MISSION
To assist individuals in our community affected by mental illness and serious emotional disturbance to achieve their hopes, dreams and quality of life goals.
To accomplish this, services must be delivered in the least restrictive, non-stigmatizing, most accessible environment within a coordinated system of community and self-care, respectful of a person’s family and loved ones, language, culture, ethnicity, gender and sexual identity.

VALUES
We believe without reservation that:
- All people have the right to mental health and well-being
- All people must be treated with fairness, respect, and dignity in a culturally and linguistically competent way
- With effective treatment and support, recovery from mental illness is achievable
- Consumers will actively participate in their own recovery and treatment goals
- Consumers and their families will be at the center in the development, delivery, implementation, and evaluation of their treatment

MISSION
The mission of CalMHSA is to provide member counties a flexible, efficient, and effective administrative/fiscal structure focused on collaborative partnerships and pooling efforts in:
- Development and implementation of common strategies and programs
- Fiscal integrity, protections, and management of collective risk
- Accountability at state, regional, and local levels

VALUES
CalMHSA shall continually promote:
- Efficiency, expertise, innovation, accountability and quality;
- Transparency and stakeholder input;
- Prevention and early intervention;
- Community collaboration; cultural competence;
- Recognition that geographical features might require unique program interventions;
- Client/family-driven mental health system for children, transition age youth adults, older adults;
- Wellness focus, including recovery and resilience;
- Integrated service experiences and interactions;
  (integration may occur in other systems such as primary care, aging services, education, etc.)
- Qualified, culturally competent and diverse public mental health workforce with the knowledge and skills to work with age-specific and racially, ethnically and culturally diverse populations.
**Prevention**

- Research shows that many individuals who attempt suicide show warning signs of their attempt before they act.
- Some of the signs of a person at risk are:
  - Depression
  - Change in sleep patterns
  - Eating (more/less)
  - Giving away prized possessions
  - Lack of interest in normal activities
  - Hoarding medication
  - Flat demeanor/wax face
  - Expressing hopelessness
  - Drug/alcohol relapse

**Intervention**

- When anyone suffers, it is one too many.
- When you feel there is no hope, you are NOT alone

**Postvention**

- No one should feel ashamed or weak because of a suicide attempt.
- There are many of us who are suicide attempt survivors and we are grateful to be alive.
- When you have lost a loved one to suicide, you are a survivor.
- There is support for you, you are not alone.

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**Resources**

- **SANTA CLARA SUICIDE & CRISIS HOTLINE** 1-855-278-4204
- **MENTAL HEALTH URGENT CARE** 1-408-885-7855
- **NATIONAL VETERANS SUICIDE PREVENTION LINE 1-800-273-8255 PRESS 1**
- **VETERANS ASSOCIATION PALO ALTO** 1-800-455-0057
- **FRIENDSHIP LINE/SENIORS** 1-800-971-0016
- **FREE SUICIDE PREVENTION TRAINING** 1-408-885-3723
- **NATIONAL ALLIANCE ON MENTAL ILLNESS** 1-408-453-0400

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**Need Help?**

**Suicide & Crisis Hotline**

1-855-278-4204

Toll-Free

24 hours/7 days

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**Resources**

- **NATIONAL ALLIANCE ON MENTAL ILLNESS** 1-408-453-0400
- **ZEPHYR WALK IN SERVICES** 1-408-792-2140
- **EMQ MOBILE CRISIS (Youth)** 1-408-379-9085
- **EMERGENCY PSYCHIATRIC SERVICES** 1-408-885-6100
- **MENTAL HEALTH URGENT CARE** 1-408-885-7855
- **EMERGENCY 24/7 Call 911** Ask for CIT Officer
- **TEEN HOTLINE 24/7** 1-888-247-7717
- **THE LGBTQ YOUTH SPACE** 1-408-343-7940

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**Resources**

- **MENTAL HEALTH URGENT CARE** 1-408-885-7855
- **NATIONAL ALLIANCE ON MENTAL ILLNESS SANTA CLARA CHAPTER** 1-408-453-0400
- **SURVIVORS OF SUICIDE SUPPORT GROUP** 1-855-278-4204
- **KARA 1-650-321-5272**
- **GOLDEN GATEWAY 1-408-295-5288** Outreach to seniors 60+
- **CALIFORNIA SURVIVOR OUTREACH** 1-925-462-6866
- **CENTER FOR LIVING WITH DYING** 1-408-243-0222