

Adult Mental Health

Our Values

- Respect, compassion, integrity
- Client and/or family driven
- Equal access for diverse populations
- Culturally and linguistically competent
- Adaptive, responsive, and meaningful
- Prevention and early intervention
- Full community integration and collaboration
- Coordinated near home and in natural settings
- Strength-based, integrated, and evidence-based practices
- Innovative and outcome-driven practices and systems
- Wellness, Recovery, and Resilience Focus

To Request Mental Health Services Please Call:

- Phone: 916-875-1055
- Toll Free: 888-881-4881
- TTY/TDD: 916-876-8892
- California Relay: 711
- Fax: 916-875-9970

Bilingual staff and/or interpreters are available at no cost

www.dhs.saccounty.net/bhs

Our Mission

To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency



Navdeep S. Gill
County Executive

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Board of Supervisors

Phil Serna - 1st District
Patrick Kennedy - 2nd District
Susan Peters - 3rd District
Susan Frost - 4th District
Don Nottoli - 5th District



Your Partners in Wellness and Recovery

We provide culturally relevant, recovery-focused mental health services to residents living with a severe mental illness



Adult Mental Health Services

Prevention

- Outreach
- Screenings
- Referrals to other services
- Education
- Support groups
- Suicide prevention programs
- Early Intervention & Treatment



Community Based Mental Health Services

- Mental health assessments
- Crisis intervention
- Case management
- Care coordination
- Medication support
- Rehabilitation and/or therapy services
- Skills building and support groups
- Safety planning
- Linkage to community resources
- Education

Accessing Outpatient Services

- Sacramento County provides public mental health services
- Individuals may contact County access points for services or for referral or linkages to other resources
- All treatment services are authorized by County Access team or designated access points

If You are Having a Life Threatening Emergency Call 911

Inpatient Care

Inpatient services are provided at the Mental Health Treatment Center (MHTC) and contracted facilities. Services Include:

- Intake and Stabilization Unit (ISU)
- Mental Health assessments
- Stabilization of acute symptoms
- Medication management
- Support groups
- Referrals
- Discharge planning



Urgent Supports & Crisis Services

- Suicide prevention hotline 916-368-3111 or 800-273-8255
- Mental Health Urgent Care Clinic 916-520-2460
- 24hr crisis & drop-in respite programs
- Crisis Residential Program
- Mobile Crisis Support Teams
- Community Support Team (M-F): 916-874-6015

Benefits of Mental Health Services

- Manage stress better
- Early identification of mental health needs
- Reduce conflict and strengthen relationships
- Improve communication skills
- Develop coping skills
- Instilling hope for the future
- Remove road blocks to success in work or school
- Reduce isolation and feelings of frustration and failure

Services and Linkages Provided in:

- Home
- Community
- Clinics
- Jails
- Court
- Psychiatric hospitals
- Emergency rooms

Peer Supports

- Wellness Recovery Action Plan (WRAP)
- Consumer Operated Warm Line
- Wellness and Recovery Centers
- Consumer and Family Advocacy
- Mental Health Navigators
- Support Groups
- Peer Mentors

