (916) 364-1642
- [American Academy of Child and Adolescent Psychiatry](#)
 - This website offers a Depression Resource Center with an extensive list of articles, books, videos, and other resources for families.
 - [http://www.aacap.org/AACAP/Families and Youth/Resource Centers/Depression Resource Center/Home.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Depression_Resource_Center/Home.aspx)
- [211 Sacramento Mental Health Resources](#)
 - This website offers local resources and support groups for those facing depression, as well as local resources for help with coping with the loss of a loved one.
 - There are separate areas of this site for child and adolescent resources.
 - www.211sacramento.org/211/online-database/categories/mental-health/
 - 1-800-500-4931

- [National Institute of Mental Health](#)
 - This government-sponsored website aims to “transform the understanding and treatment of mental illnesses.” It is a good source of information about depression and other mental health problems, research developments, clinical trials and treatment information.
 - www.nimh.nih.gov/health/topics/depression

- [Sacramento Area Free Support Groups](#)
 - This on-line mental health resource directory for the greater Sacramento Region has links to various no-cost and peer-support groups in the area.
 - This site includes links to many resources for children and youth.
 - <https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/>