

· SUBSTANCE ABUSE RESOURCES ·

Alcohol and Drug Division (Sacramento County DHHS) Prevention, outpatient, residential and detox., treatment.	875-2050
Alcoholics Anonymous (24 hour support line & resources)	454-1100
California Smokers Helpline {chew-line (800) 844-CHEW} English (800) NO-BUTTS {Mandarin & Cantonese (800) 838-8917} {Spanish (800) 45NO-FUME}	
{Vietnamese (800) 778-8440} {Korean (800) 556-5564} {TDD (800) 933-4TDD}	
Strategies for Change 1507 21 st Street, Suite 100; Fax: 448-8949; Mon-Fri. 8-5 Alcohol and drug treatment, counseling, and support groups. Intensive outpatient program for pregnant women. Childcare	448-2951
Community Center for Health & Well-Being: Amani Substance abuse counseling for pregnant women. Mentor Prog.	442-2229
Mercy Perinatal Recovery Network 650 Howe Ave., Ste 400 95825; A drug and alcohol recovery program for pregnant women and mothers of young children. Offers transitional housing, individual and group counseling, & life skills education.	733-6354
Narcotics Anonymous (24 hour support line & resources)	(800)-600-4673
National Center for Substance Abuse Treatment; 24 hour help line answers questions about drug use and AIDS/ IV drug use. Referrals to local support groups and drug treatment.	(800)-662-4357
Options for Recovery (Sacramento County DHHS) Chemical dependency treatment; transitional living apartment for pregnant and parenting women. Assistance with medical care, shelter, & childcare during treatment.	875-2040
Sobriety Brings About a Change 3307 Broadway, Ste. 200 Formerly Sacramento Black Alcoholism Center. Alcohol and drug abuse outpatient counseling.	454-4242
The Effort (Pregnant women seen as outpatient only) 1820 J Street; Fax: 444-5620; Mon-Fri. 9 a.m. - 7 p.m. Residential treatment, medically supervised detoxification, individual/group outpatient counseling, family support services, general medical treatment and confidential HIV testing.	325-5556
Tobacco Education Unit (Sac Co) Quit kits and quit referrals	875-5869
Much Love To Give (Maternity Home) 95824	388-9380