

## Resource/Therapist List

Parents: If you are concerned that your child is seriously considering suicide, call 911 or transport to the nearest emergency room for evaluation.

### CRISIS TEXT LINE

Text the word "GO" to 741-741

<http://www.crisistextline.org/textline>

### LOCAL CRISIS TEXT/CHAT

Text the word "HOPE" to 916.668.4226

Chat at [www.suicideprevention.wellspacehealth.org](http://www.suicideprevention.wellspacehealth.org)

### LOCAL SUICIDE PREVENTION & CRISIS SERVICES

24 Hour Crisis Line 916.773.3111

### 24 HOUR PARENT SUPPORT LINE

1.888.281.3000

### SUICIDE PREVENTION & MENTAL HEALTH INFORMATION

[www.suicideispreventable.org](http://www.suicideispreventable.org) (<http://elsuicideesprevenible.org/> for Spanish)

### THERAPIST LIST:

Jennica Jenkins, PsyD  
1899 E. Roseville Parkway, Suite 140  
Roseville, CA 95661  
916.747.3799  
[drjenkins@blueskycounselingcenter.com](mailto:drjenkins@blueskycounselingcenter.com)  
[www.blueskycounselingcenter.com](http://www.blueskycounselingcenter.com)

Sonal Dhillon, LMFT  
1380 Lead Hill Blvd, Suite 160  
Roseville, CA 95661  
916.893.0265  
[therapywithsonal@gmail.com](mailto:therapywithsonal@gmail.com)  
[www.sonaldhillon.com](http://www.sonaldhillon.com)

Jennifer Whitley, LMFT  
300 Harding Blvd, Suite 109  
Roseville, CA 95678  
916.346.1848  
<http://jenniferwhitley.org/>

Paige Thornton, LMFT  
8700 Auburn Folsom Blvd, Suite 300  
Granite Bay, CA 95746  
916.218.8543  
[paigethorntonlmft@gmail.com](mailto:paigethorntonlmft@gmail.com)

Megan Paterson, MS  
300 Harding Blvd, Suite 109  
Roseville, CA 95678  
530.830.9079  
[www.meganpaterson.org](http://www.meganpaterson.org)

Michael T. Henderson  
6518 Lonetree Blvd, Suite 180  
Rocklin, CA 95765  
916.337.9987  
[michael@mthenderson.net](mailto:michael@mthenderson.net)

Lighthouse Counseling & Family Resource  
Center  
427 A Street, Suite 400  
Lincoln, CA 95648  
916.645.3300  
[www.lighthousefrc.com](http://www.lighthousefrc.com)  
(Only accepts clients w/o insurance or Medi-Cal)

Michele Zavoras, Sierra Vista Hospital  
8001 Bruceville Road  
Sacramento, CA 95823  
916.288.0329  
[michele.zavoras@uhsinc.com](mailto:michele.zavoras@uhsinc.com)  
[www.sierravistahospital.com](http://www.sierravistahospital.com)