



Mental Health Services



Get help for **FREE** or at **A LOW COST**.

Who provides mental health care? Your doctor, medical home clinic, or the Department of Mental Health (DMH).

Look for help if you have felt any of the following:

- ◇ Sad feelings for a long time;
- ◇ Hearing voices or strange sounds;
- ◇ Strong fears or worries;
- ◇ Strong feelings of anger;
- ◇ Having a hard time dealing with daily problems or activities.

Talk to your doctor about how you are feeling. Your doctor can help or refer you to a DMH clinic near you.

IMPORTANT! HOW CAN I GET HELP?

If you feel like harming yourself or someone else, or you are having a mental health crisis, **call 911**. You can also call the Department of Mental Health Access Center 24 hours a day/7 days per week at **1-800-854-7771** or visit the DMH website at dmh.lacounty.gov.

Substance Use Disorder (SUD) Treatment Services

Using drugs and alcohol may affect your health. Treatment is FREE.

What is SUD Treatment? A service that helps people who want to stop using alcohol or drugs.

Who provides it? Your doctor, medical home clinic, or the Department of Public Health (DPH) Substance Abuse Prevention and Control (SAPC).

When to look for help:

- ◇ You have felt that you should cut down or stop drinking alcohol or using drugs;
- ◇ You felt or have been told by someone that you should stop drinking alcohol or doing drugs or that you should do them less often;
- ◇ You have felt guilty or bad about how much you drink or use drugs;
- ◇ You have been waking up wanting to drink alcohol or use drugs.



Talk to your doctor about how you are feeling. Your doctor can help or refer you to a SAPC clinic near you.

IMPORTANT! HOW CAN I GET HELP?

You can call SAPC's Substance Abuse Services Helpline (SASH) at **1-844-804-7500** or visit <http://sapccis.ph.lacounty.gov/sbat/>.