



El Dorado Veteran Resources – a Permanent Stand Down

~ Powered by Military Family Support Group ~

130 Placerville Drive, Suite A, Placerville, CA 95667

530-621-5146

EDVR@MFSGonline.org

MENTAL HEALTH RESOURCES

This list is not exhaustive. Other therapists may also be able to provide services.
Financial assistance is available for veterans seeking services from any mental health care professional.

Sacramento Mental Health Clinic / Mather VA NorCal Health Care System

10535 Hospital Way – Building 649 (behind medical center), Sacramento, CA 95655
(800) 382-8387 or (916) 366-5420 Clinic Hours: Monday-Friday 8:00am – 4:30pm

Citrus Heights Vet Center (for those who served in a combat zone)

5650 Sunrise Blvd., #150, Citrus Heights, CA 95610 Business Hours: Monday-Friday 8:00am-4:30pm
(916) 535-0420 Website: www.vetcenter.va.gov

El Dorado County Mental Health

Crisis Hotline: West Slope / 530-622-3345 or South Lake Tahoe / 530-544-2219
768 Pleasant Valley Road #201, Diamond Springs, CA 95619 (530) 621-6290
1900 Lake Tahoe Blvd., South Lake Tahoe, CA 96150 (530) 573-7970

Suzy Lee, M.A., MFT, Executive Director

The Place Within at Folsom, A Non Profit Counseling Agency
530 Plaza Drive, Suite 130, Folsom, California 95630
(916) 799-1644 Email: Suzyleecounseling@me.com

You can have veterans call us at the main line (916) 799-1644 or email at Suzy@theplacewithinfolsom.com. They would need to identify themselves as being from your organization. We would charge \$50 per session and they would see a therapist with specialized training in working with veterans.

Therese Sorrentino

Email: theresesorrentinomt@gmail.com Phone: 916-396-4688 Website: theresesorrentinomft.com
They or you can either call or email. No referral form is necessary. My fee is \$150.

David Hammer, MA, MFT "Because sometimes you want a new perspective on the problem."

(916) 966 – 7300 Email: counseling@davidhammer.com Website: www.FolsomCounselor.com
1845 Iron Point Road, Suite #180, Folsom, California 95630

I have very much enjoyed serving those who have served us. I have worked with military service members in my office for many years, overseas on my MFLC assignments, and was part of a group of therapists who brought a branch of the Soldiers Project to Sacramento. I have worked with other agencies as well as TriCare and the VA. I charge \$145 for sessions. I emphasize using EMDR to treat PTSD when people have this injury because it so effective in reducing symptoms and distress. When I conduct EMDR sessions, they are often 2 units which total \$240.

Windows to My Soul - Equine Therapy

(530) 620-2760 Email: info@windowstomysoul.org
2660 Nob Hill Drive, Somerset, CA 95656
Helping Veterans who have suffered trauma live their best lives

NAMI FREE MONTHLY FAMILY SUPPORT GROUP for anyone who has a loved one affected by mental illness

When: 1st Tuesday of every month, 7-8:30 pm

Where: County Government Center, 345 Fair Lane, Conference Room C, Placerville, CA 95667

For more info: English (530) 306-4101 Spanish (775) 407-0306 www.namiel DoradoCounty.org

The Center for Violence Free Relationships

24/7 Crisis Support line: (530) 626-1450 or (916) 939-6616 For appointment call: (530) 626-1450 or (916) 939-4464
344 Placerville Drive, Suite 11, Placerville, CA 95667 www.TheCenterNow.org

VETERANS WELLNESS CENTER OF PLACERVILLE

James Larsen, MA, LMFT

(916) 293-5990 email: jameslarsencounseling@com

941 Spring Street, Suite 1, Placerville, CA 95667

(The Veterans Wellness Center also provides acupuncture, massage, exercise therapy and chiropractics.)

LIFE AFTER OPIOIDS

Mather VA Campus, Bldg 728 (across from Mather Hospital ER), Conference Room

2nd & 4th Thursday of the month, 12-1pm Bring your lunch, check in with staff and head to the conference room to hear how other Veterans dealt with no longer taking opioids, how they dealt with pain and pain meds, withdrawal and insomnia