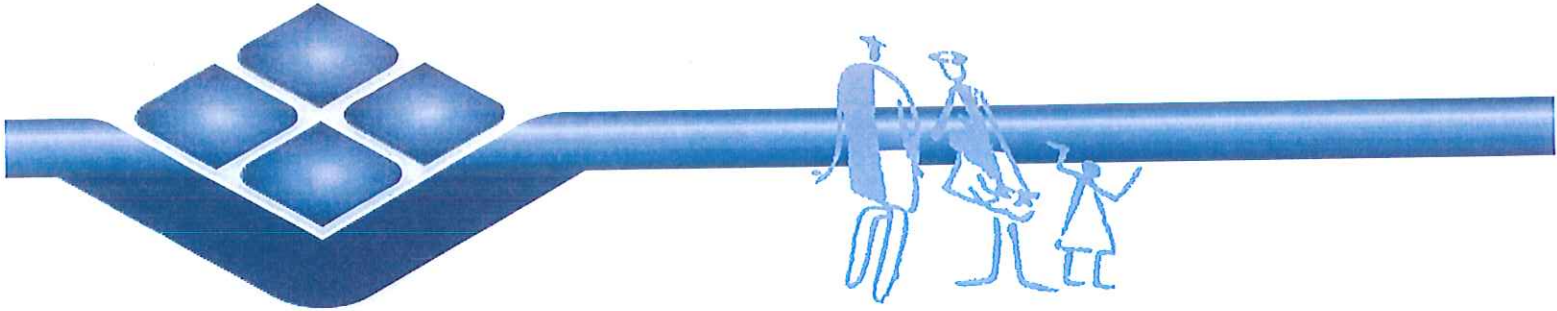


Mental Health Matters



We're here to help

The Mental Health

Department provides services to people of all ages who suffer from severe mental health problems. Our mental health professionals offer programs and services in several languages, and are respectful of the individual's culture.



The Mental Health Department has a network of county-operated and contracted programs, which includes outpatient treatment and emergency mental health care that includes temporary hospitalization for individuals with severe mental illness.

If you or a loved one have a decreased quality of life due to mental illness and are experiencing any of the following ongoing symptoms:

- ◆ Feel extremely sad, hopeless, guilty, irritable; disturbed sleep or fatigue
- ◆ Thoughts of death or dying
- ◆ Difficulty controlling one's moods or emotions, or "mood swings"
- ◆ Experience intrusive visions, sounds, or voices that others may not experience, or excessive suspiciousness of others
- ◆ Experience panic attacks and extreme fears and worries that you cannot control
- ◆ Have an inability to manage one's own basic needs such as food, shelter and personal care due to mental illness

Please give us a call at
1-800-704-0900.



For more information regarding mental health services, benefits and authorizations, call 1-800-704-0900

Mental Health Services Offered

Mental Health Services

- Community Outpatient and Case Management
- Day Treatment and Rehabilitation
- Acute Psychiatric, Emergency and Inpatient Services
- Crisis and Transitional Residential Treatment
- Juvenile and Adult Criminal Justice
- Patient Rights and Advocacy
- Vocational Services
- Community Residential and Supported Housing

Family & Children Services

The Family and Children System of Care provides services to children and adolescents and their families who are experiencing extreme emotional distress. We address their mental health needs in the least restrictive, most family-like manner possible.

Adult & Older Adult Services

The Adult and Older Adult System of Care offers a range of services and support in community settings, including programs for the seriously mentally ill.

Suicide and Crisis Hotline

The Mental Health Department operates a 24-hour Suicide & Crisis Hotline that provides phone intervention and emotional support to individuals in crisis. Highly trained volunteer counselors assist people who are feeling suicidal, experiencing distress, or just need to talk with someone who will listen. To reach a crisis counselor, call:

1-855-278-4204

Emergency Psychiatric Services

Emergency Psychiatric Services (EPS) and inpatient care are available 24-hours a day. Services include evaluation, assessment, treatment and observation, and referral to appropriate care, including admission to a hospital when needed.

Please call: **(408) 885-6100**

Mental Health Urgent Care

MHUC is a walk-in outpatient clinic for Santa Clara County residents experiencing a mental health crisis. It provides screening, assessment, crisis intervention, referral and short-term treatment for adolescents and adults.

Please call: **(408) 885-7855**

