

Are you worried about a loved one who might suffer from a mental health illness?

Here is what to do:

- 1** Talk with them in private and share why you are concerned. As open-ended questions that take more than a “yes” or a “no” to answer. Then listen to what they have to say.
- 2** Offer hope and support. Let them know that struggling with a mental health illness is common and resources are available.
- 3** Share resources. Offer information about where they can find help.
- 4** Follow up. Ask them how you can help and take in what they have to say.



Immigrant Resources

- Develop an emergency plan in case a loved one is deported.
- Talk about your emergency plan with your family members who are in this country.
- People and organizations that can give you support include health care providers, legal service providers and churches.

Office of Immigrant Relations

Provides resources for the immigrant community.
<http://bit.ly/1KnowYourRights>

Rapid Response Network 408-290-1144

For immediate support if ICE comes to your home, workplace or neighborhood, or to report a raid.

Nonprofit attorneys available for immigrants

<http://bit.ly/Legalservices>

To locate ICE detainees online

<https://locator.ice.gov/odls/#/index>

MENTAL HEALTH GUIDE FOR IMMIGRANTS



COUNTY OF SANTA CLARA
Behavioral Health Services



What is mental health?

Mental health refers to our well-being and how we think, feel and act. It is about how we deal with stress, relate with others and make decisions. When it is harder to cope with everyday life, you may start to have problems managing your mental health.

What is mental illness?

Mental illness affects your thinking, mood and behavior. Leaving your home culture and adjusting to a new culture can be stressful for you and your family. Mental illnesses are common and much like a broken arm or the flu. There are treatments and help available for immigrants.

Mental health services are available for immigrants, regardless of status.

- We encourage people to access the healthcare they need. Our hospitals, clinics and health facilities are open to everyone.
- Under federal law, hospitals that receive federal funding are required to care for patients who need emergency care, regardless of their immigration status or whether they are insured.
- Santa Clara County will continue to provide services and be available to care for every patient regardless of immigration status, ability to pay, race, religion, gender identity or sexual orientation.

To see full statement:
<http://bit.ly/mentalhealth4immigrants>

Suicide Warning Signs

What you may say

- “I just want out.”
- “I will not be around much longer.”
- “I am a burden to others.”
- “I want to go to sleep and never wake up.”

Changes in how you feel

- Feeling hopeless, desperate or trapped.
- Feeling abandoned or betrayed.
- Sudden mood changes.
- Feeling ashamed of who you are.
- Feeling awful emotional pain.

Changes in how you act

- Giving away prized possessions.
- Doing reckless things that put you in danger.
- Putting your affairs in order.
- Increased drinking or use of drugs, or other ways to numb pain.
- Withdrawing and spending most of your time alone.
- Not caring for personal cleanliness or health needs.

Changes in how you feel physically

- Trouble coping with health changes.
- Awful chronic pain.

Changes in how you think

- Thinking life is not worth living.
- Thinking of hurting yourself or having suicidal thoughts.
- Thinking others are better off without you.
- Believing that no one understands you.
- Thinking you are a failure.
- Believing that things will not get better.
- Thinking that ending your life is the best solution for your problems.

Stress in your life

- Conflict or rejection from your family, support system or community.
- Having a trauma like bullying or abuse.
- Money stress.
- Chronic or terminal illness.
- Death or suicide of a loved one.
- Discrimination or being treated unfairly because of who you are.
- Not having others who understand you.
- Failure to meet expectations.
- Trouble adjusting to a new culture.

Mental Health Resources in Santa Clara County

Services are available in other languages.

Mental Health Services Call Center

1-800-704-0900

Assistance in getting County of Santa Clara mental health services or referrals to community services and help during a mental health crisis.

Gateway Call Center

1-800-488-9919

Entry to substance use treatment services. Monday-Friday 8am to 5pm.

Suicide and Crisis Hotline 24/7

1-855-278-4204

Free suicide prevention phone line that is confidential, with trained counselors to help people in crisis.

Crisis Text Line

Text RENEW to 741741

Free, 24/7 crisis support by text message. English only.

Mental Health Urgent Care

1-408-885-7855

Walk-in outpatient clinic for people who are having a behavioral health crisis and need help. Monday-Sunday 8am to 10pm

Mobile Crisis Response Team

1-800-704-0900 press 2

Talk to a clinician who can screen crisis situations over the phone and intervene wherever the crisis is happening. Monday-Friday 8am to 8pm.

Uplift Mobile Crisis Unit

1-800-379-9085

Available 24/7 for children and teens who are in a serious psychological crisis.

C.I.T. Officer

911

In an emergency ask for a CIT officer who is trained in mental health issues.