

Placer County Resource Guide

Find help with employment, health coverage, behavioral health, food, housing, and family needs. Start with countywide contacts, then look under your area. Call before visiting to confirm hours, eligibility, referrals, and availability. Ask for language assistance if needed.

In this guide: Countywide contacts pages 1 and 2; Auburn page 3; Roseville Rocklin and Loomis page 4; Lincoln Sheridan Colfax and Foresthill page 5; North Lake Tahoe page 6.

Start here

Emergency or immediate danger: Call 911.

Emotional distress or thoughts of suicide: Call or text 988, available 24 hours a day.

Placer County behavioral health crisis: 888-886-5401 or 916-787-8860, available 24 hours a day.

211 Placer

Call 211 or 1-833-342-5211 | Available 24 hours a day

Free, confidential referrals for food, housing, transportation, healthcare, and other needs. Tell the specialist your town and what you need.

www.211placer.org | www.211connectingpoint.org

Medi Cal and public benefits

Placer County Human Services: 888-385-5160

Apply for Medi-Cal, CalFresh, CalWORKs, or General Relief online, by phone, by mail, or at a county office. The county determines eligibility. Ask how income, household size, age, pregnancy, disability, and immigration rules affect your Medi-Cal options.

www.BenefitsCal.com | www.placer.ca.gov/2096 | placer.ca.gov/2125

Homeless Resource Helpline

833-375-2237 or 211

Request a housing assessment and referrals to emergency shelter or other housing programs. Ask about Coordinated Entry and update your contact information if you are already on the list. Placement depends on eligibility and availability.

www.placer.ca.gov/4001 | www.211connectingpoint.org/coordinated-entry

Stand Up Placer

24 hour crisis line: 800-575-5352 | Text: 530-385-0755

Free, confidential support for survivors of domestic violence, sexual assault, and trafficking. Safety planning, emergency shelter, counseling, advocacy, and legal or housing services. Call or text to discuss options for you and your children.

www.standupplacer.org/i-need-help | www.standupplacer.org/contact

Feeding the Foothills formerly Placer Food Bank

916-783-0481 | Distributions throughout Placer County

Free PantryToGo food distributions, local pantry referrals, and CalFresh application help. Call or check the calendar for your nearest distribution. Confirm the distribution site before traveling to the Roseville warehouse.

www.feedingthefoothills.org/get-food

Countywide health family and practical supports

Adult behavioral health and substance use services

24 hour crisis and intake: 888-886-5401 or 916-787-8860

Ask for screening and referrals for mental health or alcohol and drug treatment. Free substance use screenings are available to county residents. Pregnant and parenting people receive priority for substance use services. Call to confirm clinic times and coverage.

www.placer.ca.gov/5982 | www.placer.ca.gov/2198

Childrens Behavioral Health and System of Care

Referral intake: 916-872-6549 or 866-293-1940

Parents or legal guardians can ask to make a Behavioral Health Referral for their child. Staff review symptoms, insurance, and the level of support needed. Services may include individual or family therapy, psychiatry, parent advocacy, and wraparound support.

www.placer.ca.gov/2052

Women Infants and Children Program

530-889-7187 or 916-784-6447

WIC offers food benefits, nutrition education, breastfeeding support, and referrals for eligible pregnant or postpartum people and children under 5. Parents, guardians, and foster parents may apply for children. Call for screening and an enrollment appointment. Local offices are listed under each area.

www.placer.ca.gov/2918 | www.myfamily.wic.ca.gov

Childcare Resource and Referral

Placer County Office of Education: 530-745-1380 or 800-464-3322

Free help finding licensed childcare throughout Placer County, regardless of income. Ask about childcare financial assistance options and the appropriate application or referral.

www.placercoe.org | www.cde.ca.gov/sp/cd/re/placerrr.asp

Seniors First

530-889-9500 or 800-878-9222

Resources for adults 60 and older and their caregivers. Ask about Meals on Wheels, senior lunch cafes, transportation, care options, and other supports. Programs have separate eligibility and service areas.

www.seniorsfirst.org/contact-2 | www.seniorsfirst.org/information-assistance

Project GO utility assistance

888-524-5705 | Select option 1 for Placer County

Home Energy Assistance Program for eligible households needing help with electricity, gas, propane, or firewood costs. Ask about annual or emergency assistance and required income and utility documents. Funding limits apply.

www.projectgoinc.org/heap.html

Placer County Transit and Dial A Ride

Bus information: 530-885-2877 or 916-784-6177

Dial A Ride: 530-745-7560 or 916-745-7560

Bus service in western Placer County and curb-to-curb rides in designated areas. Ask about fares, reservations, service boundaries, and paratransit eligibility. Roseville and North Tahoe contacts are listed on pages 4 and 6.

www.placer.ca.gov/1766

Placer County Veterans Services

916-780-3290

Help for veterans and eligible family members with benefits and referrals. Main office: 1000 Sunset Boulevard, Suite 115, Rocklin. Auburn and North Tahoe appointments are also available; call before visiting.

www.placer.ca.gov/Directory.aspx?did=88

Auburn and nearby communities

Also serving nearby residents as program eligibility allows. Countywide contacts on pages 1 and 2 are available regardless of which town you live in.

County benefits and WIC offices

Benefits: 888-385-5160 | WIC: 530-889-7187

Human Services is at 11434 B Avenue, Auburn. WIC is in Suite 660 at the same address. Children's System of Care is in Suite 300; use the referral intake number on page 2 to request services.

www.placer.ca.gov/2096 | www.placer.ca.gov/2918 | www.placer.ca.gov/2052

Auburn Interfaith Food Closet

530-885-1921 | 1788 Auburn Ravine Road, Auburn

Groceries for people in need. Call about distribution hours, service area, and documents to bring. Ask about home delivery if you cannot travel and remote distributions for foothill communities.

www.auburnfoodcloset.org/contact-us

Chapa De Indian Health

530-887-2800 | 11670 Atwood Road, Auburn

Primary medical care, dental care, behavioral health, and other health supports. Accepts Medi-Cal and Medicare and offers a sliding fee scale for uninsured patients. Call about enrollment and appointment availability; some Auburn services have temporary in-person limits.

www.chapa-de.org | www.chapa-de.org/contact-us

KidsFirst Auburn

530-887-3536 | 200 Auburn Folsom Road, Suite 101

Counseling, parenting education, and family resources for children, young adults, parents, and families. Call to discuss services, enrollment, and any fees.

www.kidsfirstnow.org | www.kidsfirstnow.org/about/locations

Placer School for Adults

530-885-8585 | 3775 Richardson Drive, Auburn

High school diploma and GED preparation, English language learning, career training, and education or career counseling. Ask about free and low-cost classes, enrollment, and online options.

www.placeronline.org/programs

Placer Independent Resource Services

530-885-6100 | 11768 Atwood Road, Suite 129, Auburn

Free independent living resources and advocacy for people with disabilities of all ages. Ask about peer support, accessibility, assistive resources, and help finding community services. Serves Placer County and surrounding service areas.

www.pirs.org | www.pirs.org/contact-us

Legal Services of Northern California

530-823-7560 or 800-660-6107 | 190 Reamer Street, Auburn

Free civil legal help for eligible low-income Placer residents, including housing and public benefits issues. Call for an intake screening and ask what documents to bring.

www.lsnec.net/office/auburn

Project Heart

530-446-6025 | Ask about Auburn services

Peer mentorship, reentry support, groups, and connections to community services. Call about current programs, eligibility, and the Auburn location. Ask about the women's group and childcare arrangements before attending.

www.projectheart.net/get-help-now | www.projectheart.net/programs/group-meetings

Roseville Rocklin and Loomis

County benefits and WIC offices in Rocklin

Benefits: 888-385-5160 | WIC: 916-784-6447

1000 Sunset Boulevard, Rocklin: Human Services in Suite 220, WIC in Suite 150, and Children's System of Care in Suite 140. Call WIC for an appointment; use the children's referral intake on page 2.

www.placer.ca.gov/2096 | www.placer.ca.gov/2918 | www.placer.ca.gov/2052

Golden Sierra Americas Job Center of California

916-746-7722 | 115 Ascot Drive, Suite 100, Roseville

Free employment services, job search resources, and help exploring training. Ask about resume support, workshops, and program eligibility. Serves Placer County residents; online and virtual services are also available.

www.goldensierra.com | www.goldensierra.com/contact

Victor Community Support Services Roseville

916-759-1168 | 1520 Eureka Road, Suite 102, Roseville

Mental health support for youth and families, including intensive outpatient care, wraparound, child and family teaming, and therapeutic behavioral services. Access criteria and referral requirements apply. Call Victor or Children's System of Care to ask how to connect.

www.victor.org/roseville

KidsFirst Roseville

916-774-6802 | 516 Gibson Drive, Suite 100, Roseville

Counseling, parenting classes, and family resources for children, young adults, parents, and families. Call to discuss available services and enrollment.

www.kidsfirstnow.org | www.kidsfirstnow.org/about/locations

Lotus Behavioral Health Crisis Center

888-886-5401 or 916-787-8860 | 101 Cirby Hills Drive, Roseville

Voluntary, short-term crisis support. Call the county intake line for screening and directions; walk-in services are available. County residents can access Lotus regardless of insurance.

www.placer.ca.gov/5982

The Gathering Inn

Start with 211 | Roseville intake: 916-791-5011

Emergency shelter and case management. The Roseville program accepts adults and families with minors; Auburn serves adults. A Coordinated Entry referral and eligibility screening are required. Call before traveling; beds may not be available immediately.

www.thegatheringinn.com/get-help

Loomis Basin Food Pantry

Call 211 for current pantry contact and hours

First United Methodist Church: 6414 Brace Road, Loomis

Food and household essentials. Ask about the Loomis Basin service area, identity or residency documents, and current pickup arrangements.

www.211placer.org | Search Loomis Basin Food Pantry

Roseville Transit

916-774-5293

Ask about local buses, Arrow on-demand rides, fares, and ADA paratransit eligibility. Reservations and service boundaries vary by service.

www.roseville.ca.gov | Search Roseville Transit

Lincoln and Sheridan

Lighthouse Counseling and Family Resource Center

916-645-3300 | 110 Gateway Drive, Suite 210, Lincoln

No-cost or low-cost counseling, classes, and help connecting with resources for children, families, and individuals. Ask about parenting support, the diaper bank, and eligibility. Offices are also available in Auburn, Roseville, and Rocklin.

www.lighthousefrc.org/contact | www.lighthousefrc.org

The Salt Mine

916-645-3778 | 590 Lincoln Boulevard, Lincoln

Food boxes for Lincoln and Sheridan residents. Bring identity and address verification; call about documents needed for household members. Ask about food daypacks, showers, laundry, and clothing exchange for people experiencing homelessness.

www.thesaltmine.org/foodcloset

Lincoln WIC office

916-784-6447 | 110 Gateway Drive, Suite 210, Lincoln

Food benefits, nutrition education, and breastfeeding support for eligible pregnant or postpartum people and children under 5. Call for screening and an enrollment appointment.

www.placer.ca.gov/2918

Lincoln transportation and senior meals

Transit: 530-885-2877 | Senior resources: 530-889-9500

Ask Placer County Transit about the Lincoln Circulator and connections to Rocklin or Sierra College. Ask Seniors First about Lincoln senior lunch cafes, Meals on Wheels, and transportation eligibility.

www.placer.ca.gov/1766/Transit | www.seniorsfirst.org/senior-nutrition

Colfax Foresthill and the foothills

Use the countywide benefits, behavioral health, housing, and childcare contacts on pages 1 and 2. Auburn resources on page 3 may also serve foothill residents; call about service areas and travel options.

Colfax remote food distribution

Auburn Interfaith Food Closet: 530-885-1921

Ask about the current Colfax remote distribution program, its location, dates, and registration. Feeding the Foothills can also help locate a nearby PantryToGo distribution at 916-783-0481.

auburnfoodcloset.org/remote-distribution-program | feedingthefoothills.org/get-food

Food and transportation help for rural communities

Call 211 | Transit: 530-885-2877 | Seniors First: 530-889-9500

Ask 211 for current food resources near Foresthill, Colfax, or your foothill community. Ask transit about the Alta and Colfax route and service boundaries. Older adults can ask Seniors First about meal and ride programs serving their address.

www.211placer.org | www.placer.ca.gov/1766/Transit | www.seniorsfirst.org

North Lake Tahoe and nearby regional services

For Kings Beach, Tahoe City, Carnelian Bay, and nearby Placer communities. Some providers are based in Truckee in Nevada County but serve the Tahoe region; confirm which services cover your Placer address.

Placer County Human Services in North Lake Tahoe

888-385-5160 | 5225 North Lake Boulevard, Carnelian Bay

Apply for Medi-Cal, CalFresh, CalWORKs, or General Relief and get help with your case. Tahoe Family and Children's Services is also at this address; call the children's referral intake on page 2 to request behavioral health services.

www.placer.ca.gov/2096 | www.placer.ca.gov/2052

Kings Beach WIC office

530-889-7187 | 265 Bear Street, Kings Beach

Healthy food benefits, nutrition education, breastfeeding support, and referrals for eligible pregnant or postpartum people and children under 5. Call for screening and an appointment.

www.placer.ca.gov/2918

Sierra Community House

530-546-0952 | 24 hour helpline: 800-736-1060

Kings Beach office: 265 Bear Street

Food assistance, family support, violence survivor services, and legal assistance in North Tahoe and Truckee. Call to confirm the appropriate program and office; Truckee locations are also available.

www.sierracommunityhouse.org/contact-us

Western Sierra Medical Clinic Kings Beach

530-584-9762 | 8665 Salmon Avenue, Kings Beach

Medical and dental care. Call about becoming a patient, appointment availability, accepted coverage, and payment options.

www.wsmcmed.org/locations

Victor Community Support Services Tahoe Truckee

530-273-2244 | 11209 Brockway Road, Suite C306, Truckee

Partners with Placer County for adult and children's outpatient mental health supports, case management, and rehabilitation services. Call about county eligibility, referrals, and the appropriate level of care.

www.victor.org/truckee

Tahoe Truckee Area Regional Transit

530-550-1212 or 800-736-6365

Bus and paratransit services in the North Tahoe and Truckee region. Ask about routes, accessible transportation, service boundaries, and reservations.

www.placer.ca.gov/1766

When calling a resource: Tell staff your town, the ages of any children, the help you need, and your insurance if relevant. Ask what documents to bring and whether you need an appointment or referral.