

Cov Yeeb Yam Qhia Txog Tias Quav Yeeb Tshuaj

Muaj kev hloov pauv rau lub siab lub ntsws los sis tus cwj pwm ntaw heev.

Muaj kev hloov pauv tus cwj pwm kev noj haus thiab/los sis kev pw tsaug zog.

Nrog tsev neeg los sis tej phooj ywg sib cav sib ceg txog kev haus dej haus cawv thiab/los sis kev haus yeeb tshuaj.

Muaj teeb meem txog kev cim yeeb/tswv yim tws tas.

Tsis ua yus lub luag hauj lwm hauv vaj hauv tsev los sis tom chaw ua hauj lwm.

Ntaus phooj ywg nrog cov phooj ywg uas haus dej cawv/yeeb tshuaj.

Huam yees heev los sis muaj kev xav tuab ntws txog kev haus dej cawv thiab/los sis yeeb tshuaj.

Tsav tsheb thaum qaug tshuaj/qaug dej cawv los sis raug ntes vim yog muaj feem cuam tshuam nrog yeeb tshuaj.

Cov Lus Qhia Paub Txog Kev Noj Tshuaj Ntau Dhau Lawm

Tsis txhob ua siab deb hu **rau 911** los mus thov kev kho mob ti tes ti taw/ kev noj tshuaj ntau dhau lawm uas cuam tshuam nrog dej cawv thiab/los sis yeeb tshuaj.

Narcan® yog ib yam tshuaj uas tuaj yeem daws kho kev mob huam leej huam ceem los ntawm kev noj **tshuaj opoid los sis heroin ntau dhau lawm**. Cov neeg ua hauj lwm kho mob ti tes ti taw hom kheev nqa nrog nraim lawv. Narcan® kuj tseem muaj nyob hauv cov khw muag tshuaj uas xaiv tseg yam tsis tas muaj daim ntawv yuav tshuaj li.

Board of Supervisors

Phil Serna—1st District
Patrick Kennedy—2nd District
Rich Desmond—3rd District
Sue Frost—4th District
Patrick Hume—5th District

County Executive

David Villanueva

Department of Health Services

Timothy W. Lutz, Director

Division of Behavioral Health

Ryan Quist, Ph.D.
Behavioral Health Director

Substance Use Prevention and Treatment Services

Lori Miller, LCSW
Division Manager



Department of Health Services
Division of Behavioral Health Services

Substance Use Prevention and Treatment Services



Tuaj yeem kho kom



Muaj kev pab!



Peb Cov Kev Pab Cuam

Kev Pabcuam Tiv Thaiiv

Kev kho mob sab nraud

Perinatal Services rau cov poj niam
cev xeeb tub thiab niam txiv

Tshem Tawm Kev Tswj /
Detoxification Services

Tshuaj-pab kho mob

Kev kho vaj tse nyob

Rov qab Residences/Sober Living
Environments

Kev Pabcuam Rov Qab/Tom Qab
Kev Pabcuam

Tsav Tsheb Hauv Cov Kev Pab
Cuam Tshaj

Cov Tsev Hais Plaub Sib Koom Tes



Sacramento County cov neeg nyob hauv
hnuh nyooq 12+ tau txais kev saib xyuas
txuas ntxiv rau kev tiv thaiiv thiab kev
kho mob.

Cov kev pabcuam tiv thaiiv txhawb nqa
tsev neeg ib puag ncig zoo thiab txhawb
kev zam thiab rov ua dua.

Cov kev kho mob tsis muaj nqi rau feem
ntau Medi-Cal cov neeg nyob hauv
Sacramento tsim nyog.

BHS-SAC cov neeg ua haujlwm yuav nug
koj cov lus nug yooj yim txog koj kev siv
cawv thiab tshuaj los txiat txim siab txog
qib zoo tshaj plaws rau koj thiab xa koj
mus rau tus kws kho mob hauv koj lub
zej zog. Cov neeg ua haujlwm ob hom
lus thiab cov neeg txhais lus muaj rau
koj yam tsis tau them nqi.

Peb nkag siab tias kev mus cuag kev pab
yuav nyuaj. Kev Tiv Thaiiv Kev Siv
Tshuaj Tiv Thaiiv thiab Kev Kho Mob nyob
ntawm no los pab!



**Kev Pabcuam Kev Noj
Qab Haus Huv Tus Cwj
Pwm - Kev Ntsuam
Xyuas thiab Kev Sib
Koom Tes (BHS-SAC)**



Rau kev tshuaj xyuas thiab
xa mus rau tus kws kho
mob siv tshuaj, thov hu rau
BHS-SAC Team.

Xov tooj

(916) 875-1190, CA Relay 711
lossis hu dawb ntawm 888-881-
4881

Fax

916-875-1190 ib

Teev

24 Teev ib hnub, 365 Hnub ib
xyoos

**Yog tias koj tab tom ntsib teeb
meem kev noj qab haus huv
ntawm tus cwj pwm, thov hu rau
988. Yog tias koj tab tom muaj
xwm txheej ceev, thov hu rau 911.**