



Mental Health MATTERS

Caring for the mental health needs of the community

INSIDE:

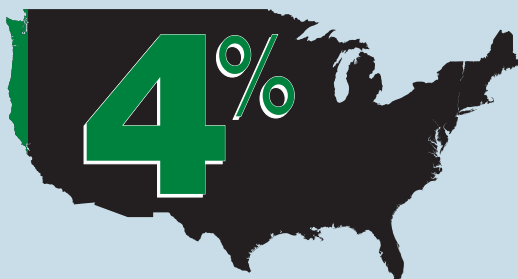
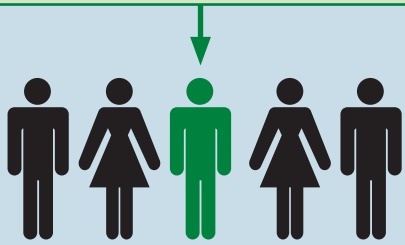
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MENTAL HEALTH

By the numbers

In a given year,
1 in 5 adults in America
lives with mental illness



4% of Americans
live with a chronic, severe
and disabling mental illness



15,000
children, youth and adults
in San Joaquin County
received mental health
services last year



By the age of 18
21% of adolescents
have had a mental health disorder

Opening the Door to Mental Health

San Joaquin County uses MHSA funds to
offer new programs and services *by BHS staff*

At San Joaquin County Behavioral Health Services (BHS) we believe that individuals with serious mental illnesses can live meaningful lives within their communities.

Since the advent of the Mental Health Services Act (MHSA) in 2004, BHS has significantly expanded the services and supports that are clinically shown to reduce suffering and help individuals live fuller and more productive lives. Services include education for individuals and their families about how to recognize and manage symptoms and develop wellness and recovery action plans.

Our Full Service Partnership (FSP) programs provide a broad spectrum of evidence-based services and supports to children and adults with serious emotional disturbances and adults with mental illnesses. Depending on individual needs, services may include housing or shelter, legal assistance, food, clothing, showers, psychiatric care, drug or alcohol treatment, or social rehabilitation.

An analysis of individuals served by BHS between July 2012 and June 2014 demonstrates that FSPs have a positive impact on the lives of clients and their families. Among clients that have completed at least 12 months of FSP treatment:

- Mental health emergency events declined by 87 percent.
- Emergency psychiatric hospitalizations decreased by 54 percent.
- Experiences with homelessness decreased by 64 percent.
- Arrests declined by 91 percent during the first year of treatment.

Recovery is possible, and mental illnesses, like other illnesses, can be managed through appropriate interventions. In these pages are stories of recovery from community members who have found new opportunities to live to their full potential. These stories are intended to inspire hope and to encourage individuals and families to



reach out for assistance – treatment works! Call or visit us today to be linked to a treatment specialist and to learn more about how San Joaquin County Behavioral Health Services can support you or your loved one.

TREATMENT WORKS!

Mental health affects everyone. About half the population will experience a mental health concern during the course of their lifetime. Serious mental illness affects about four percent of adults in the United States — across all income, geographic and ethnic backgrounds. And the tragic consequences of untreated mental illness remain fresh in our minds. In San Joaquin County, over 15,000 children, youth and adults sought mental health treatment services last year — yet many more are still in need of services. And with the advent of the Mental Health Services Act (MHSA), a statewide initiative to expand services and supports available to those with mental illnesses, advanced treatment services are more accessible.

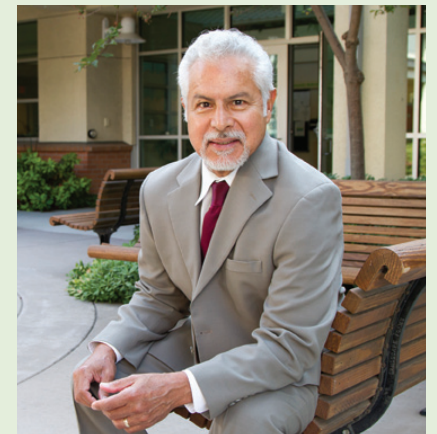
MHSA was a voter-approved initiative that established a 1 percent tax on incomes of over \$1 million. Now, in its 10th year, the impact of MHSA in San Joaquin County is readily apparent. Mental health treatment services are now offered in Spanish and Cambodian and in diverse locations throughout the county, including:

- Psychiatric services at specialty clinics in Stockton, Lodi, Tracy and Manteca;

- K-12 school-based mental health services at local schools;
- Specialty treatment teams for youth receiving child welfare or juvenile justice interventions; and
- Mental health outreach and engagement services through over a dozen community-based organizations, including local homeless shelters.

By opening new programs in nontraditional locations and expanding the menu of treatment options, San Joaquin County Behavioral Health Services (BHS) is opening more doors to mental health treatment. These services provide people with mental illness the opportunity to live safe, productive lives, staying off the streets and staying connected to their community. While there's been good progress, many more doors to mental health treatment need to be opened.

In this publication, you'll read stories of those who have found their own pathway to recovery and well-being. You'll also find resources for learning more about mental illness and how to connect to services for yourself or a loved one. Join BHS, and community partners and allies, in creating a healthier community for ourselves and



for our children. Share these messages of hope and recovery with someone who you know is struggling and embrace the power of hope: that recovery is possible, that it's OK to ask for help and support, and that mental health matters.

**-Vic Singh, LCSW,
Behavioral Health Services
Director**

**For Crisis Services, call 209-468-8686.
For information on mental health
services, please contact: 209-468-9370.**

From left, Mental Health Outreach Worker Marcellina Mayoya checks in with InSPIRE program client Diana McCormick. Through the InSPIRE program, McCormick says she was able to get the help and support she needed to cope with depression, anxiety and panic attacks.
PHOTO BY LOUISE MITCHELL



“The InSPIRE team has brought me back to life and they’re making sure that I’m doing the right things to take care of myself.”

Diana McCormick
InSPIRE program client

The Power of Hope

Support offers a path to mental wellness

by Mike Blount

For most of her life, Diana McCormick was plagued with the sense that something was wrong.

“There was always this feeling of impending doom,” McCormick says. “I always felt like something bad was going to happen, even though I had no idea what it could be.”

For more than 20 years, she struggled with depression, anxiety and panic attacks. During that time, McCormick tried different treatments. Like many individuals who struggle with serious mental illness, the story of her personal path to recovery includes setbacks. But her story also offers a reason for hope, proving that with the right support, recovery really is possible.

McCormick was first diagnosed with mental illness after moving in with family to escape an abusive relationship. Being newly displaced and having to depend on her parents for financial support caused her to start feeling depressed. The depression, mixed with frequent anxiety and panic attacks, led to McCormick isolating herself from friends and family.

“I didn’t want to go out and face the day,” McCormick says. “To shower at that point was even a challenge. I didn’t answer the phone or see anyone. I just wanted to be left alone.”

McCormick experienced a few years of ups and downs. She started on a medication that made her feel more like herself. She enrolled in college and got a job. But when McCormick was later laid off and was taken off of her medication by her doctor, she experienced a setback in her recovery. She began isolating herself again.

“I wasn’t working through any of my issues,” McCormick says. “I wasn’t taking care of me. The depression was beyond anything I have ever felt in my life.”

At the urging of her father, McCormick went to a crisis center and was connected to InSPIRE, a Behavioral Health Services program that provides wraparound care for high-need clients. The program helps clients stay on the path to recovery by providing case management, offering peer partners for guidance and moral support, and helping clients stay on their medications and attend appointments.

InSPIRE is an example of Behavioral Health Services’ commitment to community-based recovery that helps keep individuals with mental illness in their homes, off the streets and out of institutions.

It wasn’t until receiving this kind of community-based support that McCormick finally found a stable path to recovery. She says InSPIRE’s intervention has been a lifesaver. InSPIRE team members contact McCormick frequently and check on her. They help her make goals and work toward them. They also make sure she is getting care for her mental illness. McCormick is now enrolled in college again. She has her own apartment and is stable. She’s enrolled in tai chi and relationship-building classes.

“I have a much more personal relationship with my case managers on the InSPIRE team,” McCormick says. “I’ve struggled for many years, but the InSPIRE team has brought me back to life and they’re making sure that I’m doing the right things to take care of myself. I can’t thank them enough for everything they have done.”

MENTAL HEALTH AFFECTS EVERYONE

IS MENTAL ILLNESS A REAL ILLNESS?

Mental illnesses don’t go away on their own. They are real health problems with effective preventive measures and treatments. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life. Persistent stigmas erode the confidence that mental disorders are real, treatable health conditions. But recovery is possible.

WHO NEEDS HELP?

One in 5 American adults experiences one or more diagnosable mental health conditions every year — from mild experience to severe symptoms. One in 10 is in need of treatment for problems from drug or alcohol use. It’s safe to say almost everyone is touched by mental illness or substance use.

CAN PEOPLE RECOVER FROM MENTAL ILLNESS?

People recover from mental illness every day. BHS employs people with mental illness who offer support and hope for recovery.

IS IT DIFFICULT TO GET HELP?

No — help is available in many forms. Available services include assistance from primary care providers, community providers and organizations and BHS. People with Medi-Cal can call BHS or their health plan for information. Those with insurance can call their insurer for help.

WHO QUALIFIES FOR BHS SERVICES?

Children and adults whose mental health conditions severely impair their lives and individuals experiencing problems with substance use.

HOW CAN BHS HELP?

BHS services range from outpatient care to inpatient and residential treatment.

WHAT CAN I DO FOR SOMEONE WITH A MENTAL ILLNESS?

You can make a big difference. Many people with mental health problems are stigmatized in our society. Be an important influence to help someone get the treatment and services they need. Reach out and let them know you are available to help. Treat them with respect, just as you would anyone else. Refuse to define them by their diagnosis or use labels such as “crazy.”

Coming Full Circle

Woman battled mental illness as young girl, now helps others **by Mike Blount**

As a young girl, Kerrie Melton had already dealt with more than many adults do in a lifetime. When she was born in 1964 in New York City, her birth mother, an unmarried woman, placed her in foster care. Throughout childhood, Melton struggled with feelings of abandonment and anger. She acted out often and got in trouble. At just 9 years old, she attempted suicide for the first time.

"I didn't care if I lived or I died," Melton says.

Melton's foster mother tried to get her help, but faced a lack of understanding and support for children's mental health. She paid out of pocket for Melton to see a psychiatrist, who placed her on medication. Although it did stabilize her, Melton says it didn't help her address her anger. Instead, she learned to hide her mental illness from everyone she knew.

"I remember that my foster mother never told anyone that she was taking me to a shrink," Melton says. "Throughout my childhood, I was led to believe that I was broken and could not be fixed."

Melton went on hiding her mental illness and symptoms and "spinning out of control" for years. Without health insurance, she couldn't afford to get the treatment she needed. By 1992, Melton was a single mother raising three children in San Joaquin County. Melton says she was stable for a few years, but black mold growing in her apartment led to her family having to leave. With nowhere to go and no money saved, Melton and her children became homeless. Child Protective Services became involved and her children were taken away.

That's when Melton began working with doctors at the San Joaquin County Behavioral Health Services psychiatric care facility to receive treatment for her mental illness and regain custody of her children. Through therapy, Melton came to understand her history of hyperactivity and excitability as symptoms of bipolar disorder II.

"When I started receiving help that year, it was the first time that I began to understand what the triggers are for me," Melton says. "Now, I have this diagnosis and I know what I can do to control it."

Melton was finally on a path to recovery and was reunited with her kids. Today, she works for BHS at the same care facility where she once received help herself, providing hope to others that treatment works and recovery is possible. Melton says it's a different landscape today in the treatment of mental health conditions, especially in children.

"We have a program through our Children and Youth Services called Functional Family Therapy in which the whole family is included in treatment," Melton says. "I believe my family would have benefited from something similar, had it been available. There are more supports available through the schools now and also through the foster care system."

She also says great strides are being made in reducing the stigma surrounding mental health.

"The more we speak in the community about the services that are offered, the more the public becomes aware that this is a disease that can be treated and cured," Melton says.



Kerrie Melton experienced symptoms of mental illness as a young girl, but there were fewer services available in New York City during the 1970s. Today, she works at BHS as a consumer outreach coordinator, helping people and reducing the stigma attached to mental illness.

PHOTO BY LOUISE MITCHELL

MENTAL ILLNESS IN CHILDREN AND YOUTH

The Signs

The National Alliance on Mental Illness (NAMI) recommends you follow your instincts if you are worried about the mental health of a child or teenager in your care.

Unexplained changes in mood or behavior may be cause for concern. Children and youth can suffer from a variety of mental illnesses, including depression, anxiety, eating disorders, bipolar disorder and autism spectrum disorder. Symptoms can vary by individual and age — the following are just some of the signs of mental illness in children and youth:

- Dramatic change in performance at school
- Persistently aggressive or threatening behavior
- Severe mood swings
- Hallucinations or delusions
- Very withdrawn, anxious or sad behavior
- Extreme difficulty interacting with peers
- Dramatic disturbances in sleeping or eating patterns
- Extreme or increased use of drugs or alcohol

What to do

If you are concerned, NAMI recommends you do the following:

1

TALK TO YOUR PEDIATRICIAN.

Share your concerns and ask for a comprehensive checkup to rule out physical causes. If the pediatrician believes your child may have early signs of mental illness, the pediatrician may offer treatment options or refer you to a mental health professional.

2

SEE A MENTAL HEALTH SPECIALIST.

Ask for a referral from your child's pediatrician. Or, visit the American Academy of Child and Adolescent Psychiatry website at www.aacap.org and click on "Child and Adolescent Psychiatrist Finder."

Healing Hurt in Youth

Offering youth the support they need **by Sarah Cassanego**

Two years ago, Anthony Martinez and Rosa Dorrance began seeing signs of trouble in their 14-year-old son, Noah Martinez. Noah was calling his parents every day from school wanting to come home. He complained of headaches and stomachaches. He began having pseudoseizures, which can be emotional or stress-related in origin. As a result of his behavior, Noah began seeing a therapist.

“We recognized that something was wrong,” Martinez says. “But we couldn’t identify it. We understood the stresses that [Noah] may be facing ... but he wasn’t good at expressing it.”

It emerged that one source of Noah’s distress may have been the conflict within the family he witnessed. Noah also has been diagnosed with autism spectrum disorder, adding a layer of complexity to his ability to communicate his feelings. Noah’s parents came to understand that he was holding in his emotional needs, which were then manifesting as severe emotional disturbance and behavior problems at school.

Symptoms of mental health issues can be different in children and youth than in adults, and can vary by age and individual, but resources are available for support. As in Noah’s case, input from teachers, school counselors and mental health professionals is helpful in getting the right resources and treatment for a young person who’s struggling.

After a year of individual therapy, Noah’s therapist referred the family to the San Joaquin County Behavioral Health Services Functional Family Therapy (FFT) program. FFT is a short-term intervention program that works with 11- to 18-year-old youth who have been referred for behavioral or emotional problems, involving their families in the therapy process.

In the spring of 2014, Noah and his parents completed several sessions through San Joaquin’s FFT program. In early sessions, the therapist encouraged Noah’s parents to talk about their history, the circumstances of their divorce and how they cope with problems. Noah and his parents also engaged in communication exercises, brainstorming how they might discuss difficult issues and providing tips and hints for better communication. FFT also helped Noah receive individual treatment for anxiety and depression.

“The program was very helpful,” Martinez says. “I’m grateful that [Noah’s] therapist ... recognized that we would all benefit, and most of all he would benefit, from having some family counseling.”

Now 16, Noah will likely continue with individual therapy, in part to build on what he learned in FFT. With continued guidance and support for his son, Martinez feels “very optimistic” about Noah’s future.

From left, father Anthony Martinez, son Noah Martinez, and mother Rosa Dorrance discovered through Functional Family Therapy that stress at home was the root cause of Noah’s problems in school.

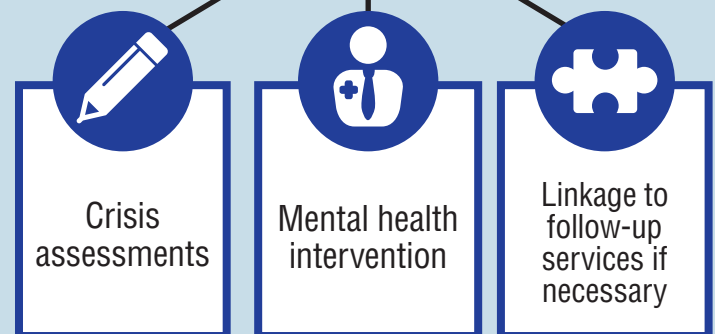
PHOTO BY LOUISE MITCHELL



BHS CHILDREN AND YOUTH SERVICES (CYS)

Crisis Services for Children and Youth

PROVIDES:



FAMILY HEALTH BUILDING

1414 N. California Street, 2nd Floor
Stockton, CA 95202
209-468-2385

Find a full list of services available for children and youth at www.co.san-joaquin.ca.us/mhs/Programs/children_youth.htm.

3

WORK WITH THE SCHOOL.

Meet with your child’s teacher and school officials to request an evaluation for special education services. Ask your child’s mental health provider to recommend interventions to help you and your child manage behaviors and concerns related to the diagnosis.

4

CONNECT TO OTHER FAMILIES.

Visit www.nami.org to find a network of support in your community.

Adapted from “What Families Can Do **FACT SHEET**,” National Alliance on Mental Illness. www.nami.org.

Joel Wedge sought recovery after a long battle with substance abuse. He's been sober for 9 1/2 years. PHOTO BY LOUISE MITCHELL



A Second Chance

Support for substance abuse recovery

Larry Parks began feeling depressed when he was 11. Both of his parents were in jail. Parks was close to his sister, but felt isolated from everyone else, always feeling like he didn't belong.

Then tragedy struck when his sister was murdered. The only close bond he had was gone, and it devastated him. Parks began contemplating suicide.

"I didn't know whether I needed to be here or not," Parks says.

The loss of everyone close to him "was a lot to deal with," he says. "I was alone."

At a young age, Parks found an escape from his loneliness through drug addiction. When he was high he didn't feel so alone.

Parks didn't understand it at the time, but substance abuse was how he dealt with his severe depression. Studies show that over half of young people with a substance abuse diagnosis also have a diagnosable mental illness.

After years of struggling without support, Parks was finally diagnosed with depression while serving time in jail. He had always been afraid to ask for help, worried that he'd be judged

for being an addict with depression. But only through the treatment of his depression could Parks understand how he could overcome it. Parks began seeing a mental health counselor from San Joaquin County Behavioral Health Services, who helped him gain a sense of hope and purpose in his life.

"[Treating my depression] brought me back to reality," Parks says. "It made me want to do things ... to live my life."

He is now enrolled at Delta College to become a substance abuse counselor and help others who are struggling with mental illness.

Like Parks, Joel Wedge also experienced a childhood trauma that made it difficult to cope. He painfully remembers the feelings of betrayal, failure and inadequacy that began when he was young. He began running away at age 10 to escape the physical and emotional abuse at home. By age 13, he was self-medicating with drugs and alcohol. That was the beginning of a long battle with substance abuse and a life of crime.

Wedge also got the help he needed in prison, getting sober and making good on the promise he made to "the man upstairs." After his release, he

was worried that he'd slip back into addiction. He asked for support on the outside and was placed at Recovery House, a live-in facility offered by Behavioral Health Services that provides counseling for addiction and a chance to start over.

For years, both Parks and Wedge struggled with an untreated illness and the increasingly destructive behaviors that resulted from their substance abuse. Both men spent time in jail. But both ultimately found a path to recovery, with support from Behavioral Health Services. And now they share another commonality: optimism about their futures.

Wedge has graduated from the substance abuse program, is now employed and would like to go back to college.

"I have an adventure before me, but God isn't going to put anything in my path that I can't handle," he says.

Parks wants others to know that there's hope for recovery.

"There is help available, you just have to ask for it," Parks says. "You're not alone in feeling the way you feel and you can overcome it."

Reporting contributed by Mike Blount and Mark Lore.

THE FACTS ABOUT MENTAL HEALTH

FACT: MENTAL HEALTH PROBLEMS ARE COMMON.

In the last year, one in five American adults experienced a mental health issue. One in 10 young people experienced major depression. One in 20 Americans lived with a serious mental illness. It's likely that a family member, friend, neighbor, co-worker or you may experience these challenges.

FACT: MENTAL ILLNESS IS NOT A CHOICE.

Many factors contribute to mental health problems, including biological factors, such as genes, physical illness, injury or brain chemistry, and life experiences, such as trauma, abuse or family history. Personality weakness or character flaws are not the cause of mental health problems.

FACT: CHILDREN AND ADOLESCENTS CAN EXPERIENCE MENTAL HEALTH PROBLEMS.

Many mental illnesses first appear when a person is young. Mental illnesses can influence the way young people learn and build skills and impact a child's future, so early identification and treatment is important.

FACT: THE VAST MAJORITY OF PEOPLE WITH MENTAL ILLNESS ARE NO MORE LIKELY TO BE VIOLENT THAN ANYONE ELSE.

You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

MENTAL ILLNESS WARNING SIGNS

Mental health is part of everyone's well-being, and mental health conditions are common. In fact, roughly half of us will experience one in our lifetimes. Getting the right support can make all the difference. Learning to recognize the signs leads to more people getting the help they need. Here are common warning signs of a mental health condition, from the National Alliance on Mental Illness:

- Feeling very sad, exhausted or unmotivated, and/or crying often for more than two weeks
- Trying to harm or kill oneself or making plans to
- Severely risky behaviors that seem out of control, with potential to harm self or others
- Sudden overwhelming fear, accompanied by racing heart and/or fast breathing
- Repeated use of drugs or alcohol
- Dramatic mood swings
- Severe changes in behavior, personality or sleeping habits

These are just a few indications that someone may need support for a mental health condition — there are many kinds of mental illness and symptoms vary. Find out more about common warning signs for specific conditions at the National Alliance on Mental Illness website, www.nami.org.

Someone Who's Been There

The Wellness Center offers services tailored to community and individual needs

by Mark Lore

The key to making any sort of change in one's life is the ability to look inward. But sometimes a little help from someone who's shared an experience is needed to take that first step.

That's where Karen Walker comes in. She's been a recovery coach at The Wellness Center (a community-based support offered by San Joaquin County Behavioral Health Services) since it opened in September 2008. She says one of the main challenges is not only earning the trust of their clients, but also empowering them to make changes in their lives.

"We look at it from the hope perspective — we have to provide the hope," Walker explains. "We look at it as a whole mind, body and spirit, not just a diagnosis, treatment and meds."

The Wellness Center offers courses for people dealing with mental health issues.

Many of these courses help participants to cope with diseases like diabetes and fibromyalgia, to manage anger, or to manage money. One of the most popular courses is Wellness Recovery Action Planning, or WRAP, an evidence-based practice that encourages individuals to manage their own wellness.

While Walker, who works alongside 11 other counselors at the center, has helped numerous mental health consumers over the past six years, she says it has also been beneficial for her because she deals with her own depression and anxiety.

"Working in this field as a consumer, I learn new tools from clients," says Walker, who facilitates a number of courses. Walker says it's important to help her clients to not dwell on the negatives.



Karen Walker (center) coaches mental health clients at The Wellness Center. As a consumer of mental health services, she uses her own experiences to empower people to change their lives.

PHOTO BY LOUISE MITCHELL

"If we keep walking down the same street and stepping in the same potholes, then nothing is going to improve," she says.

It worked for Walker, who suffered from such severe anxiety and depression she says she didn't leave her apartment for six years. A counselor recommended she get a cat.

"A cat? I couldn't even take care of myself," Walker recalls.

But she ended up taking the advice — and it worked. Walker finally left her apartment. A year later she started looking

for a job. After a few years working at various jobs she began training at The Wellness Center in January 2008 and became a recovery coach eight months later. She's been doing it ever since, helping others find that thing — whether it's exercise, movies or a lifestyle changes — that will steer them onto the right track. Walker says it's challenging, but the benefits, for her clients and herself, are worth the effort.

"I realized I really like working with the public," she says. "And I'm really good at it."

ROADMAP TO MENTAL WELLNESS

1. EXPRESS YOUR CONCERNS

Talk to your doctor or a school counselor about what you or a loved one is feeling. Ask if further assessment is a good idea.

2. GET AN ASSESSMENT

Ask your doctor or school counselor for a referral to a mental health professional. Getting an initial assessment is easy and can be done in the office or over the phone.

1

2

3

4

5

3. SEE A PROFESSIONAL

A range of treatment services is available throughout San Joaquin County and many are affordable through Medi-Cal or your health insurance plan. Don't have insurance? Covered San Joaquin makes getting health insurance easy — Visit www.CoveredCA.com.

4. MAKE WELLNESS YOUR RECOVERY PLAN

Live a healthy lifestyle: Take your medications. Attend your appointments and groups. Stay connected to friends and family members.

5. RECOVERY IS ONGOING

Know that setbacks occur and immediate assistance is available. If symptoms persist or escalate out of your control, call San Joaquin County Mental Health Crisis Services at 209-468-8686 to get immediate assistance, 24 hours a day.

Take the First Steps to Recovery

By working together, recovery from mental illness really is possible. When we take steps to help ourselves and understand others, we work toward the mental health and well-being of our entire community. Contact San Joaquin County Behavioral Health Services today to find out more information about programs or connect to services.



San Joaquin County Behavioral Health Services
 1212 N. California Street
 Stockton, CA 95202
 209-468-8700
www.sjgov.org/mhs

CONNECTING TO SERVICES MADE EASY



Who can call?

- Individuals calling for themselves
- Friends and family members calling for loved ones
- Health care providers
- Anyone needing information on services



Which number?

MENTAL HEALTH
 (24/7/365)
209-468-9370

Connects people with information about mental health services in San Joaquin County

SUBSTANCE ABUSE
 (MON.-FRI., 8 A.M. – 5 P.M.)
209-468-9600

Connects people with information about substance abuse disorder treatment services in San Joaquin County

You will be:

- Scheduled for a 20-30 minute phone screening by a trained clinician, **OR**
- Referred to appropriate community resources

Central Intake provides:

- Information by phone, **OR**
- 30-40 minute face-to-face screening on walk-in basis
- No appointment necessary, unless interpreter needed for languages other than Spanish



What happens next?

Callers may be referred to one or more programs, including:

- Mental health services for adults and children
- Alcohol and drug outpatient and residential treatment programs
- Crisis services

Services range from clinical care to community-based support and education depending on the caller's needs.



WHERE TO GO FOR HELP

CRISIS

San Joaquin County Crisis Phone
 (24/7/365)
 209-468-8686
 Outside S.J. County: 888-468-9370

Consumer Support Warmline
 (24/7/365)
 209-468-3585

National Suicide Prevention Lifeline
 1-800-273-TALK (8255)

Suicide Hotline
 1-800-SUICIDE (784-2433)

Institute for Aging Friendship Line
 1-800-971-0016

Veterans Crisis Line
 1-800-273-8255

SAN JOAQUIN COUNTY BEHAVIORAL HEALTH – NON-CRISIS SERVICES:

Mental Health Services
 209-468-8700
www.sjgov.org/mhs

Substance Abuse Services
 209-468-9600
www.sjgov.org/osa

OUTPATIENT TREATMENT CLINICS

Community Adult Treatment Services
Outpatient psychiatric services
 1212 N. California St.
 Stockton, CA 95242
 209-953-7425

Children and Youth Services
Crisis assessments, support and intervention
 Family Health Building
 1414 N. California St., 2nd Floor
 Stockton, CA 95202
 209-468-2385

Lodi Clinic
Children and adult outpatient psychiatric services
 1209 W. Tokay St., Ste. 5
 Lodi, CA 95240
 209-331-2070

Manteca Clinic, with Valley Community Counseling
Outpatient children and youth mental health services
 129 E. Center St., Ste. 3
 Manteca, CA 95336
 209-239-5553

Tracy Clinic, with Valley Community Counseling
Outpatient children and youth mental health services
 19 E. Sixth St.
 Tracy, CA 95376
 209-835-8583

Tracy Adult Outpatient Clinic
Adult outpatient psychiatric services
 241 E. 10th St., Ste. D
 Tracy, CA 95376
 209-831-5941

DROP-IN SUPPORT SERVICES

The Wellness Center
 1109 N. California St.
 Stockton, CA 95202
 209-451-3977

Martin Gipson Center
 548 E. Park St.
 Stockton, CA 95202
 209-464-5519

Spanish language version of this publication coming soon!

ADDITIONAL RESOURCES

NAMI – San Joaquin: 209-468-3755 | www.namisanjoaquin.org

EACH MIND MATTERS - California's Mental Health Movement | www.eachmindmatters.org