



Placer County
Wellness and
Behavioral Health

CHIEF
The Chief's Program
provides evidence-based
information on how to
manage your business
and your family.

Find Local Services by Topic or Keyword

Select Popular Topic

Search by Keyword

Browse the complete list of all programs and services

USING OUR SERVICES

Placer County Behavioral Health
Adolescent Clinic
Henderson

656.282.5491 • 4445 5th Ave
95662 • Placer, CA
95626 • Placer, CA
916.333.3111 • Sacramento
Henderson Social Prevention
Office

Change Language
Log Out
Emergency Services
Messaging Basics
Community Calendar
Social Networking
YouTube

The Placer County Network of Care homepage

Announcements

In this section you will find timely information about upcoming events such as classes and workshops, support group meetings, and general information about health and wellness. Check back often because it's always changing.

The Learning Center

The Learning Center has over 15 popular wellness topics. Within each topic, you have access to factsheets, symptoms, interactive tools, and other information about common wellness challenges. From depression to healthy aging to stress, the Learning Center allows you to learn about challenges and how to overcome them.

Your Personal Health Record

When you find information on the Placer County Network of Care, be sure to store it in the **free** personal health record. You can create a health record for yourself, your family members and your clients— all you need is an email address! You can access the information wherever you have an internet connection. The Personal Health Record is stored on a VeriSign-encrypted server, which is the same type of security used in online banking.

 [Add To Favorites In PHR](#)

Wherever you see the above icon, you can add that content to your PHRI

Stay Connected

Be sure to connect with us if you have any questions, suggestions, or would like to stay up-to-date with the Network of Care!



placernoc@gmail.com



[@PlacerCares](https://twitter.com/PlacerCares)



[.com/placernetworkofcare](https://www.facebook.com/placernetworkofcare)



[Youtube.com/users/placerNOC](https://www.youtube.com/users/placerNOC)

The Placer County Network of Care

“Our community,
our resource”



This website provides information about Placer County services and community events. Here you will find information on health, mental wellness, services for children, health related legislation, news stories, and a community calendar.

www.placer.networkofcare.org

What is the Placer County Network of Care?

The NOC is a *free* collaborative, on-line resource designed to connect individuals and families with wellness improving information. The site offers a comprehensive service directory listing 600 providers in and around Placer County, an easy to use library with more than 30,000 high quality health and medical articles and an interactive diagnosis tool.

The Service Directory

The Service Directory is a collection of service providers ranging from local non-profits to regional resources and also includes state and national programs and services.

- ◆ **Filter Resources By Area:** For those seeking services in the North Lake Tahoe and Truckee area, simply click on the drop down menu to filter the service directory!
- ◆ **Find Programs By Name:** If you know all, or some, of the name of a program or agency, enter it and find the results you need!
- ◆ **Keyword:** If you are looking for a particular type of service, "Anger Management" for example, enter your search term and start and start connecting with service providers
- ◆ **Advanced Search:** Filter your results by Zip code.

Filter Resources by Area

All Placer County Resources

Choose a Category: Placer County

[Addictions and Substance Abuse](#)

[Advocacy & Planning](#)

[Behavioral Health and Wellness](#)

[Community Groups](#)

[Criminal System/Offender](#)

[Crisis & Emergency Services](#)

[Culture & Ethnicity](#)

[Disability Assistance](#)

[Domestic Violence](#)

[Education & Instruction](#)

[Employment & Job Training](#)

[Faith Based Services](#)

[Families & Children](#)

[Financial Assistance](#)

[Food, Clothing & Household](#)

[General Health & Dental](#)

[Housing/Homeless Services](#)

[Information & Referral](#)

[Insurance & Benefits](#)

[Legal Services & Issues](#)

[Meals/Food Assistance](#)

[Medical Providers](#)

[Native American Resources](#)

[Nutrition and Healthy Eating](#)

[Recreation & Leisure](#)

[Religion & Spirituality](#)

[Safety & Prevention](#)

[Seniors Assistance](#)

[Sexual Issues](#)

[Support & Support Groups](#)

[Transition-age Youth](#)

[Transportation](#)

[Veterans Services](#)

[Victims/Survivors](#)

[Volunteers](#)

[Youth Services](#)

The Health Library

Finding reliable health information is important to the process of managing and improving individual and family wellness. With the Placer County Network of Care's Health Library, unlike alternative websites, you are able to connect with vetted and reliable health information. The Placer County Network of Care is anonymous and confidential—you can search and locate wellness improving information with your privacy respected.

- ◆ **Interactive Tools:** The Placer County Network of Care gives you access to 20 interactive wellness tools. From quitting smoking to knowing how many calories you burn to stress level tests, you are able to walk through a wellness decision.
- ◆ **Medications:** Understanding what a medication is used for, possible interaction concerns and what the medication looks like are all key components of managing your wellness. Utilize the Medications section to learn about prescription medications and how they may impact your wellness.
- ◆ **Symptom Checker:** Not feeling well or think you may be getting sick? The Symptom Checker allows you to walk through various wellness concerns and determine the level of care needed.
- ◆ **Medical Tests:** Often times medical procedures can cause anxiety in patients. Before undergoing a medical test or procedure, put your mind at ease by visiting the Medical Test Library. Here tests and procedures are explained.

Placer County Network of Care "Our Community, Our Resource"

asset
ANNOUNCEMENTS
CARE
FREEDOM
PEOPLE
Source
ADULTS
county
Seniors
WEB
SOLUTIONS
HEALTH Tools
Placer
help
individuals
Families
RECOMMENDS
opportunity
wellness

A free, online resource
designed to help Families make
Healthy Decisions



Scan the QR code with your smart phone for easy access to:

HEALTH LIBRARY

Our HEALTH LIBRARY contains over 30,000 articles written by leading experts and organizations in the health field. Visit the health library to learn about medications, medical exams, and possible health conditions you or your family may be experiencing.

SERVICE DIRECTORY

Our SERVICE DIRECTORY connects families with hundreds of service providers in and around Placer County. Our listings include:

- Health Services
- Childcare Referrals
- Counseling Services
- and more!

LEARNING CENTER

From stress to healthy eating to learning disabilities, the LEARNING CENTER offers interactive tools, fact sheets, and other information about common barriers to wellness for families and children. Come here to learn how to overcome these challenges!

COMMUNITY CALENDAR

Curious about upcoming events in the community? Be sure to check the COMMUNITY CALENDAR for fun activities, including story time for kids, meet-ups for parents, workshops in early care and early education, and other events happening in Placer County!

CONNECT WITH US!



Find us on Facebook, YouTube, and Twitter for wellness information, events, video tutorials, and more!

OUR COMMUNITY PARTNERS:



WWW.PLACERNETWORKOFCARE.ORG